



April, 5-11  
[www.vwinfoundation.com/vw](http://www.vwinfoundation.com/vw)

## **Press Release**

For immediate release

10<sup>th</sup> February 2021

### **The International Leg Club Committee in collaboration with the vWIN Foundation supports international Vein Week**

An International Leg Club Committee (ILCC) will be a partner in this year's inaugural International Vein Week. The health event, organised by the vWIN Foundation, takes place the 5<sup>th</sup> to 11<sup>th</sup> April and aims to raise venous-lymphatic awareness to both healthcare professionals and the general public. It argues that venous pathology is frequent and underestimated and calls lymphoedema a hidden epidemic. The ILCC in collaboration with the vWIN Foundation will be supporting the initiative through a calendar of events and a "21" movement challenge.

Starting on Monday 5<sup>th</sup> April a Leg Club Vein Week project will be offering health professionals education sessions on wound stigma, venous leg ulcers and technology in venous surgery. This will be followed later in the week with webinars, zoom meetings and activities for non-health care professionals on vein awareness including the importance of early diagnosis and treatment and some simple and easy to follow tips for lower limb movement and exercise. There will also be an insight into what takes place at Leg Clubs with films and interviews with Leg Club, staff volunteers, members (patients) and the healthcare industry.

The ILCC will also be encouraging everyone to support the health awareness week by taking part in the Leg Club/vWIN Vein Week 21 Challenge and highlight the importance of keeping you calf muscle pump working through movement.

The '21' challenge aims to get all age groups and abilities, especially individuals who are housebound or experiencing limited mobility, to do "21" exercises. These could include 21 star jumps, 21 laps of the garden, 21 armchair leg lifts, 21km bike rides or 21 games of tennis. There is no limit to the type of challenge that can be undertaken, it could even be doing exercise for just for 21 seconds a day.

Ellie Lindsay OBE, Lifetime president, The Lindsay Leg Club Foundation, said: "We are delighted to be part of this important, international initiative. By working together, the (ILCC) and the vWIN Foundation are seeking to raise global awareness and improve the prevention of venous and lymphatic health problems."

She continues: "We would really encourage as many people as possible to take part in the week, especially the 21 challenge."

The ILCC is asking for people to create and send a short two-minute video of themselves taking part in the challenge. These will then be edited down to 21 seconds and uploaded on its social media to celebrate International Vein Week and inspire and support more individuals to take part.

Videos should be sent to [ellie.lindsay@legclub.org](mailto:ellie.lindsay@legclub.org) no later than March 15<sup>th</sup> 2021.

Further information on the International Vein Week can be found here:

<https://vwinfoundation.com/vw/>

The launch video for International Vein Week can be watched here:

<https://youtu.be/mw7dra0QriE>

**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 the individuals' own homes by district nurses or by practice nurses in GP surgeries. However, people 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 and foot conditions. The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg and foot conditions. Recent findings from Leg Club data analysis has identified that potential savings could be made by healthcare providers in relation to their wound care budget. A Leg Club is a local partnership between practice and community nurses, patients and 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 Trademark in the UK.

**For further information about the Leg Club Foundation and Leg Clubs visit:**  
[www.legclub.org](http://www.legclub.org)

**For media enquiries please contact:**

Juliette Lobley, Communications Consultant,  
Lindsay Leg Club Foundation  
Email: [juliette.lobley@lindsaylegclubfoundation](mailto:juliette.lobley@lindsaylegclubfoundation)