



## **Press Release**

For immediate release

29th March 2019

### **Leeds to get second innovative Leg Club**

NHS Leeds CCG and Leeds Community Healthcare NHS Trust have been working together in partnership with the Lindsay Leg Club Foundation to open a second Leg Club in the Leeds area.

Garforth Leg Club will launch on Wednesday 3rd April 2019 and be available for patients with lower limb problems ranging from varicose veins and leg ulcers to difficulties in walking. It is the second Leg Club to open in Leeds and follows the success of Otley Leg Club.

Garforth Leg Club will follow the award-winning Leg Club model founded by former district nurse Ellie Lindsay OBE. Leg Clubs offer holistic treatment on a drop-in basis, in a non-medical setting, through a partnership of nurses, members (patients) and volunteers from the local community. The emphasis of the Leg Club is to empower members to participate in their care, in an environment that helps to reduce the social isolation often associated with lower limb conditions.

In addition to providing benefits to patients, it is anticipated that the Club will also result in cost savings for the local health economy. Clinicians will be able to treat Leg Club members collectively in a dedicated two-hour session saving on appointment times for practice nurses and travelling time for district nurses.

Lisa Tindall, Garforth Leg Club Lead Nurse said: “As a locality we felt this was a great opportunity to promote and commence collaborative working with the wider services available correlating with a health and social model which reduces isolation and promotes health.

We already have a Leg Club in the Leeds area at Otley and we have learned from their success. Our demographic is similar in that we are semi-rural with a high prevalence of elderly patients and a substantial number of patients with lower limb conditions which would benefit from the Leg Club model.”

Catherine Venable, Service Manager for the Neighbourhood Teams said ““LCH staff are excited to work collaboratively with our partners to support this service, which will enhance care delivery and help promote independence and wellbeing for its members.”

Garforth Leg Club will be held at Garforth Neighbourhood Elders Team (NET) in Dover Street in Garforth. As well as providing a venue for the Leg Club, Garforth NET has a identified several volunteers to support the Leg Club on a weekly basis including a retired nurse. The Club will be led by the volunteers who will be responsible for greeting and registering members upon arrival, providing refreshments and organising social activities.

Garforth Leg Club will be held every Wednesday from 10:00am to 12:00pm at Garforth Neighbourhood Elders Team (NET) in Dover Street, Garforth, LS25 2LP

For more information please contact Lisa Tindall, Garforth Leg Club Lead Nurse, on 0113 287 7321.

**ENDS**

**Notes to editors:**

- 1) Problems of the lower limb, 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, individuals often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence

of lower limb problems or their leg 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 psychosocial Leg Club model for lower limb care is an innovative model that has been shown to improve the health and wellbeing of people with chronic lower limb 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 lower limb treatment. A Leg Club is a local partnership between practice and community nurses, patients and members of the community. Run by a committee of volunteers, 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](http://www.legclub.org)

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The Leg Club promotes collaborative working and peer support between organisations and enables good leg care practice to be shared. Visitors from wider services will be invited to attend the Leg Club to meet all the holistic needs of Leg Club members again aiming to achieve better physical and psychological outcomes for health.