



Press Release

27th June 2018

Otley Leg Club wins poster competition at 2018 Leeds Primary Care Conference

Otley Leg Club is celebrating success after winning the poster competition at this year's Leeds Primary Care Conference.

The conference, whose theme was Celebrating Successful Collaboration, awarded the prize to Otley Leg Club, which is itself the result of a partnership between Leeds Community Healthcare NHS Trust, Chevin MP, Otley Action for Older People, Connect Well, Leeds CCG and the Lindsay Leg Club Foundation.

The poster entitled "All Legs Allowed" included a description of the Otley Leg Club project, its successes, lessons learnt and member feedback.

Otley Leg Club is the first Leg Club to open in the north of England and has become hugely popular since it opened in March 2018. In the first eight weeks of the service opening it grew from an initial 25 members to 110 members receiving their lower limb care at the Leg Club.

The Leg Club model is a psychosocial model of care, developed by former district nurse Ellie Lindsay OBE, which sees patients treated by nurses in non-clinical environments on a drop-in basis. The Leg Club atmosphere empowers members to take control of their own conditions through receiving treatment, promoting self-management and offering preventative advice. It also gives them the opportunity to meet others in a similar situation and help reduce social isolation.

One Leg Club member was quoted on the poster saying: "It's a great service. I only get out twice a week, once here and once to the hospital."

Ellie Lindsay OBE, President, The Lindsay Leg Club Foundation, said: “Leg Clubs make an enormous difference to members and their families, not just in clinical improvement of their leg ulcers and skin problems, but also in improving social isolation, self-esteem and self-management of other health issues. I am delighted to see Otley Leg Club be rewarded for its diligence and enthusiasm in making this partnership work such a success in such a short space of time.”

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 on-going 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 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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