



## **Press Release**

For immediate release

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### **Lindsay Leg Club Patron awarded British Empire Medal for 30 years of volunteer work**

Mary-Rose Fawkes, Patron of the Lindsay Leg Club Foundation (LLCF), has been awarded a British Empire Medal (BEM) in the 2015 New Year's Honours list. Mrs Fawkes, a former nurse, received the BEM for her contributions to volunteering.

Mrs Fawkes ventured into volunteering in 1986 when she began working with St Richard's Hospice as a family support worker and bereavement visitor offering advice and empathy to families following the death of a loved one.

Following 20 years as a palliative care volunteer, Mrs Fawkes became a founder member of the Worcester Leg Club which formed in 2005 to deliver high quality lower limb care to people within social environment. She went on to become a trustee of the LLCF and subsequently a patron, whilst remaining committed to weekly visits to the two Worcester Leg Clubs that now exist. Mrs Fawkes also regularly holds workshops in order to train others in setting up further Leg Clubs.

Mary-Rose Fawkes was shocked to receive the award. She said: "I am grateful to all those people who have let me know them, those who have let me help them and those who have helped me."

Ellie Lindsay, President of the Lindsay Leg Club Foundation said: "This is fantastic news and so well deserved. Mary-Rose has been and continues to be a committed advocate of Leg Clubs working with people with lower limb problems, especially leg ulcers. She works tirelessly to improve their quality of care and quality of life through offering her support, advice and time and we are proud to that Mary-Rose is our Patron."

## 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 on-going 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](http://www.legclub.org)

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