June 2021

PATIENTS COMMUNITY
PRACTICE AND DISTRICT NURSES
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Six Month Progress Report
Leg Club News

Welcome to the six-monthly update for all those who are providing the Leg Club movement with the generous support that we need not just to survive in these difficult times, but to thrive.

We are more or less half way through the second year of a pandemic that has seriously impacted virtually everyone on this planet, and to which we are all trying to adjust. It goes without saying that the group of people that has been affected more than most is the elderly, who have rightly needed to be shielded from the worst effects of Covid-19.

Unfortunately, along with shielding comes isolation, and it is a sad irony that some Leg Clubs, created specifically so that our members (patients) can get together within a social model of care, has with their safety in mind been unable to welcome them through their doors with the frequency and spontaneity for which the model was designed. I am however heartened by the ways in which Leg Clubs have adapted to these times, seeking ways to engage members and their families even though they cannot always meet face to face.

Our funders have been an active and essential part of this welcoming spirit since the beginning and I can personally vouch for the incredible way in which our friends from industry have come together, interacting with our members, nurses and volunteers at our Leg Clubs and initiating projects that serve the Leg Club movement.

In many ways this is a more important time than ever to continue our work, and I am delighted that you have risen to the challenge. In this newsletter we discuss the exciting "21 Challenge," a component of International Vein Week, a campaign for Leg Health recognised around the world. We also provide details on how to obtain our fantastic Leg Club Recipe Book, for which some of you have kindly provided recipes, and finally we announce our 20th Leg Club Conference planned for 29th and 30th September. It will be a wonderful, and for me emotional, time for us to get together again.

Thank you so much for your continued support. In spite of the pandemic our network has experienced international growth and I am convinced that we will emerge at the end of this pandemic stronger than ever. It is your support that will have made this possible.

Ellie Lindsay OBE *Life President*

20th Annual Conference

The 21 Challenge

Favourites Recipe Book

Healthy at Home

Annual Leg Club conference rescheduled until September 2022

The COVID-19 pandemic continues to affect people across the world. Here in the UK we are still feeling the impact with more variants likely to slow our progress to a more normal life.

For this reason, we have taken the decision to postpone the 2021 annual Leg Club conference. All being well, the conference will go ahead on the 28th & 29th September 2022.

This is a very painful decision for everyone involved especially as this year marks the 26th anniversary of the Leg Club model. However, the most important thing right now is to preserve the health of our speakers, delegates, healthcare exhibitors and volunteer supporters.

We would like to apologise for any inconvenience this may cause, but we are sure everyone will understand why we have taken this decision at this exceptional time.

The 21 Challenge!

Vein week commenced on the 5th-11th April 2021, which is a brand new health initiative organised by the vWIN Foundation in collaboration with the International Leg Club Committee.

The 21 challenge was to encourage anyone to engage in an activity that would promote lower leg health by increasing the pump action of the calf and aiding circulation.

This initiative was just part of a filled week of education and collaboration. It aimed to drive awareness of the importance of early diagnosis and treatment of venous leg ulcers. Zoom sessions were available to help provide education about current technologies and to help manage the stigma often associated with long term chronic wounds.

Everyone who took part really demonstrated the importance of being active, whatever form it takes, to keep that calf pumping.

Congratulations to everyone involved.

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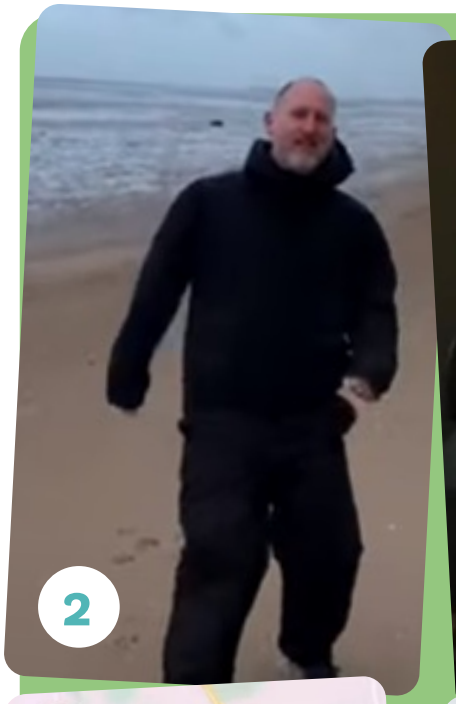
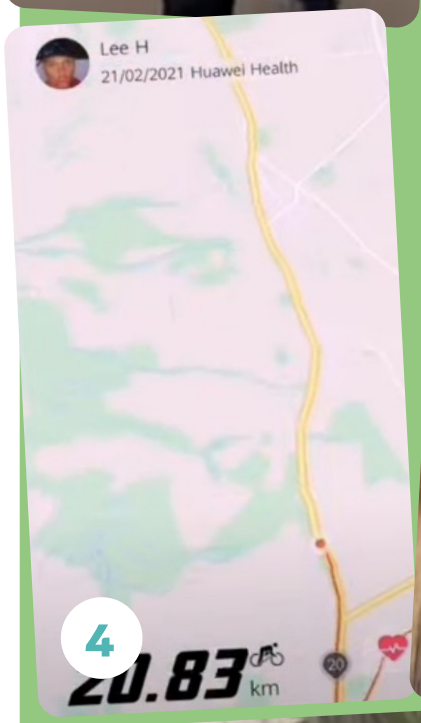
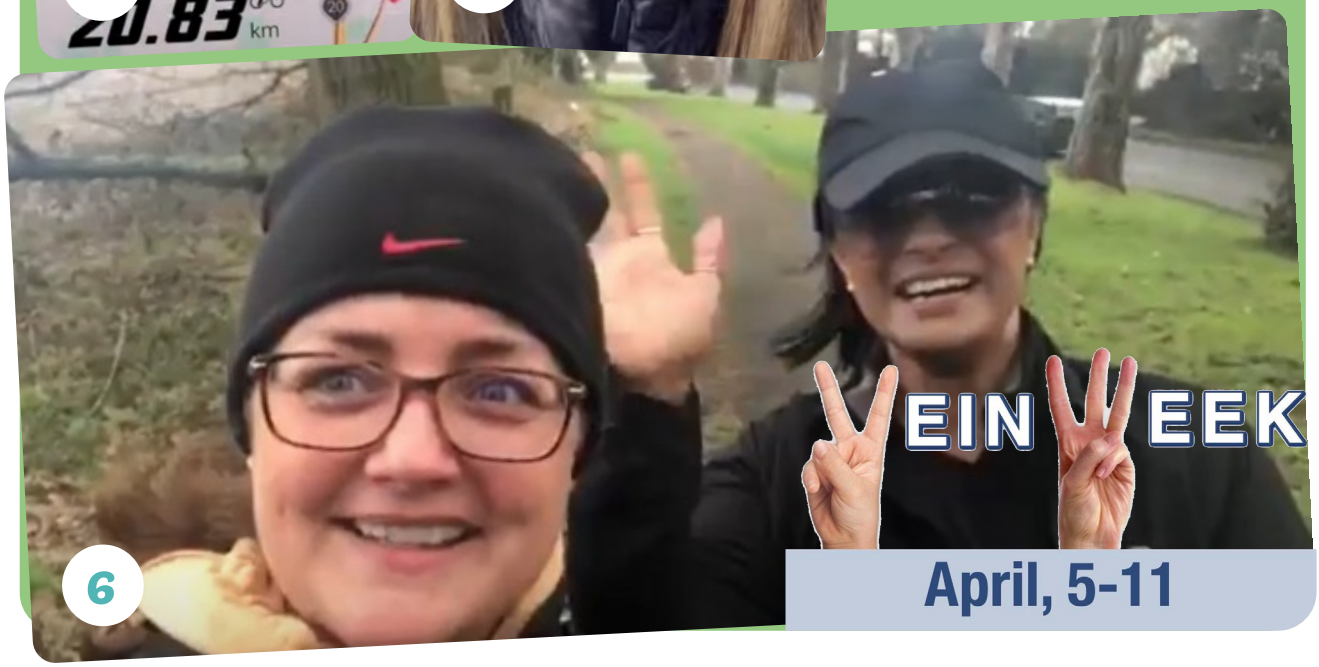




Just a small selection of those who took up the 21 Challenge.

1) Weymouth Leg Club
2) ConvaTec UK Leadership Team (Leg Club Industry Partner)
3) Sam Williams (Leg Club Industry Partner)
4) Lee Howard (Leg Club Industry Partner)
5&6) Members of H&R (Leg Club Industry Partner)



The Leg Club Favourites Recipe Book

The Leg Club book has been sold all around the world and, in the first six months of sales, reached well above the annual average for a cookbook launch.

A fundraising project, this book has made its way to the UK, USA, Canada, France, Spain, Italy, Switzerland and Australia.

Going forward, we'll be promoting the book:

- at exhibitions
- at conferences
- with website offers
- on LCIP Members' company websites
- with seasonal recipes
- on Mother's Day
- on Father's day
- with a competition on the Leg Club page – 'win a book!'
- in a video vlog about the book

"My sister in law bought me the Leg Club Recipe Book for Christmas. My family and I love Amanda's Thai Chicken Curry. We all love the flavour of this delicious dish and agree it's the best Thai Chicken Curry we have ever had. It's certainly become a firm favourite in our household."

Andrea F

"As a proud Leg Club Foundation Trustee and a partner of Professor Michael Clark (ex Chief Executive Officer of the Leg Club Foundation), who enjoys a curry, for my first delve into the Leg Club favourites recipe book, I was drawn to page 53 and Rob Bawden's Sri Lankan Chicken and agree with Rob's sentiments that this was delicious on the day it was cooked and again the following day."

"I eat a lot of hummus, but had never been tempted to make my own however; I followed the recipe for Amit and Daphne's hummus on page 29, and will never go buy from a shop again.."

Trudie Young, Tissue Viability Nurse

"I bought the Leg Club Recipe Book for my husband and sister for Christmas. The broccoli soup was delicious and so easy to make. We also really enjoyed the Smoked Salmon & Dill Pasta. The Lemon cake is a real hit too. I definitely recommend the book and the recipes are so easy to follow."

Karen M

"My husband and I enjoyed trying some recipes from the Leg Club Recipe Book during the lockdown. We've always enjoyed Soda bread and so dived in with Geoff's Irish Soda Bread recipe and were not disappointed. It is so easy to make and is now a regular firm favourite in our house. We also really enjoyed Lynn's veggie chilli and Eileen's millionaire's shortbread. It was lovely to know that all the recipes in the book were tried and tested and it felt wonderful to know that people were sharing their favourite dishes in support of such a worthy charity."

Amanda B

"Fabulous book, such an assortment of recipes, have tried a few in particular love Rob's Sri Lankan Chicken and Cate's Bircher Muesli ."

Brenda King Independent Nurse Consultant Tissue Viability

To support this fundraising project by ordering your copy, visit **www.legclub.org/leg-club-recipe-book** or email **info@legclub.org**

"The soda bread recipe was delicious and as it baked, my house in the Yorkshire Pennines has been perfused with wonderful aromas that took me right back to 1995 – a very happy year I spent in County Cork Ireland, where I worked as part of a friendly, progressive multidisciplinary podiatry, vascular and tissue viability service, based in Cork University Hospital. We rented a house with stunning views out over Crosshaven and Cork Harbour estuary. All very Irish Balamory. We had very young children and many evening were spent baking and eating soda bread, which we also packed into glorious lunches enjoyed during long meandering trips down the West Cork coastline. Heaven on earth. Thank you for transporting me back there with this recipe."

Martin Fox, Vascular Specialist Podiatrist

Staying Healthy at Home

This is a two-page newsletter, for the Leg Club Members, that gives simple and clear messages with helpful hints and tips on keeping healthy. Examples such as keeping regular routines, staying socially connected, and some form of daily physical activity are incorporated. It includes the importance of drinking water and a good balanced diet, together with avoiding more harmful things such as smoking, drinking alcohol or exposure to things that can create anxiety. Finally, it encourages members to engage in activities that can be enjoyed or to learn something new, and of course how to seek help and support where needed.

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Staying Healthy at Home

Keep to your regular routines as much as possible

Maintain a daily schedule for yourself including sleeping, meals and activities. This helps to keep you going and stay organized.

Stay socially connected

Speak to loved ones and people you trust every day or as much as possible, using the telephone, video-calls or messaging, through writing letters, etc. Use this time to share your feelings and to do common hobbies together. This will help you to feel less isolated.

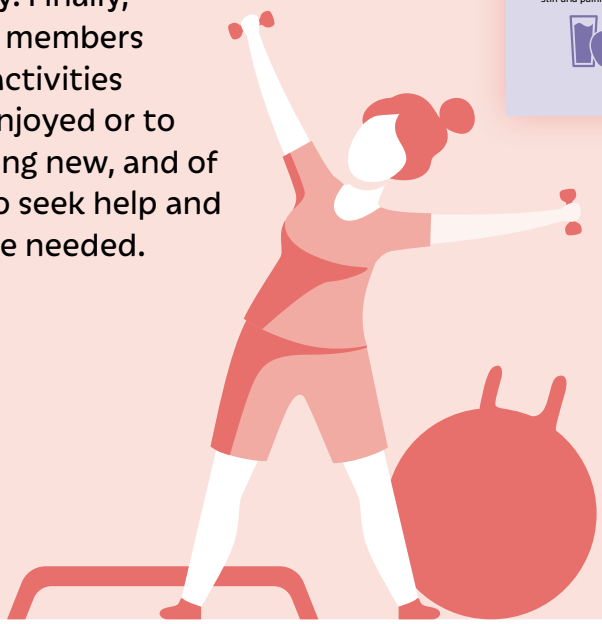
Be physically active every day

Reduce long periods of sitting and set up a daily routine that includes at least 30 minutes of exercise. Make sure to do activities that are safe and appropriate for your level of physical fitness as indicated by your health-care worker. You can use household chores as a way to keep physically active, follow an on-line class (e.g. Tai Chi, yoga) or choose your favourite music and dance to that. This will help us to stay more mobile, it is easy for our joints to become stiff and painful it will also help move blood around the body.

Drink water and eat healthy and well-balanced meals

This will keep you hydrated, help strengthen your immune system and lower the risk of chronic illnesses and infectious diseases.

STAYING HEALTHY AT HOME DURING COVID (1 OF 2)



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