



Press Release

For immediate release

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Nailsea Leg Club volunteer team named as finalist in prestigious local awards

Nailsea Leg Club volunteer team has been announced as one of the finalists in the 2021 Care and Support West Awards. The Care and Support West Awards celebrates the hard work and dedication of care professionals across Bristol, Bath and Northeast Somerset, South Gloucestershire and North Somerset and the team from Nailsea have been shortlisted in the Volunteer of the Year category.

The Leg Club has been running for six years and was set up by Nailsea Family Practice in conjunction with the Lindsay Leg Club Foundation and community nurse providers. Since it was launched over 440 registered patients have become Leg Club members.

Leg Clubs provide a social and supportive place for those with lower limb concerns, especially leg ulcers, to receive medical treatment from qualified, local nurses. The volunteer team supports the clinical team at Nailsea Leg Club by delivering a social dimension to the club by providing activities and refreshments to Leg Club members. In addition, they offer administrative support to the nursing

team, provide transport to Leg Club members who would otherwise have difficulty attending, and run the Nailsea Leg Club management committee.

The volunteer team also regularly fundraise and take part in a charity walk each year to raise vital funds which contribute to running and maintaining the Leg Club. In June 2021, this raised over £1000 for Nailsea Leg Club which will go towards supporting its reopening in September following its temporary closure during the COVID-19 pandemic.

Carole Brooke, Chair, Nailsea Leg Club said: "We are all thrilled to be shortlisted in the Care and Support West Awards. Throughout the pandemic our team has remained determined to adapt and maintain engagement with our Nailsea Leg Club members, who are already vulnerable to social isolation because of their lower limb conditions. To receive recognition for this collective effort when it has been such a difficult year for charities and volunteers everywhere feels incredibly special."

The 2021 Care and Support West Awards ceremony and dinner to honour the finalists and winners will take place on Saturday 9th October 2021 at Ashton Gate football and rugby Stadium.

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 has 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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