



Press Release

For immediate release

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District nurse qualification inspires launch of innovative new Leg Club

Tendring District Nurses in partnership with the Anglian Community Enterprise (ACE), the Lindsay Leg Club Foundation and the local community have opened a new Leg Club in Clacton on Sea this month.

The catalyst for this initiative was District Nurse Lead Kelly Buxey. Kelly has worked in community nursing for 15 years, but was inspired to set up a community based Leg Club following the completion of her District Nurse qualification in 2015. As part of her course Kelly wrote a dissertation on lower leg wounds. She concluded that traditional methods of treatment, carried out either in clinics or home visits, did not address all the biological, psychological and social aspects associated with improved healing rates.

Leg Clubs are based on the award-winning healthcare model founded by former district nurse Ellie Lindsay OBE, where nursing staff and volunteers work in conjunction to provide holistic care to patients suffering from lower limb conditions. They operate on a drop-in basis in a non-medical setting, and encourage and empower Leg Club members to become more involved in their care through peer support and collective treatment. Leg Clubs can also help to relieve the social isolation that is frequently experienced by patients with leg ulcers and reintegrate patients back into their communities.

This model of care has been proven to achieve high success rates in terms of healing and in the prevention and recurrence of lower limb conditions. Kelly had found that a large part of her community nursing caseload involved recurring

lower limb wounds and the improved healing rates recorded at Leg Clubs inspired her to apply to ACE for funding to set up the project. In addition Kelly, her fellow District Nurses and Leg Club volunteers fundraised £2270 from a sponsored 24 hour walk. Such is Kelly's enthusiasm for the project she walked 21 miles herself during the challenge which took place using treadmills at local gym Fight Fit Systems.

Clacton on Sea Leg Club is the first in what Kelly hopes will be one of five to open in localities across her district within the next year to 18 months.

She passionately believes there should be more support and funding for district nurses to allow them to undertake innovative projects like hers. She said: "We must invest in staff to allow them to be innovative and deliver care in different ways. By completing my District Nurse qualification I was able to gain the skills necessary to set up a Leg Club which has met a long overdue need in the community we serve."

Ellie Lindsay OBE, President, The Lindsay Leg Club Foundation, said: "Kelly's hard work, drive and determination in setting up this new Leg Club in Clacton on Sea is outstanding. Through her studies she has not only recognised the value of the Leg Club model but has efficiently and enthusiastically put it into practice. We hope that her Leg Club members will soon see the improved healing rates the model encourages, and we have seen elsewhere, as her new Leg Club members become involved in their own and each other's care."

Clacton on Sea Leg Club will be held every Thursday from 12:30 to 4:00pm at Clacton on Sea Rugby Club and is available to all patients registered with a Clacton GP.

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 on-going 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

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