



Press Release

For immediate release

8th April 2022

Best Foot Forward Leg Club to take on Jurassic coast walk to raise funds for those with lower limb conditions

On Saturday April 23rd, 2022, staff and volunteers from The Best Foot Forward Leg Club and The Adam Practice in Poole, Dorset will once again be undertaking an epic fundraising charity walk along the Jurassic Coast. This year, to raise funds for their Leg Club and the Lindsay Leg Club Foundation (LLCF), the team will be walking 21 miles from Kimmeridge Bay to South Haven Point.

The Best Foot Forward Leg Club opened in October 2015 and has since become an award winning 'hub' for those in the local community suffering from lower limb conditions, especially leg ulcers. It relies on volunteers, donations, and money generated from activities such as the fundraising walk to continue its work providing evidenced-based, effective clinical care from qualified, local nurses alongside refreshments and social activities.

Mel Abel, Advanced Nurse Practitioner, The Adam Practice said: "Prior to the Leg Club, the only choice for leg ulcer management was to attend the local surgery for treatment or to be treated in their own homes by the district nurse team if they

had mobility problems. This often led to isolation and loneliness, leaving patients with a feeling of poor self-esteem and low mood.

She continued: “Instead, the Leg Club model of care has reignited their self-esteem and allows those with lower limb conditions take control of their own care.”

One Best Foot Forward Leg Club member said: “This is a fantastic and innovative Club. I enjoy attending and leave with a smile.”

While another stated: “It is a friendly service and offers more than getting my legs looked after as I get to meet people with similar conditions.”

This is not the first fundraising walk along the Jurassic Coast undertaken by the Best Foot Forward team. They first completed the challenge in 2019 and it has now become an annual event, with the team aiming to eclipse the previous year’s total with each trek.

To support the Best Foot Forward Leg Club team please donate at The Lindsay Leg Club Foundation CAF Donate page:

<https://cafdonate.cafonline.org/18977#!/DonationDetails>

To find out more about how Best Foot Forward Leg Club operates and when it is open visit: <https://www.adampractice.co.uk/clinics-and-services/services/the-adam-practice-leg-club/>

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 the individuals’ own homes by district nurses or by practice nurses in GP surgeries. However, people 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 and foot conditions. Recent findings from Leg Club data analysis have identified that potential savings could be made by healthcare providers in relation to their wound care budget. A Leg Club is a local partnership between practice and community nurses, patients, and the community. Run by a committee of volunteers 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 Trademark in the UK.

For further information about the Leg Club Foundation and Leg Clubs visit:

www.legclub.org

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