

# Press Release

# For immediate release

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# Sunnyside GP surgery in Clevedon part of growing trend opting for Leg Clubs

Sunnyside GP surgery has been working with the Lindsay Leg Club Foundation (LLCF) to open a Leg Club for their patients within the Gordano Valley community. Leg Clubs are an innovative model of social prescribing, managing and treating patients with lower limb conditions, such as varicose veins and leg ulcers, in a social environment. The North Somerset Leg Club, which will be launched later this summer, will be run by staff from the Sunnyside practice 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 Sunnyside practice 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.

Business practice manager Deborah Gadd said: “We are very excited to be offering this innovative new model of care for our patients with lower limb conditions. It will provide efficient and enhanced wound care management, all in a friendly, social environment.”

Ellie Lindsay OBE, President, The Lindsay Leg Club Foundation, said: “We are delighted that another Leg Club is to be opened in Somerset. 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.”

Sunnyside surgery is looking for volunteers with enthusiasm and energy who can help create a welcoming atmosphere at their North Somerset Leg Club. Anyone wishing to volunteer to become a committee member or assist with fundraising should phone the surgery on (01275) 873588 or email [reception@gp-L81102.nhs.uk](mailto:reception@gp-L81102.nhs.uk)

**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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