

Leg Club for Brisbane's South-east



From left: Jo Mason, John Whittington, Lyn Antonini, Jessie Lucas and Alison Little.

On Thursday 5 October Spiritus officially opened the South East Leg Club located at the Balmoral Uniting Community Centre. The

venue provides an effective base from which community programs can be planned and implemented while offering a welcoming and

supportive environment within which community members can meet and interact. The South East Leg Club opening was well attended by members, their families, the local community, Spiritus Care Services, QUT and the local media. We were fortunate to have two superb musicians from the Queensland Youth Orchestra playing the flute and bassoon. The South East Leg Club is warm and inviting and you can really feel the community spirit. The South East Leg Club has fourteen members and operates every Thursday from 12.30-4.00pm. Leg Club lead nurses Lynn Antonini and Joanne Mason, are very pleased at how the community has responded and Manager of the South East Branch Alison Little is confident that the Leg Club will go from strength to strength in the coming months as the word spreads about the wonderful things being achieved when we all work together.

What are Spiritus Leg Clubs?

The aim of a community-based Leg Club is to provide leg ulcer management in a social, non-medical environment and provides a unique partnership between community nurses, clients and local stakeholders. Spiritus Care Services has adopted this social model of care developed in England by Ellie Lindsay as the basis for our Leg Clubs in response to research indicating that social factors and isolation could significantly affect leg ulcer patient's response to treatment. Members of our Leg

Clubs are empowered with a sense of ownership and recognition that they are involved and contribute to their own treatment. Emphasis is placed on social interaction, participation, empathy and peer support. The South Brisbane and Gold Coast Leg Clubs have been running successfully for over four years and this week has seen the launch of two more Leg Clubs. It is anticipated that another three Leg Clubs will be operational in Queensland within the next twelve

months in response to a growing community need for specialist wound management services. Leg Clubs are open to all age groups in the Brisbane metropolitan area and it is anticipated that approximately 400-500 members access the current Leg Clubs per annum. The number of members accessing the Leg Clubs is increasing, with an average number of 20-30 members now being seen each week in the South Brisbane Leg Club.