



Press Release

For immediate release

17th September 2015

Bromley nurse raises over £600 by running from the Department of Health to Mottingham Leg Club

Tissue viability nurse Frank Hall has raised over £600 for his local Leg Club in Mottingham. On September 9th 2015 Frank, along with his two sons David and Mark, ran the 15 miles from the Department of Health at Whitehall to Court Farm Evangelical Church Hall, Mottingham, where the Leg Club holds its weekly meeting.

Frank set off from Whitehall at 10:30am after meeting with Dr David Foster, the Department of Health's Head of the Nursing, Midwifery and Allied Health Professions Policy Unit and keen supporter of the Leg Club model. Cheered on by Leg Club volunteers and members, Frank ran from the Department of Health to Mottingham via Bromley Healthcare headquarters in Hayes, which provides the nursing team for the Leg Club. Frank and his sons arrived in Mottingham at the Evangelical Church Hall on Court Farm Road at 1:00pm in time for the Club's weekly meeting and third birthday celebrations.

Frank 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. He has seen at first hand the

difference this holistic and social model of care has made to the lives of Leg Club members.

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. Mottingham Leg Club is one of over 20 Leg Clubs around the UK.

Bob Neill MP for Bromley & Chislehurst tweeted “Well done to Frank & sons today on their 14.7 mile run to mark the Mottingham Leg Club's 3rd birthday! Great effort!”

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 has raised over £600 to date but can still be sponsored for this event via the Virgin Giving page: <http://uk.virginmoneygiving.com/team/FrankHallwithSons>

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/

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 on-going 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

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