



Press Release

For immediate release

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Leg Club clinical lead highly commended at prestigious nursing awards.

Leg Club Clinical Lead Clare Mechen has been recognised and highly commended at the British Journal of Nursing (BJN) awards ceremony. Clare was nominated in the prestigious Nurse of the Year category for her work as Clinical Lead at the Best Foot Forward Leg Club in Dorset and as a Clinical Development Consultant for the Lindsay Leg Club Foundation.

Clare began the Best Foot Forward Club three and a half years ago to help patients who were suffering with lower limb conditions. The Leg Club in Poole, which is based on an award-winning model founded by former district nurse Ellie Lindsay OBE, collectively treats people with lower limb conditions on a drop-in basis in the non-medical setting of a local branch of The Royal British Legion. Evidence has shown that this holistic style of treatment leads to improved healing rates by encouraging Leg Club members to become more involved in their care and reduces their social isolation.

Since the launch of the Best Foot Forward Club nearly 550 members have attended the weekly drop-in and its ongoing success has been instrumental in inspiring other colleagues and communities to develop further Leg Clubs.

Clare, who is also a Queen's Nurse, has developed partnerships with Clinical Commissioning Groups (CCGs) and local transformational groups to promote

and support the ongoing development of Leg Clubs across Southern England. So far, this collaborative working has resulted in two new Leg Clubs opening in Dorset and a further eight Leg Clubs in the development stage due to open later this year.

Ellie Lindsay OBE, Lifetime president, The Lindsay Leg Club Foundation, said: “We are delighted by Clare’s success at the BJN awards. Being a finalist and runner up in a celebration of nursing professionals across the country is a testament to the impact of her work. Clare has worked in collaboration not just GP practices and CCGs, but also with clinical teams, volunteers, Leg Club members and the local community to provide a unique partnership to support those with lower leg problems.”

ENDS

Notes to editors:

- 1) Problems of the lower limb, 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, individuals often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of lower limb problems or their leg 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 psychosocial Leg Club model for lower limb care is an innovative model that has been shown to improve the health and wellbeing of people with chronic lower limb 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 lower limb treatment. A Leg Club is a local partnership between practice and community nurses, patients and members of 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 Trade Mark in the UK.

For further information about the Leg Club Foundation and Leg Clubs visit:
www.legclub.org

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