



Press Release

For immediate release

November 6th 2015

Ormiston Leg Club receives grant from the Big Lottery Fund

Ormiston Leg Club has successfully bid for a grant of just under ten thousand pounds from the Big Lottery Fund. The Big Lottery Fund, which is supported by money raised from the National Lottery, awards grants to community groups and projects that improve health, education and the environment. The grant for £9,675 will enable staff at the Leg Club to buy medical equipment and fund the training required to carry out vascular assessments on their Leg Club members.

Ormiston Leg Club is based on an award-winning model founded by former district nurse Ellie Lindsay OBE. Evidence shows Leg Clubs, which operate on a drop-in basis in a non-medical setting, lead to improved healing rates by encouraging members to become more involved in their care. They continue to provide care and health promotion after members leg ulcers have healed to reduce the recurrence of ulceration. The collective delivery and treatment of this lower leg care helps to create local networks which prevent social isolation and instead reintegrating elderly people into their communities.

The vascular assist equipment will allow nursing staff at the Leg Club to assess blood flow in leg veins and arteries and determine the type of treatment that is most suitable for individual Leg Club members and plan their continuing care within the beneficial Club environment.

Lifetime president of the Lindsay Leg Club Foundation, Ellie Lindsay OBE said:
“We are delighted that the Big Lottery Fund has awarded Ormiston Leg Club this

grant as it draws attention to an area of healthcare that is often overlooked. The new equipment will help improve health outcomes for Ormiston's Leg Club members by expanding the range of treatment they can receive within a holistic environment."

Ormiston Leg Club is held at Ormiston Community Centre, George Street, Ormiston every Wednesday from 2:00pm to 4:30pm. Contact Morag McKenzie on 01875 618954 for more information.

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

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