

## **Press Release**

21<sup>st</sup> June 2018

### **Bradford on Avon Leg Club opens new social café**

Bradford on Avon Leg Club, which treats more than forty members every Monday morning with lower limb problems, has now extended an invitation to anyone over 65 years who wishes to attend a new social café.

The café, which opened on 6th May 2018, is part of Bradford on Avon and Melksham Health Partnership's (BOAMHP) Social Isolation programme and will run concurrently with the Leg Club every Monday morning from 9am-11.30am at St Margaret's Hall, Bradford on Avon.

Bradford on Avon Leg Club has become hugely popular since it opened in February 2014 and there are now over 400 registered Leg Club members

The café builds on the success of the Leg Club in reducing social isolation for members suffering from lower limb conditions and was the idea of the BOAMHP Transforming Care for Older People Team (TCOP). TCOP work to support older people, especially those who live alone or are carers. The team's aim to help relieve social isolation is closely aligned to the Leg Club ethos which finds that the collective treatment and drop-in nature of its model of care in a non-medical environment helps reintegrate members back into their communities.

Ellie Lindsay OBE, President, The Lindsay Leg Club Foundation, said: "Leg Clubs make an enormous difference to members and their families, not just in clinical improvement of their leg ulcers and skin problems, but also in improving social isolation, self-esteem and self-management of other health issues. I am

sure that the extension of the Bradford on Avon Leg Club to include a social café will be beneficial to both Leg Club members and other attendees alike.”

## **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](http://www.legclub.org)

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