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# Press Release

# For immediate release

4th September 2015

# Bromley nurse to run from the Department of Health to Mottingham to raise money for local Leg Club

On Wednesday 9th September, Mottingham Leg Club will be celebrating its third birthday. To commemorate the occasion tissue viability nurse Frank Hall is fundraising by undertaking a personal challenge to run the distance of 15 miles between the Department of Health, Whitehall and Mottingham Leg Club. **Frank will be waved off from Richmond House by Dr David Foster, Head of the Nursing, Midwifery and Allied Health Professions Policy Unit at the Department of Health.**

Frank, who is 59 years old, has been part of the Mottingham Leg Club nursing team since it opened its doors in September 2012. He was inspired to take on the personal challenge having witnessed the commitment and support that the Leg Club has received from its members, volunteers and nurses.

Dr David Foster has seen at first hand the difference this holistic and social model of care has made to the lives of Leg Club members following a visit to Mottingham Leg Club last year. Leg Clubs treat patients collectively on a drop-in basis in a non-medical setting. The club atmosphere of this treatment helps reduce the social isolation that patients with leg ulcers are at risk of and encourages Leg Club members to engage with self-management of their condition through peer support and an on-going well leg regime. Following his visit, Dr David Foster said: “Frank’s passion for this model of care is clear: his years of practice proving to him the effectiveness of this way of working.”

Setting off at 10:30am and accompanied by his two sons, David and Mark, Frank will run from **the Department of Health to Bromley Healthcare headquarters in Hayes, which provides the nursing team for the Leg Club. Frank and his sons then aim to arrive in Mottingham at the Evangelical Church Hall on Court Farm Road at approximately 1:00pm in time for the Club’s weekly meeting and to cut the birthday cake.**

Frank said: “**I hope this personal challenge will raise funds for Mottingham Leg Club and awareness of the Bromley Healthcare's commitment to advancing excellent holistic leg ulcer care**.”

This is the second time Frank has undertaken this challenge, having completed the run in September 2014 and raising over £1000 for Mottingham Leg Club.

Frank hope to beat last year’s total and can be sponsored for this event via the Virgin Giving page: [http://uk.virginmoneygiving.com/team/FrankHallwithSons](http://uk.virginmoneygiving.com/team/FrankHallandSons)

Mottingham Leg Club is held at Court Farm Evangelical Church Hall every Wednesday from 2:00pm to 4:00pm.

For more information about Mottingham Leg Club visit:  <http://www.bromleyhealthcare.org.uk/find-a-service/the-leg-club>

**ENDS**

**Notes to editors:**

1) Bromley Healthcare was established in 2011 as an employee-owned social enterprise that 'spun-out' of the NHS. The organisation runs community health services in Bromley, Greenwich, Bexley, Croydon, Lewisham and Suffolk, providing a wide range of services to people of all ages. Services range from health visiting to district nursing, school nurses to specialist nurses, therapy services for adults and children, urgent care centres, services to help prevent hospital admissions and also facilitate early hospital discharge. [www.bromleyhealthcare.org.uk/](http://www.bromleyhealthcare.org.uk/)

2) 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.

3) 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 ongoing training in new developments in leg care.

4) 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)

**For media enquiries please contact:** Juliette Lobley, Communications Consultant, Lindsay Leg Club Foundation, email: juliette.lobley@lindsaylegclubfoundation