



## **Press Release**

For immediate release

19<sup>th</sup> June 2015

### **North Somerset to launch its first Leg Club**

Nailsea Family Practice has been working with the Lindsay Leg Club Foundation to open a Leg Club locally for its patients with lower limb problems such as varicose veins and leg ulcers. The Nailsea District Leg Club will be at the Tithe Barn, Church Lane and open every Wednesday morning starting from July 1<sup>st</sup>.

Leg Clubs are based on the award-winning healthcare model founded by former district nurse Ellie Lindsay, where nursing staff and volunteers work together to provide holistic care to patients suffering from lower limb conditions. They operate on a drop-in basis in a non-medical setting, and encourage and empower Leg Club members to become more involved in their care through peer support and collective treatment. Leg Clubs can also help to relieve the social isolation that is frequently experienced by patients with leg ulcers and reintegrate patients back into their communities.

Practice manager Carole Brooke said: "The Leg Club model of care has been shown to enhance wellbeing for the vulnerable in our society as well as achieving high success rates in terms of healing and preventing the recurrence of lower limb conditions. It offers the opportunity to meet others in a similar situation, have a gossip over a cup of tea and a biscuit and access a variety of other health and social care."

Leg Clubs are entirely funded by grants and community fundraising and to help get the Nailsea District Leg Club up and running, Carole, her husband and colleagues from the Tower House Medical Centre will be taking part in the Rotary Charity Walk on Sunday, June 28, 2015. Between them they have already raised £430, but would like to reach their £1,000 target by the end of the month.

If you would like to donate you can visit the fundraising page.

<https://mydonate.bt.com/fundraisers/legclubwalkingteam>

For more details about Nailsea District Leg Club contact Carole Brooke at [carole.brooke@towerhouse.nhs.uk](mailto:carole.brooke@towerhouse.nhs.uk) or on 01275 866753

## **Ends**

### **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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