



## **Press Release**

For immediate release

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# **Lindsay Leg Club Foundation appoints clinical development nurse to help meet growing demand for Leg Clubs**

The board of the Lindsay Leg Club Foundation (LLCF) has created a new clinical development nurse post to meet the growing demand for Leg Clubs in the south and south west of England.

Leg Clubs, which are based on an award-winning model founded by former district nurse Ellie Lindsay OBE, collectively treat people with lower limb conditions in a non-medical setting and on a drop-in basis. Evidence shows this style of treatment based in a club environment leads to improved healing rates by encouraging members to become more involved in their care and reduces social isolation.

To support the rise in GP led Leg Clubs, Clare Mechen, an advanced nurse practitioner and nurse manager at The Adam Practice in Poole, has been recruited to promote the Leg Club Model and facilitate the continuing expansion of the network across the South West of England. The clinical development post will involve working with commissioning groups, surgeries and clinical colleagues who could implement growth of the model. In addition, the role involves supporting existing Leg Clubs and Leg Clubs in development by communicating best practice for the model to all stakeholders.

Clare is well placed to carry out her role having established and run the Best Foot Forward Leg Club at The Adam Practice since 2015. Her

passion and enthusiasm for the Leg Club model of care and social prescribing have resulted in her being a runner-up for the 2016 WUWHS (World Union of Wound Healing Societies) Congress scholarship award and winner of the LCIP (Leg Club Industry Partners) EWMA scholarship award in 2016.

Clare said: “I am delighted to take on this role supporting the development of Leg Clubs across the South West. Having seen first-hand what a difference the Best Foot Forward Club has made not just to our members leg ulcer healing rates, but also their self-esteem and outlook, I am eager to get started.”

Ellie Lindsay OBE, lifetime president of the LLCF, said: “Clare’s experience of setting up a Leg Club combined with her understanding of local health policy drivers and genuine enthusiasm for the model of care means she will be a fantastic asset to the Foundation.”

Clare can be contacted at [clare.mechen@legclubfoundation.com](mailto:clare.mechen@legclubfoundation.com)

## **ENDS**

### **Notes to editors:**

1) 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.

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 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)**

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