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The Lindsay Leg Club Foundation
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Press Release

For immediate release

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Best Foot Forward Leg Club staff to take part in fundraising walk, in memory of founding volunteers

Staff from The Best Foot Forward Leg Club and The Adam Practice in Poole, Dorset are planning to walk from Weymouth around Portland along the challenging but magnificent Jurassic Coast, to raise funds for when the Leg Club is able to fully reopen again.

The Best Foot Forward Leg Club opened in October 2015 and has since become an award winning 'hub' for those in the local community suffering from lower limb conditions, especially leg ulcers. The Leg Club provides members with evidenced-based, effective clinical care from qualified, local nurses and is supported by a team of volunteers who offer refreshments and arrange social activities.

Mel Abel, Advanced Nurse Practitioner, The Adam Practice said: "Prior to the Leg Club, the only choice for leg ulcer management was to attend the local surgery for treatment or to be treated in their own homes by the district nurse team if they had mobility problems. This often led to isolation and loneliness, leaving patients with a feeling of poor self-esteem and low mood.

She continued: “With joint support from both the Leg Club nursing and volunteer teams we have seen our members being able to ‘reignite’ their self-esteem and take control of their own care.”

This is not the first fundraising walk along the Jurassic Coast that the team have undertaken. They first completed the challenge in 2019 and were due to embark on it for the second time in 2020. However, the Covid-19 pandemic forced the team to postpone their challenge and it will now take place on the 23rd of May 2021.

Sadly, in the intervening year, the Leg Club has lost some of its founding volunteers and this year’s walk will be in their memory.

To support the Best Foot Forward Leg Club team please visit: https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=TheAdamPractice&isTeam=true

The Best Foot Forward Leg Club relies on volunteers and donations to continue its work and all monies raised will be divided between The Lindsay Leg Club Foundation (25%) and The Best Foot Forward Leg Club (75%).

Notes to editors:

1) Leg ulcers (and other chronic leg problems like lymphoedema) can affect people at any age, but are particularly common in people over 60. At present, over 80 per cent of all leg ulcers are treated in the individuals’ own homes by district nurses or by practice nurses in GP surgeries. However, people often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of the ulcer. Many leg ulcers consequently reoccur, or remain unhealed for many months or even years.

2) The Lindsay Leg Club Foundation exists to promote the national development of Leg Clubs. The Foundation also provides the necessary support and training for nurses to establish Leg Clubs and follow the Foundation’s guidelines, as well as ongoing training in new developments in leg care.

3) The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg and foot conditions. The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg and foot conditions. Recent findings from Leg Club data analysis has identified that potential savings could be made by healthcare providers in relation to their wound care budget. A Leg Club is a

local partnership between practice and community nurses, patients and the community. Run by a committee of volunteers each Leg Club operates according to strict guidelines of care, monitored by the Lindsay Leg Club Foundation. The Leg Club title, the wording and logo are protected by Registered Trademark in the UK.

For further information about the Leg Club Foundation and Leg Clubs visit: www.legclub.org

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