



Press Release

For immediate release

4th August 2017

Leg Club nurse to run fundraising marathon route around London hospitals

On Friday 18th August, Frank Hall, a leg ulcer nurse for Bromley Healthcare, will be fundraising for Mottingham Leg Club by running a marathon around London. Frank, who will be accompanied by his sons David and Mark, will set off from Charing Cross Station at 10:00am running a route that will take in as many of the capital's main hospitals as possible. Along the route they will distribute pamphlets about the Bromley Leg Ulcer Service, Mottingham Leg Club and the Lindsay Leg Club Foundation.

This is the fifth consecutive year of fundraising runs Frank has undertaken for Mottingham Leg Club. The 61 year-old has been part of the Mottingham Leg Club nursing team since it opened its doors in September 2012. In the last five years over 230 patients have become members and it's these members who are the inspiration for Frank's annual personal challenge.

As well as fundraising, Frank is hoping to raise awareness of Leg Clubs. Leg Clubs provide community-based treatment, health promotion, education and ongoing care to people of all ages who are experiencing lower leg problems. With the help of volunteers, Leg Clubs provide a friendly, welcoming atmosphere where its members can share experiences, encourage one another, take part in activities and enjoy refreshments together. For many this is their one outing of the

week and the Leg Club provides them with emotional support which helps the healing process and prevents social isolation.

In July, in preparation for his marathon, Frank ran 15 miles around the Bromley area in order to visit half of the local GP surgeries to promote the Leg Club. On the 2nd of August, Frank then undertook a 45-mile bike ride to visit the remainder of the surgeries that were not visited during the run.

Dr David Foster, Chair of the Lindsay Leg Club Foundation said: “Frank’s passion for this model of care is clear: his years of practice proving to him the effectiveness of this way of working.”

“I really hope this personal challenge will raise funds for Mottingham Leg Club and awareness of the Bromley Healthcare's commitment to advancing excellent holistic leg ulcer care,” said Frank.

Frank’s target to raise this year is £1,200 which will go towards covering the cost of hall rental for Mottingham Leg Club and its activity expenses. If you would like to sponsor him for this event visit:

<https://mydonate.bt.com/fundraisers/mottinghambromleylegclub>

Mottingham Leg Club is held at Court Farm Evangelical Church Hall every Wednesday from 1:30pm - 3:30pm. For more information about Mottingham Leg Club visit: <http://www.bromleyhealthcare.org.uk/find-a-service/the-leg-club>

ENDS

Notes to editors:

1) Bromley Healthcare was established in 2011 as an employee-owned social enterprise that 'spun-out' of the NHS. The organisation runs community health services in Bromley, Greenwich, Bexley, Croydon, Lewisham and Suffolk, providing a wide range of services to people of all ages. Services range from health visiting to district nursing, school nurses to specialist nurses, therapy services for adults and children, urgent care centres, services to help prevent

hospital admissions and also facilitate early hospital discharge.
www.bromleyhealthcare.org.uk/

2) 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.

3) 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 ongoing training in new developments in leg care.

4) 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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