

## Website Leg Club news May 07

The past months have been exciting for Leg Club staff:

We were delighted that Sally Sturge from Fenton Leg Club was a finalist for the North Staffordshire Women's Achievement Award, (Caring for Others category), having been nominated by her club committee.

Leg Club® feature at British Journal of Nursing (BJN) Awards - The BJN Awards evening at the Savoy was a wonderful and memorable event. At this years ceremony it was a pleasure to see Ally Lister from Speyside receive a Highly Commended award in the Wound Care category for her achievements relating to practice within her Leg Club – the first Leg Club in Scotland.

One of the core elements of the Leg Club model is Health Promotion. This work was acknowledged when Jen Hawkins and Ellie Lindsay were announced Winners for their work on Health Promotion and raising the importance of "Healthy Legs for Life" at public events, with a national awareness week in the embryonic stage and through professional publications.

The Leg Club Forum meeting in March was well attended. We were honoured to have Dr Hildegard Charles deliver an educational and informative presentation about the background and use of alternative methods of compression therapy in the management of venous leg ulceration. An overseas guest, Lisa Preston, gave an enlightening and interesting presentation about the use of Australian sheepskin as a pressure-relieving device. She outlined the process of tanning and production and explained that only sheepskin marked 'Australian grade sheepskin AS4480-1' is of an acceptable standard for medical pressure relief.



Carol Brailsford (Chair) & Dr Hildegard

Jen Hawkins (Independent Health Psychologist) and Ellie Lindsay represented the Leg Club Foundation stand at EWMA, along with Ally Lister and Lorraine Winchester on behalf of their Scottish club. At this conference there was a noticeable difference in the interest shown in Leg Club by the delegates - we no longer had to work hard to attract their attention, to introduce them to the club's history, philosophy and the model. The majority of individuals visiting the stand had prior knowledge of the work of Leg Clubs and we received many questions from vascular and medical consultants concerning the Clubs' statistical data. It soon became clear that the years of seeding communities with information on the Leg Club model had paid off, as delegates from the UK, Eire and Europe requested guidelines on opening new clubs.

Health promotion and maintaining healthy legs is one of the main objects of the Foundation. Today we recognise the dynamic and changing nature of our

technological society, and the general public's expectation and need for preventative health promotion and education. One way this is being achieved is by attending large public events. For example, a health awareness campaign at a major Motorcycle Show, recognised that motorcyclists may be vulnerable due to positional constriction of circulatory flow to the lower limb. Over a weekend at the end of March, Leg Club nurses had a stand at the Gloucestershire Constabulary National Bike Safe Motorcycle Show, an initiative run by police forces around the UK who work with the biking world to help lower the number of motorcycle rider casualties. We were busy throughout the weekend and met people from all walks of life.



On a final note, we are proud to inform readers that Andrew Kingsley has formally accepted the post of Infection Control Consultant to the Leg Club, and Dr Hildegard Charles is planning to join us as Consultant for audit and education. For your diaries, please note we are holding a conference in educational partnership with the Wound Care Society at the

Walsall Football Ground on 20<sup>th</sup> September. Details are available on [www.legclub.org](http://www.legclub.org)