

## **Leg Club news Wound Care May 2010**

### **Leg Club lead sets up a new Lymphoedema service**

Chronic oedema presents problems particularly in the community setting and is a huge management challenge to the community nurses. Many patients attending our Leg Clubs have varying degrees of chronic oedema. A lead nurse at Mablethorpe & Sutton-on-Sea Leg Club identified a local deficit in the care provision for patients who have lymphoedema for reasons other than related to cancer. She was inspired to undertake further specialist training with Glasgow University to enhance her knowledge and skills to enable her to provide improved evidence based care to these patients in her local community.

The Foundation is therefore delighted to announce that Carol Brailsford (Lead nurse & Foundation Trustee) has successfully completed the specialised course, and has been recently employed to set up a much needed lymphoedema service within her area.

The Leg Club team's commitment and motivation to the management of chronic oedema, lymphoedema and leg ulcers highlights the enthusiasm, imagination and innovation needed to drive positive change forward benefiting their local community.

### **Leg Club volunteers**

Successful implementation of the Leg Club model is only possible with the help of community volunteers, whose sterling work, with no reward or personal gain, keeps the Leg Clubs thriving. Over the years volunteers have taken on educational challenges to develop and enhance the service to the Leg Club members, GPs and Primary Care Organisations. In 2009 a pastoral support service for bereaved members and the wider community was introduced by the Speyside volunteers.

To ensure effective communication for this group, a new Volunteer & Members Voice has been added to the message board on the Foundation website [www.legclub.org](http://www.legclub.org). This is a collaborative initiative designed by Mary-Rose Fawkes (Trustee) and Paul Jenkins (Member & Leg Club secretary). This initiative is aimed specifically for volunteers and Leg Club members to be able to communicate with each other both in the UK and Australia, about anything that they may need help or advice with.

### **Welsh Leg Clubs**

March saw the opening of a new Leg Club in North Powys. The 'Only Legs Allowed' Leg Club opens every Thursday 25th March 2010 at 9.30am and is run by Lindy Jones. Having been successfully up and running for a few weeks, the team is holding its launch at the Y Fan Institute, Y Fan, Llanidloes. Along with senior members of the local Welsh health board, and Kate Williams (North Powys TVN), guest Radio & TV star Jamilla Massey will be performing the official opening ceremony.

Following on from the success of Blaenau Gwent [www.blaenaugwentlegclub.co.uk](http://www.blaenaugwentlegclub.co.uk) and Blaenavon Leg Clubs [www.blaenavonlegclub.org.uk](http://www.blaenavonlegclub.org.uk) Torfaen Local Health Board is introducing its third Leg Club at Cwmbran. The Cwmbran Leg Club team opens its doors on the first Friday in June and will be run by Marion Leech DN.