

Press Release

For immediate release
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New Leg Clubs highlight the success of an innovative, community-led approach to lower leg management

Three new Leg Clubs have opened in Wales and Herefordshire taking the total number of Leg Clubs in the UK to 23 with further openings planned for 2011. The Lindsay Leg Club Foundation believes this is a nationwide endorsement of its innovative, community-led approach to care of lower leg problems.

Leg Clubs in Ross-on-Wye and Kington opened their doors earlier this year - Kington already has 46 members. In Wales, Newtown Leg Club opened in March bringing the number of Leg Clubs in Wales to nine. Leg Clubs are now being planned in Leominster and in Ormiston, Scotland which will be the third in the country.

Morag McKenzie, Specialist Practitioner District Nurse, Tranent Medical Centre, said: "As a district nurse we often see patients who have problems with their legs but we don't have the time to work with them on health promotion or to go into the detail of contributing factors. By opening a Leg Club in a rural community we are giving ourselves specific time for health promotion that will inevitably keep legs healthy. Currently we don't have anywhere to refer patients with leg problems so this should help us provide more efficient and effective care."

Ellie Lindsay, founder and lifetime president, Lindsay Leg Club Foundation, said: “We are so pleased that these local communities have given their backing to these new Leg Clubs with the leadership and support of valued specialist nurse practitioners. Each new Leg Club helps us get the message across that this model of care works well for patients while delivering high quality care in a cost-effective way.”

Notes to editors:

1) Leg ulcers (and other chronic leg problems like lymphoedema) can affect people at any age, but are particularly common in people over 60. At present, over 80 per cent of all leg ulcers are treated in patients’ own homes by district nurses or by practice nurses in GP surgeries. However, patients often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of the ulcer. Many leg ulcers consequently reoccur, or remain unhealed for many months or even years.

2) The Lindsay Leg Club Foundation exists to promote the national development of Leg Clubs. The Foundation also provides the necessary support and training for nurses to establish Leg Clubs and follow the Foundation’s guidelines, as well as ongoing training in new developments in leg care.

3) The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg conditions. By healing chronic leg wounds and keeping them healed, Leg Clubs also have the potential to save commissioners up to 80 per cent of their wound care budget in comparison with conventional leg ulcer treatment. A Leg Club is a local partnership between community nurses, patients and members of the community. Run by a committee of members and local people, each Leg Club operates according to strict guidelines of care, monitored by the Lindsay Leg Club Foundation. The Leg Club title, the wording and logo are protected by Registered Trade Mark in the UK and Australia.

For further information about the Leg Club Foundation and Leg Clubs visit:

www.legclub.org

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