Eastern Shore Sun
Wednesday, 13 November 2013
Page : 017
Section : NWS
Edition : 001
Region : Tas Regional

Circulation : 26500
Area of Clip : 217 sqcm
Clip ID : 107676

Leg Club celebrates first birthday

Ellie Lindsay, founder of the Leg Club model, cuts the cake surrounded by members of the CICC auxiliary and community nurses who work in the Leg Club.

THE Eastern Shore Community Nursing team has celebrated the first birthday of its highly successful Leg Club.

A unique model of care developed in the UK by leg ulcer expert Ellie Lindsay, the Leg Club gives a social outlet and professional advice to people suffering from leg ulcers.

Eastern Shore Community Health Nurse Lea Young, who started the Leg Club at the Clarence Integrated Care Centre (CICC), said the results had been incredible.

"Leg ulcers are a huge problem in Tasmania, particularly as we have an ageing population,"Ms Young said.

"Sadly, social isolation and depression are common factors among older Tasmanians, and they are also significant contributors to wounds not healing.

"The Leg Club provides a welcoming social environment where people can come along, have a cup of tea and make friends, while at the same time receive treatment for their wounds, or just have an assessment and get information on wound prevention."

Ms Young said the Leg Club was the only social outing for the week for some people, with many members choosing to return long after their wounds were healed.

"I think the positive encouragement they give to each other definitely makes a difference to how fast they heal," she said.

"We've seen people who were told their wounds would never heal, but after spending some time with the Leg Club, they've cleared up completely - it really is amazing."

While the CICC Leg Club was the first in Tasmania, Ms Young said there had been plenty of interest shown in the concept and hopefully more Leg Clubs would be started throughout the State.

For more information about the Leg Club, contact the Community Nursing team at the CICC on 6282 0350. The CICC is located at Bayfield Street, Rosny Park.

Copyright Agency Limited (CAL) licensed copy or Copyright Act 1968 (Cwlth) s 48A copy