



Press Release

For immediate release

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Wound care champion and Leg Club founder visits Bradford on Avon Leg Club

Wound care champion and Leg Club founder Ellie Lindsay visited Bradford-on-Avon Leg Club last week for a pre-launch coffee morning. The coffee morning was held to highlight the treatment it will be able to offer people with lower limb problems such as leg ulcers and oedema when the Leg Club opens its doors next month.

The club will be held at Wiltshire Heights Care Home on Thursdays, from 10am to 1pm, from February 6th, and is available to anyone who has concerns about a lower leg problem, or has been referred from Bradford on Avon and Melksham Health Partnership. It will be run with the help of volunteers from The Friends of Bradford on Avon Community Healthcare in partnership with GPs and practice nurses from Bradford on Avon and Melksham Health Partnership.

The Leg Club is based on an award-winning model founded by former district nurse Ellie Lindsay, who attended the coffee morning. Evidence shows Leg Clubs, which operate on a drop-in basis in a non-medical setting, lead to improved healing rates by encouraging members to become more involved in their care. They also prevent isolation and help reintegrate elderly people into their communities through the collective delivery and treatment of lower leg care and by creating local social networks. This was verified by Mary James, a member of the Worcester Leg Club, who also attended the coffee morning to give a talk on her experiences of wound treatment delivered by the Leg Club model.

The new Leg Club in Bradford on Avon will be the 24th Leg Club to open in the UK.

Julie Carr, chief executive of The Lindsay Leg Club Foundation, who also attended the event, said: “We are delighted that Bradford on Avon and Melksham Health Partnership has recognised the benefits of having a Leg Club in the community. Many healthcare providers are now recognising the value of the model and how it can be utilised to make every contact count by including other services within Leg Clubs such as podiatry, diabetes and healthy-heart programmes.”

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

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