



Press Release

For immediate release

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Tough Mudder raises over £500 for the Lindsay Leg Club Foundation

A Lindsay Leg Club Foundation (LLCF) fundraiser has collected over £500 in donations after tackling and completing the gruelling Tough Mudder obstacle course. Toby Cobbledick, a product manager for Molnlycke - the medical products and solutions company, undertook the 11-mile mud and obstacle course, dubbed “probably the toughest event on the planet”, in September earlier this year.

Toby became aware of the LLCF and the Leg Club model of care during his time as a Leg Club Industry Partner, when he was involved with Molnlycke’s work on products and solutions for wound treatment and ulcer prevention. Although now working in a different department at Molnlycke, Toby had been so impressed by the achievements of Leg Clubs he contacted the LLCF to ask if he could fundraise for it on a personal level.

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.

Ellie Lindsay OBE, Lifetime President, Lindsay Leg Club Foundation said: “We are delighted by Toby’s magnificent fundraising effort. What a wonderful undertaking to do this for our charity!”

ENDS

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. 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.

For further information about the Leg Club Foundation and Leg Clubs visit:

www.legclub.org

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