



Press Release

For immediate release 28 January 2023

Singapore opens its first Leg Club

Leg Club@SG Singapore, in collaboration with NTUC Health, opened its doors at NTUC Health Active Ageing Hub (Bukit Batok West) on 26 January 2023. It is the country's first Leg Club, following in the footsteps of the UK, Germany, Finland, Australia, Italy and the USA. The aim of this new Club is to help people with rehabilitation and recovery from lower limb wounds, as well as reducing the social isolation that so often comes with such wounds.

The Club@SG Singapore will follow the award-winning Leg Club model founded by former district nurse, Ellie Lindsay OBE. As with the Leg Clubs all around the world, it offers holistic treatment in a non-medical setting through a partnership of nurses, members (patients), volunteers and local community.

It is hoped that the new Club will encourage its members to care for their own wellbeing, reduce their social isolation and promote wound care and prevention. This in turn will deliver cost savings for the local health economy by reducing the number of hospital days and health-centre visits.

The driving force behind this Club is Ada Tan Hwa Yoong, Founder, Leg Club Alliance (Spore-Asia).

Ellie Lindsay said:

"The introduction of the Singapore psychosocial Leg Club model has been achieved through the commitment and motivation of clinicians and the community working together."

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. 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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