Leg Clubs®, exercise and Mr Motivator

Ellie Lindsay (left), OBE, life president, Leg Club Foundation; Juliette Lobley (right), communication consultant, Leg Club Foundation

Data from the National Institute for Health and Care Excellence (NICE, 2020) estimates that 1.5 percent of the adult population have a leg ulcer. To help combat this healthcare crisis, it is essential for stakeholders in lower limb care to collaborate both to raise awareness of leg ulcer prevalence and achieve better outcomes for those suffering with lower limb conditions.

As a third sector charity, partnership working has always been a key aspect of both the Lindsay Leg Club Foundation (LLCF) and the Leg Club® network to increase access to opportunities and resources that will benefit those suffering from lower limb conditions and raise awareness of wound care to the general public.

The LLCF was created to relieve suffering from leg ulcers and associated lower limb conditions through the implementation of an award-winning Leg Club model of care. Leg Clubs are community-based and run in non-medical settings. Members (patients) are treated collectively in a social setting and on a drop-in basis. Alongside clinical treatment, refreshments and activities are provided by volunteers to create a club atmosphere and social environment. Leg Clubs are, in essence, a face-to-face service where social relationships are formed, which afford a constant social engagement with others where everyday concerns can be relieved (Galazka et al, 2020). This social approach helps to motivate and empower members to take ownership of their lower limb care, alleviate suffering, and reduce the stigma attached to their condition.

In the same way as Leg Clubs are a partnership between clinicians, volunteers and their members, the LLCF and Leg Club network emulate this dynamic approach to maximise the effectiveness of their work. In recent years, productive partnerships have been formed with the Surgical Dressing Manufacturers Association (SDMA), the vWIN Foundation and AD INTEGRUM Vascular and Wound Care.

This June saw the beginning of a new, exciting collaboration between the Leg Club Network and Derrick Evans MBE, also known as Mr Motivator, to promote the importance of not just exercise, but also all aspects of well-being to its members.

The ethos of the Leg Club model is to encourage wellness, rather than treat illness, in all age groups (Lindsay, 2021). The tenet of motivation and support to empower individuals aligns with Mr Motivator's approach to wellbeing and he has been working with the Leg Club Network to produce a range of exercise videos. These exercises are designed to help improve blood flow, circulation and increase heart efficiency, all of which have been clinically proven to benefit lower leg conditions.

Ellie Lindsay OBE, lifetime president of the LLCF, said: 'We think there is an excellent synergy between Leg Clubs and Mr Motivator and our joint belief in the importance of movement and exercise has led to the creation of Leg Clubs on the Move.'

Mr Motivator became a household name in the 1990s, when his lycra-clad exercise workouts first appeared on breakfast television. His passion for promoting wellness and exercise has continued ever since and during lockdown, together with his wife, he ran free online classes every week, which continue to take place each Wednesday (https://mrmotivatorsclub.com/wednesday-class/). On 30th June 2021, together with the Leg Club network, Mr Motivator launched Leg Clubs on the Move during his weekly exercise class.

Derrick Evans MBE said: 'I am over the moon to be supporting the nationwide network of Leg Clubs. It is an essential service helping people experiencing lower leg conditions, such as leg ulcers, varicose veins, deep vein thrombosis (DVT) and cellulitis. We have created a fun fitness programme with a range of exercises for people of all abilities. I know the classes will complement all involved in the Leg Club Network!'

In addition to his weekly exercise classes, Mr Motivator has launched a Motivation Club. Here, members can access short, fun workouts, delicious recipes, four live classes with Derrick per week, and much more. **JCN**

REFERENCES

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Lindsay E (2021) Addressing social isolation and its impact on wound healing. *Haava* 24(1): 8–12

National Institute for Health and Care Excellence (2020) *Introduction of a new leg ulcer pathway and Urgostart dressings for venous leg ulcers in Manchester*. Available online: https://bit.ly/3xJrr5N

To access the Motivation Club on a free trial, visit: https://mrmotivatorsclub.com/

Or, to access Mr Motivator's Leg Club supported exercises, visit: www.legclub.org