



**Bromley  
Healthcare Charity**  
a helping hand



**Bromley  
Healthcare**  
better together



## **Press Release**

For immediate release

17<sup>th</sup> August 2018

### **Bromley nurse to run 33 miles to raise awareness and funding for Mottingham Leg Club**

On Wednesday 5th September, Mottingham Leg Club will be celebrating its sixth birthday. To commemorate the occasion NHS leg ulcer nurse Frank Hall will be fundraising by undertaking a personal challenge to run the distance of 33 miles between Brentwood Leg Club, the Department of Health, Westminster and Mottingham Leg Club. Frank will be met at the Department of Health by Lord O'Shaughnessy, Parliamentary Under Secretary of State at the Department of Health and Dr Ruth May, NHS Executive Director of Nursing.

This is the sixth consecutive year Frank has challenged himself to undertake a long distance run to promote the Leg Club. He has been inspired to take on these personal challenges having witnessed the commitment and support that the Leg Club has received from its members, volunteers and nurses. This year, through his running, Frank aims to promote a national leg ulcer service and more Leg Clubs to facilitate its delivery.

Leg Clubs provide community-based treatment, health promotion, education and ongoing care to people of all ages who are experiencing lower leg problems.

They are based on Ellie Lindsay OBE's award-winning Leg Club model of care which encourages patients to take an active interest in their treatment. With the help of volunteers, Leg Clubs provide a friendly, welcoming atmosphere where members with lower leg problems can share experiences, offer peer support, and have fun and enjoy refreshments together. For many this is their one outing of the week; helping to reduce the social isolation often associated with leg ulcers, and to provide emotional support which is beneficial to the healing process.

Setting off at 7:30am from Brentwood Leg Club in Essex, Frank will be supported by his two sons, David and Jonathan, as well as former Lindsay Leg Club Foundation chair Marc Courtney. Frank will then run to the Department of Health to promote the concept of a national leg ulcer service to Lord O'Shaughnessy, and Dr Ruth May. Finally, he aims to arrive in Mottingham at the Evangelical Church Hall on Court Farm Road at approximately 3:00pm in time for the Club's weekly meeting and to cut the birthday cake.

Frank said: "Bromley Healthcare's commitment to advancing excellent leg ulcer treatment through the Leg Club social model of care is really transforming our members lives. I hope through undertaking this challenge we can raise awareness of the need for holistic leg ulcer care nationwide as well raising funds for Mottingham Leg Club"

Ellie Lindsay OBE, Lifetime president, The Lindsay Leg Club Foundation, said: "Frank's dedication and commitment, both as a nurse and as a fundraiser, to Mottingham Leg Club and the Leg Club model of care is tremendous. Everyone at the Foundation wishes him every success in his latest epic endeavour!"

Frank can be sponsored for this event at:

<https://mydonate.bt.com/fundraisers/mottinghambromleylegclub1>

Mottingham Leg Club is held at Court Farm Evangelical Church Hall every Wednesday from 1:30pm to 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, and Lewisham, 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/](http://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](http://www.legclub.org)

**For media enquiries please contact:** Juliette Lobley, Communications  
Consultant, Lindsay Leg Club Foundation, email:  
[juliette.lobley@lindsaylegclubfoundation](mailto:juliette.lobley@lindsaylegclubfoundation)