

Leg Club News November 2007

September has certainly been a busy month for us! The official launch of our *Healthy Legs for Life* awareness week (Sept 16th – 21st) took place at a British Motorcyclist Federation event at the Peterborough Showground. Throughout that week many Leg Clubs participated by holding local community healthcare events, raising the importance of looking after our legs! Organised events by the participating Leg Club teams involved their local media, MPs, organised Salsa dancing and cycling events are examples. Incorporated into the awareness week we were delighted to participate with Activa in their generic health promotion programme 'Leg Health' days. Even the House of Viyella at Bury St Edmunds held a fundraising event for the Foundation and organised a 'Leg Health' day.

On the eve of our conference *Expanding Our Horizons: Leg Care in the 21st Century* (in educational partnership with the WCS) our popular biannual Leg Club Forum meeting took place, with nurses travelling from as far afield as Wales and Scotland. With support from our Corporate Partners and colleagues, the Leg Club Foundation held their first Gala Charity dinner at Walsall Football Ground. I'm pleased to report that the overwhelming feedback was that everyone had an enjoyable evening (photos on www.legclub.org). and, the event raised a significant amount for the Foundation. The conference was chaired jointly by Jacqui Fletcher and Sylvie Hampton and the workshops and speakers received a virtually universal "excellent".



3M & WCS in partnership with the Leg Club: Essential Skin Care Study day for nursing homes up-date

The final 2007 Essential Skin Care study day took place at Mablethorpe in October. Nurses practicing in Care Homes are increasingly required to demonstrate a sound clinical knowledge of a broad range of nursing and medical conditions, assisting nursing colleagues and clients to manage all phases of their illness. To meet the requirements of nursing home practitioners the partnership event provided a non-product related programme designed to cover an evidenced based approach to an holistic risk assessment relating to:



- prevention of skin breakdown
- pressure ulcer prevention
- recognition of common skin ailments in the older person
- management of exudate
- skin protection

All four study days were organised by Leg Club Leads who involved their local Tissue Viability Nurses from the outset, and sourced experts in the field of wound management to present alongside the Leg Club nurses. The sessions were well attended and an analysis of data was obtained capturing the attendees comments. In view of the success of this joint initiative we look forward to cooperating with our corporate colleagues for further events in 2008.