The Healthy Leg Club celebrated its first birthday on 1/4/15 with members, managers and a visit by Roland Renyi and his fiancée Mary- Anne. Roland is the chairman of the Lindsay Leg Club in England, on which the club is based. We are only the second such club in Victoria.

The "Lindsay Leg Club" was founded by a district nurse Ellie Lindsay in 1995, based on the provision of ulcer management and preventive care with in an informal, relaxed drop in centre promoting social interaction, community involvement and ownership. Collective treatment destigmatises leg wounds and encourages information exchange and educational opportunities for both members and staff.

The aims of the club are:

- *To empower members to become involved in their own treatment promoting a sense of ownership and involvement*
- *Meets the social needs of isolated patients by improving a mechanism for social interaction, empathy and peer support*
- *Rebuilds self-esteem and self-respect*
- *Facilitates informal support networks*
- *And provides an informal forum for health promotion and education*

The' Healthy Leg Club' commenced in Daylesford on 19.3.14 after a community expo day showcasing the HLC .Following numerous flyers, articles in the local papers ,discussions with GPs and allied services and even a radio interview!

Our 1st birthday was a celebration of the success of the club with members baking cakes, bring flowers and decorations. A great time was had by all. Membership is slowly growing there has been over 50 people registered with the club and a core group of between 8-12 members many of whom have had their wounds healed and continue coming to assist in the running of the club either as treasure, public relations &/or welcoming members by offering a cuppa and a chat while waiting to be seen by one of the health professionals for advise and assessment.

After 12 months we have shown to improve healing rates of leg wounds, improved pain levels and social impact for those suffering with chronic ulceration. Also signs of members gaining confidence and self-esteem is visible with people becoming more outgoing, attending each week and eager to engage and even offering advice and assistance to others with plenty of positive feedback.

Member's story-

Joan was one of the first to attend the Healthy Leg Club for ongoing problems with foot ulcers. She endured numerous surgical procedures, doctors and specialist appointments both local and in Melbourne. Also regular podiatrist and district nursing

visits for dressings. Her husband Peter came with her to the club each week and her wound healed. They both continue to come to the HLC, Peter is our first Treasurer and has made a sandwich board to display our flyers and Joan assists in welcoming members and offering a cuppa, chat and encouragement, while regularly having her feet monitored closely for early signs of problems. (Research *shows chronic wounds have a 50% recurrence rate once healed*).
Joan and Peter‘s own words……..