

**Lindsay Leg Clubs - "from tiny acorns doth mighty oak trees grow"!!**, by

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In 1995, Ellie Lindsay, founder of the Leg Club® model opened her first Leg Club in Debenham, Suffolk. The Leg Club model was conceived as a unique partnership between local district nursing teams and the local community they serve, in which patients are empowered, through a sense of ownership, to become stakeholders in their own treatment. Leg Clubs aim to provide leg ulcer management in a social environment, where patients (members) are treated collectively and the emphasis is on social interaction, participation, empathy and peer support where positive health beliefs are promoted (Lindsay 2000). I can recall listening to Ellie's presentation on her Debenham Leg Club whilst undertaking a leg ulcer management course in 1996 and being enthralled by this truly innovative model of leg ulcer management. I had a strong sense that this was the start of something 'big' and that we, as health professionals caring for patients with chronic venous leg ulcers, would hear a lot more about Ellie Lindsay. How right I was!!

Currently, there are 14 Leg Clubs in the United Kingdom, with a further four currently being established and others planned. This innovative model of leg ulcer care has also been embraced overseas, with 4 Leg Clubs now open in Australia. The Leg Club model has had its criticisms from health professionals but the number of Leg Clubs now established and with over 1400 patients (members) attending Leg Clubs nationally every week, these figures are testimony to its success.

The Lindsay Leg Club Foundation was launched at the House of Lords in October 2005, having achieved charitable status in September 2005 and it was an honour to attend this event which was the culmination of Ellie's hard work and dedication over the years. The overriding objective of the Foundation is to protect and preserve health amongst those experiencing, or at risk of experiencing leg ulceration, which is, as all health professionals know, a very distressing and often unpleasant condition.

Congratulations are due to Ellie on her very successful campaign to offer patients truly holistic leg ulcer care delivered outside the traditional 'medical' model but also to the many motivated, lateral-thinking practitioners who were inspired by Ellie Lindsay's model and consequently established their own Leg Clubs locally.

I believe the Leg Club Foundation will continue to go from strength to strength in the future, particularly in light of the government's current drive for chronic disease management in the community and as editor for the Lindsay Leg Club Foundation, I look forward to keeping you up to date on all future developments.