



## **Press Release**

For immediate release

25<sup>th</sup> April 2019

### **Nurses put best foot forward to raise money for local Leg Club**

On May 11<sup>th</sup>, 2019, staff from The Adam Practice in Poole and The Best Foot Forward Leg Club will undertake a 21 mile walk to raise money for the Leg Club and its umbrella organisation the Lindsay Leg Club Foundation (LLCF). The challenge will take place along the Jurassic Coast, England's first natural World Heritage Site, with the team of fundraisers walking from Durdle Door to Swanage.

The Best Foot Forward Leg Club was set up three and a half years ago to help patients who suffer with lower limb conditions. It is held every Thursday morning at Upton Social Club and based on an award-winning model of care founded by former district nurse Ellie Lindsay OBE. The Leg Club staff work in a unique partnership with members (patients) and the local community to provide a high standard of care in a social and friendly setting that promotes understanding, peer support and informed choice. No appointments are required, and members can drop in to chat over a cup of tea or coffee while awaiting treatment.

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 reducing social isolation.

Melanie Abel, Advanced Nurse Practitioner, The Adam Practice, said: "When the Leg Club first opened there were many patients at The Adam Practice who had

long term, hard-to-heal lower leg ulcers and related problems. They either had to attend the practice for treatment or be treated in their own homes by the district nurse team if they had mobility problems. This often led to social isolation and loneliness, leaving patients with poor self-esteem and low mood.

“With the support of the Leg Club nursing team, volunteers, peers and the encouraging environment of The Best Foot Forward Club, members are instead able to take control of their own care and regain their self-esteem.”

Since the launch of the Best Foot Forward Club nearly 550 members have attended the weekly drop-in and money raised from the walk will ensure that The Best Foot Forward Leg Club, which relies on volunteers and donations, will be able to continue its work and go towards the cost of equipment to support its “well-leg management” project.

Please visit the team’s fundraising page if you would like to support their challenge: <http://uk.virginmoneygiving.com/team/BestFootForwardLegClub>

**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](http://www.legclub.org)

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