

Press Release

For immediate release

11th September 2014

Leg Club champion to undertake 200-mile cycle challenge

Northern Eastern Western Devon CCG's Healthcare Associated Infections Lead Nurse and Leg Club advocate Andrew Kingsley, will be undertaking a sponsored cycle from his Barnstaple Leg Club to the Lindsay Leg Club Foundation annual conference and gala dinner in Worcester to raise awareness of the Leg Club model of care and the charity that supports it.

Andrew will start the 200-mile journey on the 23rd September and following an overnight stop in Bristol aims to arrive at the conference in time for the annual dinner on the evening of the 24th. He was inspired to take on the challenge after completing a 100km charity bike ride for a local Hospice in North Devon. Whilst pedalling it occurred to him that a sponsored cycle ride would boost awareness of both the Lindsay Leg Club Foundation and his local Leg Club.

Leg Clubs are a social model of care where patients with lower limb problems are treated 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. There are currently over 20 Leg Clubs around the UK, but Barnstaple Leg Club was the first to be commissioned by a CCG.

Since it was launched in April 2012, the Leg Club has delivered some impressive outcomes in terms of healing rates. The rate of leg ulcers healed at six months was 42 per cent, which is a 33 per cent increase on

the national average of just 9 per cent. Furthermore, just 7 per cent of patients at Barnstaple Leg Club had a recurrence of leg ulcers after six months as opposed to the national rate of 46 per cent. The associated cost savings of these results exceeded £18,000.

The CCG works with volunteers from North Devon Volunteers Service to provide the social dimension to Barnstaple Leg Club. They arrange refreshments and activities for Leg Club members as well as coordinating transport options to enable as many house-bound patients to go to the Club as possible. These resources are paid for through fundraising and Andrew is hoping to raise £2000.

He said: "The symmetry of the idea of using healthy legs to help ill legs get better really appealed to me. I really want to raise some money and try to put a big spotlight on this amazing social model of care that transforms lives and needs to be spread right around the country."

Sponsors can help raise money for Andrew's cycle ride from Barnstaple Leg Club to the Leg Club Foundation annual conference at Worcester by visiting: <http://uk.virginmoneygiving.com/AndrewKingsley>

There is also an opportunity for companies to have their logo printed on a custom made cycling jersey, in exchange for a donation. If your company is interested in taking part by sponsoring or providing ride support contact Andrew at andrew.kingsley@nhs.net

Andrew is hoping that the sponsored cycle ride will become an annual event with representatives from other Leg Clubs taking part: "It could be the start of a whole new thing - a Leg Club Cycle Club."

Notes to editors:

1) The Leg Club Foundation Conference runs from 24th to the 25th September and will be held at Worcester Rugby Club. Amongst those presenting will be Andrew's colleague Mark Elster, Patient Safety & Quality Manager: North Devon Locality, NEW Devon CCG, who will be

giving a presentation at the Conference on commissioning Leg Clubs, reflecting on the experience of his key involvement in the Barnstaple Leg Club.

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.

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

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