PATIENTS COMMUNITY
PRACTICE AND DISTRICT NURSES
LEG CLUB®
www.legclub.org

Six Month Progress Update for September 2020

To say that the last 6 months has been strange is an understatement, but these unprecedented times have helped us all realise even more how important staying in touch with our loved ones, colleagues and the elderly really is. Since the virus outbreak The Lindsay Leg Club Foundation have certainly seen fantastic positivity from Leg Club volunteers, friends and colleagues who quickly adapted to a change of behaviour and lifestyle.

The Foundation have spent these last few months creating new publications and literature to help Leg Club members feel supported, albeit remotely. A series of 'Tips' were produced addressing issues such as social isolation, loneliness, the importance and examples of activities and specific leg exercises that can be done within the home. **www.legclub.org/easy-reading-tips-and-guidance**

It has also been wonderful to hear from the Leg Club volunteer network and their members on how they have been filling their time at home, with lots of therapeutic hobbies coming into play, such as knitting, music, baking, gardening, art and a love of jigsaws and crosswords.

Advancing the work of the Foundation through Associate Partnerships

The purpose of collaborative working partnerships is to benefit from working together with other third-sector organisations and associations to achieve the same goal. As noted in the briefs outlined below this is currently being achieved with support from the Foundation's associated partners.

Recent initiatives:

Following extensive board meetings and consultations between the Foundation and the leading wound care trade association a corporate health-care partnership was considered mutually beneficial. Hence a partnership with the Surgical Dressing Manufacturer's Association (SDMA) was formed.

SDMA
SURGICAL DRESSING MANUFACTURERS ASSOCIATION

The SDMA membership comprise of companies that manufacture or distribute wound management and associated products - please see website **www.dressings.org.uk**

This collaborative partnership will bring together viewpoints from both the wound care third sector and industry to form an aligned voice to influence policy and decision makers to ensure individuals receive the highest quality wound care and education.

Ethical practice is an imperative both for the Foundation and the SDMA. Both adhere to a strict code of conduct that defines roles within the partnership. This ensures there are no conflicting commercial or competitive considerations as both organisations have professional codes and frameworks to ensure that the partnership is mutually beneficial, professional and ultimately patient focussed.

Many SDMA members are also Leg Club Industry Partners, so this partnership brings together viewpoints from both the Foundation organisation and healthcare industry to form an aligned patient voice to influence policy and decision makers. At present, leg-related activities are not featured as one of the main areas for government or NHS providers and its envisaged that this collaborative partnership will enable the Foundation to play a larger role advocating on behalf of our Leg Club members.

The College of Phlebology

Associate Leg Club partner

THE COLLEGE OF PHLEBOLOGY

To promote the psychosocial Leg Club model for lower limb care to international phlebologists, vascular specialists and the general public Ellie Lindsay OBE was invited to provide two chapters on the social model for a new book written by Professor Mark Whiteley. Ellie wrote a chapter on the importance of her person-centred social model and the second chapter was co-authored with Roland Renyi (past Foundation Chairman) based on the importance of public health promotion and empowerment.

Venous Lymphatics World International Network (vWIN) Foundation

Associate Leg Club partner

The vWIN Foundation a third sector charity works in association with universities, the medical fraternity and the general public collectively to raise the importance of venous and lymphatic science, treatment and prevention.

Over the past twelve weeks the vWin Foundation has undertaken a global educational and humanitarian not for profit initiative inviting our Leg Club network to participate in their webinars.

Each week the webinar was opened by a guest of honour widely recognised by colleagues as a humanitarian/professional figure within the venous world and Ellie accepted their invitation to participate as a Guest of Honour during the twelve-week programme. Also, as part of the association with vWin it was a very proud moment to see the Leg Club logo prominently profiled on the introduction/ acknowledgement and closing slides to a weekly global audience!

Website - Launch of the International Patient & Carer Advocacy Panel (IPCAP)

The International Patient & Carer Advocacy Panel (IPCAP) for wound care is an initiative supported by the World Union of Wound Healing Societies (WUWHS) and The Lindsay Leg Club Foundation, a member of the Sister Societies of the WUWHS. As part of the Congress Scientific Program set up and chaired by Ellie, public information leaflets have been created by a panel of international volunteer experts hailing from both within and outside the wound care arena. They have devoted a considerable part of their careers trying to understand, chart and promote the patient experience. For links to the leaflets please visit **www.legclub.org/the-patient-advocacy-panel-information**

Supporting the Managing Diabetes Campaign

The Lindsay Leg Club Foundation is proud to support the Managing Diabetes Campaign from Health Awareness UK through their social media platform. It is estimated that a limb is lost every 30 seconds around the world due to diabetic foot ulcers, and the mortality rate is higher than that of many forms of cancer. Lots needs to be done to raise awareness of the chronic complications associated with diabetes and we are determined to help to increase the understanding of the diabetic foot through preventative public education.

The Annual Leg Club Conference - now Sept 2021

In line with the guidelines decreed by the UK Government, the 2020 annual Leg Club conference was cancelled and will instead take place on September 29 and 30, 2021.

Nailsea Leg celebrate their 5-year anniversary

What an amazing achievement to be celebrating five years since their first drop-in clinic. In July 2015 Nailsea Leg Club opened their doors for the first time and since then have grown to have more than 150 members several of whom attend for treatment each week. It was a shame that they couldn't have the celebratory lunch with members that they had planned due to coronavirus, but this will go ahead in due course. During lockdown, members have been receiving treatment at health care centres. Normally they would be seen by nurses who give specific care as required, whilst a team of volunteers provide conversation, refreshments and interaction, thereby helping reduce social isolation, which is very common in those experiencing lower limb problems.

Teatime at Waun Wen – Trebanog Leg Club

A lovely member of Waun Wen – Trebanog Leg Club very kindly donated customised mugs to the Club. What a lovely thought for tea times!

The Lindsay Leg Club Foundation would like to take this opportunity to thank all the amazing volunteers for everything they have done and continue to do for members. According to the clinical team their amazing volunteers have been doing shopping for their members, as well as phoning and emailing them to ensure that they are doing ok.

Most importantly, what do our Leg Club members say?

Members regularly tell both the clinical team and our PA Lynn Bullock what Leg Clubs mean to them, they find them friendly and supportive, and a place where they can find companionship.

"First class care. Good company and you can have a laugh. The helpers work hard to please all the patients. I look forward to coming on a Thursday"

"Nurses very good and attentive. Volunteers excellent and very helpful. The care by the nurses and volunteers is very excellent"

"The excellent warm welcome that you get from all of the volunteers and nurses that are in attendance"

"Volunteers are 'little angels'.

"The support it gives me as a carer and the knowledge that you can just walk in. If you go to the GP, they just send you down the hospital."

"Excellent. Much more convenient."

"Friendly - plenty of tea coffee and chat and getting to know other people."

Fundraising During Lockdown

As with other charities the Coronavirus crisis has resulted in funding issues for the Foundation, however we are very fortunate to have had some fantastic support, with people finding different ways to raise funds for The Foundation from their own homes!

Here's just a selection of the amazing things that have been happening since lockdown began...

£418 raised through the Aviva Community Fund!

The Aviva Community Fund has been running for over four years, which has helped thousands of small charities and good causes build stronger communities all across the UK, including The Lindsay leg Club Foundation. The money we raised through pledges from supporters and donations from Aviva employees totaled £418 and will be used to help us expand our Leg Club reach and we are thankful to all those that supported us.

Amazing response to the 2.6 Challenge

Regrettably, many planned fundraising events including the annual Virgin Money London Marathon couldn't go ahead this year due to Covid19. However, to try and help charities during the pandemic the 2.6 Challenge was created and has been a great success, raising over £11 million and helping thousands of charities including The Lindsay Leg Club Foundation.

With the help of some of our Trustees and loyal supporters the 2.6 Challenge raised **£5,544** for The Foundation!

Our sincere thanks to:

- Hugh Fickling for raising a super **£125**
- Laura, John and Charis Ripley for taking on 26km on a cross trainer, 260 leg lifts on one leg, 26 continuous cartwheels and 260 trampoline jumps! Total raised **£260**
- Mike Hoskins for raising a fabulous **£342.50**

- Carole Brooke and her friends Glynis and Sue who took on the challenge of 26,000 steps and managed to raise an impressive **£614.26**
- Dr Robert Bawden for taking on a 2.6 mile run, bike AND row and achieving a fantastic **£1,431.25** in sponsorship
- Samuel Williams for raising an incredible **£1,505** through his 26km run

We would LOVE for others to follow in their wonderful footsteps (literally!) and take on a personal challenge to raise money for The Lindsay Leg Club Foundation. You could take on any of the activities already mentioned above or why not come up with your very own!

Please contact Laura Ripley on **laura.ripley@legclubfoundation.com** who would be happy to assist you in setting up an online fundraising page and give you ideas for your challenge! There is no minimum amount you need to raise as every penny really does help us to expand our Leg Club reach and enable us to help more people with lower limb and foot conditions such as leg ulcers.

The Importance of Communication

Although lockdown has had many negative impacts on people's lives, we must remember that is has also enabled a time for reflection, a slower pace of life and creativity. Since March Ellie Lindsay OBE has produced some infographic 'Tips' for our Leg Club members, volunteers and social media platform. Also, Ellie's work is all about networking and she firmly believes in the art of communication, especially during this time being able to communicate effectively with all involved in the Leg Club network during this pandemic is vital. Despite being unable to travel and undertake Leg Club visits Ellie has maintained communication since the start of the current global situation by producing a monthly 'Notes from the wilds of Suffolk' as a way of keeping in touch and they has been well received by the Leg Club network, Industry and international community. **www.legclub.org/newsletters/newsletters-2020**

Also, following an email conversation with a friend and the rediscovery of her therapeutic joy of baking Ellie is currently undertaking a personal project of creating a recipe book. She has been overwhelmed by the Leg Clubs (clinicians, volunteers and members), Leg Club Industry Partners and international support she has received from people sending her their favourite recipes to be included in the book. The content will comprise much-loved family favourites from around the world, along with some friends providing an emotional account of their selected recipes. These stories reaffirm the importance of sharing and communication with others, especially during this pandemic. Once the recipe book is printed all proceeds will be donated to the Foundation.

As we head into the festive season it would be amazing to have your continued support. There are so many ways in which you can help us, but here are a couple of the simplest:

Help us reach £500 with easyfundraising by Christmas!

Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE!

These donations really mount up, since we signed up to easyfundraising we have with your support raised **£340.67.**

We currently have 21 supporters who have signed up, which means on average each supporter has raised **£16.22** for The Lindsay Leg Club Foundation. It would be amazing if we could reach 50 easyfundraising supporters by Christmas and raise over **£500**. Please could you help us by signing up (if you haven't already!) and spreading the word to friends and family to do likewise. September is when everyone starts thinking about starting their Christmas shopping and so it's a brilliant time to join if you do lots of online shopping for Christmas presents!

Signing up is FREE and easy, just follow this link **www.easyfundraising.org.uk/causes/thelindsayleg/?utm_campaign=raise-more&utm_content=en-n1**

Since signing up to be part of AmazonSmile we have raised **£18.21** with 14 kind supporters. As we start to think about Christmas shopping, we would really appreciate it if you could support The Lindsay Leg Club Foundation when you buy through Amazon. It is FREE and you shop in your normal way but just through this link: **smile.amazon.co.uk/ch/1111259-0** to enable Amazon to donate to 0.5% of the net purchase price of the items you buy to The Lindsay Leg Club Foundation.

The Leg Club title, wording and logo are protected by registered trademark in the UK. **www.legclub.org** © E T Lindsay