

# Press Release

# For immediate release

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# Devizes and Lavington Practices part of growing trend opting for Leg Clubs

The Devizes and Lavington Practices have been working with the Lindsay Leg Club Foundation (LLCF) and the Bradford on Avon Leg Club to open a Leg Club. Leg Clubs are an innovative model of social prescribing, managing the treatment of patients with lower limb conditions, such as varicose veins and leg ulcers, in a social environment. The Leg Club, which will be launched on Thursday 26th May 2016, will be run by staff from the Devizes and Lavington practices with the help of volunteers.

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. Consequently, 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.

Clinical staff from the Devizes and Lavington practices will treat Leg Club members whilst the Club’s volunteers will be responsible for delivering the social aspect of the Leg Club through organising fundraisers, arranging transport to meetings for housebound Leg Club members, providing a welcoming reception to the Leg Club and offering refreshments.

Devizes Leg Club Lead, Vicky Higginson said: “We are very excited to be offering this innovative new model of care for our patients with lower limb conditions. It will offer an opportunity for them to socialise with others in a similar situation whilst accessing a variety of health and social care interventions.”

Ellie Lindsay OBE, President, The Lindsay Leg Club Foundation, said: “We are delighted that another Leg Club is to be opened in Wiltshire. More and more GP practices are recognising the value of the model and how it can lead to improved healing rates by encouraging members to become involved in their care.”

The Leg Club will be held at Devizes Sports Club on London Road Bridge every Thursday from 9:00am – 12:00pm. Anyone wishing to volunteer to become a committee member or assist with fundraising should contact Helen Scott or Vicky Higginson at the Market Lavington Surgery on 01380 812500.

**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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