



Press Release

For immediate release

21st July 2016

Nailsea District Leg Club celebrates its first birthday and a 0% ulcer recurrence rate

There were joint celebrations at Nailsea District Leg Club as it celebrated its first birthday this month and 12 months of non-recurring leg ulcers. The Leg Club, which was the first to open in Somerset, was set up by Nailsea Family Practice in conjunction with the Lindsay Leg Club Foundation and the North Somerset Community Partnership.

Since Nailsea District Leg Club was launched over 150 patients have become Leg Club members. Leg Club members attend weekly for treatment for lower limb problems, such as varicose veins and leg ulcers, and the chance to socialise with others who have similar conditions. Data records taken between the Club's launch in July 2015 up to July 2016 show that members whose ulcers had healed during the Club's first year, had not experienced recurrence of the condition by the report end date.

Leg Clubs are based on the award-winning healthcare model founded by former district nurse Ellie Lindsay OBE, where nursing staff and volunteers work together 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.

Nailsea Leg Club Chair, Carole Brooke said: “We are very proud of our Leg Club as it has certainly proved to be addressing a need in our community, the healing rates are excellent and everyone who attends really appreciates the care and attention they receive.”

Polly Cox, North Somerset Community Partnership (NSCP) Team Co-ordinator for the Rural Integrated Care Team said: “It has been wonderful to see the local community embrace the Nailsea District Leg Club over the last year, we are so proud of what has been achieved.”

Nailsea Leg Club celebrated its birthday with a cake and party for its Leg Club members and volunteers. It was also presented with a cheque for £350 from the local branch of the Association of Inner Wheel Clubs which they have raised on its behalf.

For more details about Nailsea District Leg Club contact Carole Brooke on 01275 866753

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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