



Press Release

For immediate release

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Finland set to get its first Leg Club

Espoo in Finland is set to be the home of the country's first Leg Club. Staff from Espoo Hospital Ward 1, which specialises in wound care put forward a proposal to the city's Innovation Competition to create a Leg Club, or as they are called in Finnish a Jalkaklubi, to help assist with their patients' rehabilitation and recovery from lower limb wounds. Last week they found out they had won the Potential Innovation category, securing €3000 to launch the project.

Espoo Jalkaklubi will follow the award-winning Leg Club model founded by former district nurse Ellie Lindsay OBE which offers holistic treatment in a non-medical setting through a partnership of nurses, members (patients) and volunteers of the third sector and community. It is hoped that Espoo Jalkaklubi will encourage its members to care for their own well-being, reduce their social isolation and promote wound care and prevention. It is also anticipated that the Club will follow the success of those established in the UK, Germany and Australia and result in associated cost savings by reducing the number of hospital days and health centre visits by those with lower limb conditions.

Ellie Lindsay OBE, Lifetime President of the Lindsay Leg Club Foundation (LLCF), said: "I am absolutely delighted by the wonderful news of the

Espoo nurses' success in the Innovation competition. It is very exciting for us all at the LLCF to have the Leg Club model expand into Finland.”

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 ongoing 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 practice and 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.

For further information about the Leg Club Foundation and Leg Clubs visit: www.legclub.org

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