

## Lindsay Leg Club® 2015: an eventful year

The past 12 months have been extremely important for the Leg Club Foundation as it continues to adapt to support the steadily increasing number of Leg Clubs worldwide that provide education and research on leg health and treatment. A total of five new Leg Clubs will have opened by the end of 2015.

With the increased exposure of the Leg Club model comes the increased need to demonstrate its effectiveness. Foundation Chairman Roland Renyi presented the effectiveness message (providing evidence for outcomes, cost effectiveness, patient satisfaction and wellbeing) at our recent annual Leg Club conference, and we have started to develop a series of health-related information leaflets in partnership with our Leg Club Industry Partners (LCIP), as well as a raft of more detailed research in outcomes and cost effectiveness. The first five public information leaflets, along with our Hand Washing information leaflet kindly prepared by Andrew Kinsley, were distributed to our Leg Club teams and general public.

We continue to prioritise public information work and will disseminate information about the Leg Club model through both peer-reviewed publications and the establishment of a new data reporting system within our network of Leg Clubs. In this context we are very grateful to the Department of Health, which has provided us with direct support in creating a Compendium of Best Practice for Leg Club service delivery. A first edition was published in April this year, with a second edition planned for November.

### AWARD WINNING AND COST EFFECTIVE

The Leg Club model has managed to be both ahead of its time with its focus on patient empowerment, patient-centred care and addressing issues of social isolation, as well as evolving to accommodate changes in health care policy and working in accordance with core themes of Government and NHS policy. It provides a cost-efficient model of care in an era of NHS austerity whilst addressing the needs of an increasing elderly population. Leg Clubs accrue further savings for the NHS through their health promotion programmes and well-leg regime.

The Leg Clubs themselves have won awards for everything from efficiency (Powys Leg Clubs, NHS Wales Award for improving quality through better use of resources, 2014) to contributing to the community (Frome Leg Club, Mayor's Civic Award for outstanding contribution to the community, 2015). Supporters of Leg Clubs and the Lindsay Leg Club Foundation include such healthcare luminaries as: Earl Howe, former Parliamentary under-secretary for Health, Dr David Foster, Head of the Nursing, Midwifery and Allied Health Professions Policy Unit at the Department of Health, and Roy Lilley, health commentator.

### SPONSORED WALK

On Wednesday 9th September, Mottingham Leg Club celebrated its third birthday. To commemorate the occasion, tissue viability nurse Frank Hall elected to fundraise by undertaking a personal challenge to run the distance of 15 miles between the Department of Health, Whitehall and Mottingham Leg Club. Frank was waved off from Richmond House by Dr David Foster.

Frank, who is 59 years old, has been part of the Mottingham Leg Club nursing team since it opened its doors in September 2012. He was inspired to take on the personal challenge, having witnessed the commitment and support that the Leg Club has received from its members, volunteers and nurses. Also, Dr David Foster has seen at first hand the difference this holistic and social model of care has made to the lives of Leg Club members following a visit to Mottingham Leg Club last year.

### LOTTERY FUND

Congratulations go to Morag McKenzie and her Ormiston Leg Club team for their successful lottery grant of £10,000 to purchase equipment!

### NORTH SOMERSET TO LAUNCH ITS FIRST LEG CLUB

Nailsea Family Practice has been working with the Leg Club Foundation to open a Leg Club locally for its patients with lower limb problems. Practice manager Carole Brooke said: "The Leg Club model of care has been shown to enhance

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wellbeing for the vulnerable in our society as well as achieving high success rates in terms of healing and preventing the recurrence of lower limb conditions. It offers the opportunity to meet others in a similar situation, have a gossip over a cup of tea and a biscuit and access a variety of other health and social care.”

Leg Clubs are entirely funded by grants and community fundraising, and to help get the Nailsea District Leg Club up and running, Carole, her husband and colleagues from the Tower House Medical Centre took part in a Rotary Charity Walk prior to their official opening.

#### **BRADFORD ON AVON LEG CLUB SHORTLISTED FOR PRESTIGIOUS NATIONAL AWARD**

Bradford on Avon & Melksham Health Partnership (BOAMHP) with the Lindsay Leg Club Foundation has been shortlisted for a prestigious Nursing Times award.

The partnership was nominated for their work establishing the Bradford on Avon Leg Club and shortlisted for the HRH The Prince of Wales Award in the Integrated Approaches to Care category.

BOAMHP business practice manager Amanda Brooks said: “I am absolutely delighted that the Bradford on Avon Leg Club has been shortlisted for this prestigious award. The Leg Club now supports over 350 people through a social prescribing model alongside excellent clinical care. It could only continue to thrive with the input from our truly exceptional nurses, health care assistants, volunteers, Leg Club Foundation team and the on-going support of the GP Partners, and to be shortlisted for an Integrated Approaches to Care award reflects and rewards this.”

#### **EDUCATION AND COMMUNICATION**

This remains a priority and the board of trustees have a series of opportunities to explain and discuss the Leg Club model with professional and clinical colleagues around the world, including the Symposium on Advanced Wound Care (Las Vegas, September 2015), International Association of Gerontology and Geriatrics Congress (Chiang Mai, October 2015), Wounds UK (Harrogate, November

2015) and the World Union of Wound Healing Societies (Florence, September 2016).

The standard of our educational output remains a priority and our annual Leg Club Conference (held on the 23rd and 24th September) continues to be one of the key wound care conferences in the UK. This year, our two days were extremely well received and the evaluations clearly stated that this was the most successful Leg Club Conference to date, with a record number of attendees and exhibitors, alongside an excellent, international programme. Day one was designed and planned in conjunction with our Leg Club Industry Partners (LCIP), with seven workshops focused on practical approaches to wound care, which were run by leading clinicians in the field. At the end of a very hectic day our eminent speakers, delegates, LCIP members and all involved were able to relax at the Gala Dinner. We were delighted to welcome Professor Richard White (Patron) as our after-dinner speaker. Our plenary sessions on the second day covered broad issues in wound management, ranging from care of burns and the history of military injuries to education, and the latest knowledge within today’s nursing practice.

Our Foundation website has been completely updated, allowing it to become an excellent and easy-to-use vehicle for all our educational material, including outputs from our conference and ‘Meet the Experts’ filmed interviews on important aspects of wound care with some of the most eminent clinicians in this and related fields.

#### **DOES THE LEG CLUB MODEL INFLUENCE WELLBEING?**

We are finally pleased to announce that a piece of research published in September’s Journal of Woundcare concludes that “Attending a Leg Club enhances wellbeing in people living with a chronic wound”. This is something that we have always suspected but a detailed piece of research culminating in in-depth interviews about changes in wellbeing over time among Leg Club members has corroborated this. An improvement in wellbeing is now recognised as a critical measure of a successful patient outcome, and we are very proud that the Leg Club model has demonstrated that it has an impact. 