Lindsay Leg Club Foundation

The Lindsay LegClub Foundation

Bradford on Avon first anniversary

On February 10, the Bradford on Avon Leg Club held a party at its premises in St Margaret's Hall to celebrate its first anniversary. This party was attended by many members and volunteers as well as the partners and teams from the GP practice that had set up the club the previous year.

Although there are 30 Leg Clubs in the UK alone, Bradford on Avon is the first Club to have been directly set up by a commissioning group, and this has allowed a huge range of ancillary resources to be available to members on Club days, including a Doppler service, a flu vaccine service and regular foot care provided by a podiatrist. Services such as walking and photography are provided by Get Wiltshire Walking and an arts practitioner consultant who attend every week. 'This is a fundamental part of our strategy to align community services alongside primary care, improving the support that can be collectively provided to patients', said Amanda Brookes, Business Manager at Bradford on Avon and Melksham Health Partnership and Leg Club Project Lead at Bradford on Avon. In the 12 months since setting up the Club, Bradford on Avon now has over 400 members, and is an integrated component of all the health-care services in the town.

New Club in Frome

The impact of the Leg Club has been considerable, and initial findings suggest that both treatment outcomes and wellbeing have improved considerably for members. Building on the success of Bradford on Avon, a new Leg Club led by the same nursing team is very shortly to be operating in Westbury. Both Leg Clubs will collaborate closely with a third Club that opened its doors in October 2014 in Frome. The potential impact on treatment and wellbeing of this kind of service within a busy community is enormous, and the partners in general practice who attended these first anniversary celebrations were very enthusiastic about the future of the Club and of the kinds of services that it provides.

Bristol Leg Club co-design workshop

The *Five Year Forward View* (NHS England, 2014) emphasises the need to do more to support people to manage their own health: staying healthy, making informed choices of treatment, managing conditions and avoiding complications. With the help of voluntary sector partners, the NHS plans to invest significantly in evidence-based approaches such as group-based education for people with specific conditions and self-management educational courses, as well as encouraging independent peer-to-peer communities to emerge. Meanwhile many (but not all) people wish to be more informed and involved with their own care, challenging the traditional divide between patients and professionals, and offering opportunities for better health through increased prevention and supported self-care.

Ellie Lindsay

Bradford on Avon Leg Club first anniversary celebrations

With the NHS Five Year plan in mind an exploratory workshop organised by Business Development Manager Peter Messant and led by Bristol Clinical Commissioning Group (BCCG) was held in mid-January 2015, with Ellie Lindsay and John Hannah in attendance representing the Leg Club Foundation.

A key aim of the workshop was to fully understand the ingredients necessary to set up a successful Leg Club and specifically explore which Bristol organisations might be willing to contribute to establishing one or more in Bristol. Key representation and contributions included the BCCG, Third Sector (Bristol Community Health, Age UK, RSVP West, Voscur, The Care Forum and Bristol City Council) and clinical staff. This is an exciting phase for the Foundation and the expansion of the social Leg Club model. The evidence-based model addresses many areas within the *Five Year Forward View*, and the Foundation also works closely with local GP surgeries, practice nurses and other clinical facilities with an aim to provide a seamless service and refer appropriately. CWC

NHS England (2014) *Five Year Forward View. http://bit.ly/1BlzarE* (accessed 24 February 2015)

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