

Press Release

For immediate release

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Somerset nurse wins award for work establishing Nailsea Leg Club

Polly Cox, Team co-ordinator for the Rurals Integrated Care Team at North Somerset Community Partnership (NSCP) has received an Employee's Excellence award for her work establishing the Nailsea District Leg Club. The award, which was given by NSCP chief executive, Penny Brown, acknowledges Polly's effort in creating a successful Leg Club which has seen improved healing rates for patients suffering with leg ulcers.

Nailsea District Leg Club, which celebrated its first birthday last month, is run by nursing staff from local GP practices and the NSCP. It has over 150 Leg Club members, many of whom attend weekly for treatment and the chance to socialise with others who have similar conditions.

Leg Clubs are based on the award-winning healthcare model founded by former district nurse Ellie Lindsay OBE, where nursing staff and volunteers work together 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.

As a result of the holistic nature of Leg Clubs and the social dimension they provide club members have an improved quality of life, the previously housebound have

been mobilised and many new friendships have developed all of which help self-esteem and consequently concordance with treatment.

Data records taken between the Club's launch in July 2015 up to July 2016 bear out how effective this method of treatment has been. All Leg Club members, whose ulcers had healed during the Club's first year, have not experienced recurrence of the condition.

Polly Cox said: "I was really pleased and honoured to receive the award as being involved with the Leg Club is part of my role that I thoroughly enjoy and feel passionate about. However, more than anything it has been wonderful to see the local community embrace the Nailsea District Leg Club over the last year"

Nailsea Leg Club Chair, Carole Brooke said: "We are very proud of our Leg Club as it has certainly proved to be addressing a need in our community, the healing rates are excellent and everyone who attends really appreciates the care and attention they receive."

Ellie Lindsay OBE, Life President, the Lindsay Leg Club Foundation, said: "I am extremely proud of what Polly has achieved. Her enthusiasm and passion for the Leg Club model of care has clearly created a thriving Leg Club which is making a real difference to patients' lives."

The Nailsea District Leg Club takes place every Wednesday from 9:00am – 12:00pm at Nailsea Tithe Barn. For further information contact Polly Cox on 07827 233437.

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

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