



## **Press Release**

For immediate release

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### **Brentwood Leg Club now open**

Brentwood residents have been working with North East London Foundation Trust's Tissue Viability Service and the Lindsay Leg Club Foundation to open a Leg Club locally for patients with lower limb problems ranging from varicose veins and leg ulcers to difficulties in walking.

Brentwood Leg Club, which already has thirty members, is based on the award-winning Leg Club model founded by former district nurse Ellie Lindsay. The model has four key elements which are; to be in a community setting, to treat members collectively, to run on a drop-in basis, and to incorporate a fully-integrated 'well leg' regimen.

Following a well-supported pre-launch afternoon tea held in October 2013, Brentwood Leg Club volunteers and staff managed to raise enough money to cover the cost of its opening and running costs into the New Year, but they are now looking to new fundraising initiatives. Proceeds from a Quiz Night to be held on the 25<sup>th</sup> January will be added to the £500 which a local vicar and his wife raised through generous donations from friends and family instead of presents for their 25<sup>th</sup> wedding anniversary.

Katie Weston, chair of the Brentwood Leg Club, became involved in the running of the Leg Club after being impressed by the care her 92 year old father-in-law received for his leg ulcers. She said: "Lower limb conditions, such as leg ulcers, can be very isolating and Leg Clubs can help raise patients' self-esteem by offering an opportunity for social interaction and peer support alongside treatment. We aim to empower patients to take ownership of their care whilst making the Brentwood Leg Club as much fun as possible."

Brentwood Leg Club takes place at Christchurch Church Hall on Warley Hill, Brentwood every Tuesday afternoon from 1pm to 3.30pm. Anyone wishing to volunteer to assist with fundraising or transport would be welcome. Please call Katie on 07528275083 for more details.

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 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 on-going 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](http://www.legclub.org)

**For media enquiries please contact:** Julian Tyndale-Biscoe, InHealth Communications, on 07882 985597 or email [julian.tb@inhealthcomms.com](mailto:julian.tb@inhealthcomms.com)