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## Press Release

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# Foundation pays tribute to Leg Club founder as she is made lifetime president

Trustees of the Lindsay Leg Club Foundation have paid tribute to Leg Club® founder Ellie Lindsay as she is made its lifetime president. Ms Lindsay stepped down as chief executive in September and was replaced by Dr Michael Clark. Helen Scott, the foundation's longest-serving trustee said that without her there would be no Leg Clubs and no Foundation.

Ms Lindsay, a district nurse in Suffolk, became aware of evidence that social factors and isolation could significantly affect leg ulcer patients' response to treatment. This led her to introduce the concept of community-based social clinics addressing the holistic, clinical and psychosocial needs of patients with problems of the lower limb, by providing a new type of clinic in which they become partners. This multi-award winning model of care delivery known as Leg Clubs has grown into a network of evidence-based social clinics within the UK and Australia.

The Leg Club Model was conceived as a unique partnership between the NHS district nursing team and the local community, in which patients are encouraged to become active participants in their own treatment.

Ms Scott says she will always remember Ellie telling her a story about a Leg Club member who used to be an army officer. He had a leg condition and was very lonely after his wife died. He also had other health problems and was very ill. For various reasons he had to move into a new area where a Leg Club was running.

He was advised to attend the Leg Club and did so, albeit unwittingly. At first he was very reserved and found it difficult to communicate with the other members. However, with time, he began to make friends and started to feel less estranged from the community into which he had moved.

One morning, very early, Ellie found him sitting outside the Leg Club even though it wasn't open. She asked him why he was there. He replied that he just wanted to reflect on the happiness that had come to him as a result of joining the Leg Club. She asked him if she could do anything for him and he said no, he was fine, he just wanted time to think. He died later that same day.

“Ellie’s commitment to achieving quality care for people with troubling conditions and who experience social isolation as a result is second to none. I wish there were more people like Ellie in the healthcare arena. I’m convinced that the Foundation will go from strength to strength with her as its lifetime president,” says Ms Scott.

#### **Notes to editors:**

The Lindsay Leg Club Foundation is the umbrella organisation that disseminates, promotes and represents Leg Club<sup>®</sup> at the national or international level. Its activities include developing educational materials, research, data collection and analysis, exhibiting and speaking at conferences as well as advising and providing authoritative support for healthcare providers.