



Press Release

For immediate release

19th March 2015

Worcester MP to undertake sponsored walk for local Leg Club

Robin Walker, Member of Parliament for Worcester, will be undertaking a personal challenge next month to walk across the Malverns with the aim of raising funds for the Lindsay Leg Club Foundation (LLCF). The walk will take place on the 12th April 2015, Mr Walker's 37th birthday, and he will be accompanied by his wife Charlotte. They will be walking up and down the Worcestershire hills to support those who cannot walk far because of lower limb conditions such as leg ulcers.

Mr Walker, a keen supporter of the two Leg Clubs based in Worcester, was inspired to take on the challenge after attending the 14th Annual Leg Club Conference held at Worcester Rugby Club last autumn. Having seen at first hand the enthusiasm of healthcare professionals presenting at the conference, he was able to appreciate the difference the holistic and social model Leg Club Model of care has made to local Leg Club members.

Leg Clubs treat patients with lower limb conditions collectively on a drop-in basis in a social non-medical environment. The relaxing club atmosphere of their 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.

Mr Walker said: "I have visited the Leg Clubs in Warndon and Tolladine on a number of occasions and I have always been hugely impressed at the work they do. Leg Clubs brings people together to socialise, chat and make new friends whilst at the same time accessing vital treatment from NHS district nurses which can save them the use of their legs. It helps the NHS to provide treatment more effectively and helps to avoid isolation and painful problems for the elderly."

Robin Walker MP can be sponsored for this event via the Virgin Giving page:

<http://uk.virginmoneygiving.com/RobinWalker4>

Worcester Leg Club is held at the Tolly Centre, Rowan, Avenue, Tolladine, Worcester every Monday and Thursday from 1.30pm to 4:00pm.

Contact Liz McAuley or Sarah Swierson 01905 616718 for more information

Worcester West Leg Club meets at the Green Club, Gresham Road Worcester every Tuesday from 1:30pm to 4:00pm.

Contact Julie Money on 01905 425154 for more information

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 ongoing 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

For media enquiries please contact: Juliette Lobley on 01473 806605 or email juliette.lobley@legclubfoundation.com