



Press Release

For immediate release

28th November 2014

First Leg Club in Somerset opened by Mayor of Frome

Frome Medical Practice has been working with the Lindsay Leg Club Foundation to open a Leg Club for patients with lower limb problems ranging from varicose veins and leg ulcers to difficulties in walking. Frome Leg Club was opened on 5th November 2014 by the Mayor of Frome, Councillor Peter Macfadyen. He said: "The Leg Club is surely one of the best initiatives in Frome for years".

Leg Clubs are based on the award-winning healthcare model founded by former district nurse Ellie Lindsay. They provide community based treatment, health promotion, education and on-going care for people of all age groups who are experiencing leg-related problems. The emphasis of the Leg Club is to empower members to participate in their care, in a social environment. This model of care has been proven to achieve high success rates in healing and prevention of recurrence and most importantly, social care and support.

Lindsay Leg Club Foundation Trustee Justin Cole said: "It's really exciting that this national model of leg care has been introduced for the first time in Somerset. Although the Leg Club is in its infancy is already successful and growing in numbers and support."

Frome Leg Club takes place at the Frome FC's Sports and Venue Bar at the Blindmans Brewery Stadium on Berkley Way every Wednesday morning from 9:00am to 12:00pm. Anyone wishing to volunteer to assist with fundraising or transport should contact Kate Wright, Lead Nurse for Leg Ulcers, Frome Medical Practice on 07922 725 488 or at kate.wright@fromemedicalpractice.nhs.uk for more details.

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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