

# Press Release

# For immediate release

6th October 2017

**Clacton On Sea Leg Club win top prize at the Queens Nursing Institute conference**

Clacton On Sea Leg Club has won first place at the Queens Nursing Institute conference for its poster presentation. The poster presented by Leg Club nursing lead Kelly Buxey was entitled: “The Clacton On Sea Leg Club journey”.

The presented posters had to reflect the conference themes of improving care and nursing for the future and show the tangible benefits of the direct nursing intervention or innovation they portrayed. Just 20 applicants were selected to display their poster on each day of the conference and Clacton on Sea Leg Club held off strong competition to take the top prize.

Kelly Buxey said: “The poster I presented was very much about my own journey from the initial start to date and showed the success of the Clacton On Sea Leg Club. Winning 1st place for our poster is wonderful for us a team, a Leg Club and especially me personally. I'm actually overwhelmed by it all.”

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 individuals suffering from lower limb conditions. They operate on a drop-in basis in a non-medical setting, and encourage and empower Leg Club members (patients) 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.

Clacton on Sea Leg Club opened in May 2017, the catalyst for which was Kelly Buxey. Kelly had worked in community nursing for 15 years, but was inspired to set up a community based Leg Club following the completion of her District Nurse qualification in 2015. Kelly had found that a large part of her community nursing caseload involved recurring lower limb wounds and the improved healing rates recorded at Leg Clubs inspired her to apply for funding to set up one in her locality.

Ellie Lindsay OBE, Lifetime President, The Lindsay Leg Club Foundation, said: “I am absolutely delighted and extremely proud of all Kelly and her team have achieved especially in such a short space of time. It is fantastic to see Kelly’s hard work, drive and determination in setting up this Leg Club in Clacton on Sea rewarded.”

**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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