



Press Release

For immediate release

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Leg Club model flourishing in Finland

Following the success of Finland's first Leg Club, a second Leg Club has been opened in Espoo, with a third planned to open in October in Kirkkonummi, a small town near Helsinki. "Jalkaklubi", as they are called in Finnish, follow the award-winning Leg Club model founded by former district nurse Ellie Lindsay OBE and offer holistic treatment for lower limb conditions in a non-medical setting through a partnership of nurses, members (patients) and volunteers of the third sector and community.

Since its launch in 2017, Espoo Jalkaklubi has helped encourage its members to care for their own well-being, reduced their social isolation and promoted wound care and prevention. It has proved so popular a second Club opened in the town at the end of March 2019.

Ulla Nuutinen, Leg Club Facilitator and editor-in-chief, Finnish Wound Magazine said:

"Finnish nurses are passionate about the Leg Club model. My job has really been just to encourage and educate them on how to set up Jalkaklubi.

"Health professionals here are starting to really become more familiar with the model and we recently had our first thesis on Leg Clubs and the experiences of Leg Club members submitted to the Diaconia University of Applied Sciences, Helsinki."

Ellie Lindsay OBE, founder and lifetime president of the Lindsay Leg Club Foundation will be visiting Finland this November to see the Jalkaklubi in action. It is hoped that nurses from Espoo will be able to travel to Worcester in September to attend the 19th Annual Leg Club Conference.

Ellie said: “The issue of leg ulcers remains a common, chronic problem in many countries. However, the success and expansion of the Finnish Jalkaklubi, alongside those in the UK, Germany and Australia, show how the principals of the Leg Club model can be applied universally to improve health outcomes for sufferers of lower limb conditions everywhere.”

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

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