

# Lindsay Leg Club Foundation



2014 continues to be a year of development for the Lindsay Leg Club Foundation (LLCF). Marc Courtney stepped down as chairman in April after 6 years of dedicated service and has been succeeded by Roland Renyi. Roland, who has been a trustee since 2011, was an ideal candidate for the role, with his knowledge and experience of the Leg Club model combined with an understanding and total commitment to the Foundation's aims and objectives. He said of his appointment: 'I am delighted to have this opportunity to lead the board of the Lindsay Leg Club Foundation during this exciting period of our evolution. Our immediate priorities are threefold: to continue to support all existing and emerging Leg Clubs; to clearly demonstrate the clinical, human and economic benefits of this model; and to assist local authorities and health-care providers in seeing how Leg Clubs can work for them and all their patients with lower-limb conditions in terms of the 2014 Care Act.' Meanwhile, Julie Carr, who briefly became LLCF CEO in January, has returned to the health-care industry as a business development director at H&R Healthcare.

Roland Renyi said: 'Julie has been a loyal supporter of the Leg Club model and friend of the Foundation for many years, and will very much remain so'.

Four new Trustees have been elected onto the Foundation board, bringing with them a hugely beneficial and varied set of skills, knowledge and experience. Two of the new Trustees are currently Leg Club volunteers with a wealth of information and frontline experience from working within a Leg Club. The other two Trustees are very highly regarded managing directors bringing expertise from within the publishing and health-care sector.

## Leg Clubs in action

Ellie Lindsay has continued her tour of UK Leg Clubs this year, witnessing first-hand the remarkable commitment from both clinicians and community volunteers. Ellie said: 'It is a wonderful, emotional experience to hear first-hand what the members (patients) think of their Leg Club and the delivery and standards of care they receive.'

One thing that has been very noticeable is the number of volunteers who have elected to transfer from retirement status to

become an extremely productive resource contributing to Leg Clubs in their community.

Far from the stereotype of retirees as a frail, incapacitated or dependent group, Ellie continually witnesses Leg Clubs providing a framework in which older members of the community have an opportunity to provide a valued and fulfilling role and remain as active as possible. Ellie says: 'Their enthusiasm and boundless energy has certainly been an eye-opener. During my visits, volunteers have demonstrated their creation of friendship clubs, Scrabble sessions, bingo, hospital visits when Leg Club members are admitted, knitting groups, bereavement support and peer groups where support and advice is offered to volunteers involved in newly formed Leg Clubs.'

## Department of Health's deputy director of nursing visits Nottingham Leg Club

Dr David Foster, deputy director of nursing at the Department of Health (DoH), visited Nottingham Leg Club in June, ahead of his attendance at the LLCF Conference, to see first-hand the integrated care approach to lower-limb problems that has proved so effective. Dr Foster blogged on the DoH website about his experience: 'For me, the most striking feature of the Club was that its members were real people, not medicalised as patients. For some this was their only outing of the week; their only human contact in a week.'

He continued: 'This social model of care is effective and strong. It's an unglamorous field of nursing but the positive impact on the lives of those attending Leg Clubs is profound.'

Dr Foster will be giving a talk on 'compassion in practice: its choreography and consequences' on 25 September 2014 at the LLCF's 14th annual conference, entitled 'The ABC of Wound Care: Assessment, Best Practice, Compassion'.

## Murder, mystery and mayors

Having just celebrated their tenth anniversary, Southend Leg Club clearly demonstrates the effect the commitment local community and volunteers can have and is an excellent example of collaborative working. In May, they celebrated by holding a fundraising murder-mystery evening, which was supported by local dignitaries, including the mayor, NHS management, clinicians and the community. The excellent local dramatic society kindly attended in their own time and the venue was provided free of charge.

## Ellie Lindsay

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President, Lindsay Leg Club Foundation

## Welshpool windfall

Welshpool Leg Club recently received an unexpected visit from their local mayor to present the Leg Club with a cheque for £1078. The Leg Club has become a very important feature of the local community where everyone knows they are welcome to drop in. The mayor had raised the monies by holding coffee mornings throughout 2013 as a thank you to the Leg Club staff for the outstanding care his wife received.

## Mayoral visit

Ross-on-Wye Leg Club welcomed their newly elected mayor to observe the Leg Club in action and speak with the volunteers, members and clinical team. He watched an extremely busy clinic with everyone undertaking their roles with commitment and dedication. Everyone was delighted the mayor found time to take an interest in the social Leg Club model meeting the health-care needs of his local population.

## EWMA Madrid Scholarship award

The Leg Club Industry Partnership (LCIP) is an alliance between the health-care industry and the LLCF. The partnership, which has been running for nine successful years, is based on the simple maxim of 'empowering patients through a unique collaboration with industry dedicated to lower-limb conditions'.

In 2014 the European Wound Management Association (EWMA) Scholarship was set up as a new initiative between the LCIP and the LLCF. Many excellent entries were received and judged by an international panel with expertise in the Leg Club model. The LLCF was pleased to announce Natalie Freeman (Brentwood Leg Club lead) and Jane Banwell (Llansantffraid Leg Club lead) as joint winners for the scholarship. They won the opportunity to go to the 2014 EWMA conference in Madrid. The conference theme was 'Innovation, Know-How and Technology in Wound Care', giving delegates from over 80 countries the opportunity to debate the latest knowledge and development in wound care management and address the issues of individuals living with chronic conditions. Natalie's EWMA scholarship award entry highlighted gaps in service and identified areas for improvement. The judging panel selected her for the scholarship as it was 'an excellent start in evaluation of the service' and because 'measuring valid outcomes of health will surely be the way forward'. Brentwood Leg Club were congratulated on their efforts and for highlighting the much-neglected area of chronic oedema and venous leg ulcers.

Jane was selected as joint winner for introducing initiatives that contributed to setting up Leg Clubs and her ability to motivate and inspire fellow volunteers and members. The judges said 'Jane runs a well-established club that continues to achieve excellent outcomes. Her entry showed evidence of great relationships and communication skill, and the inclusion of exercises which can be a neglected area.'



Lynn Bullock

Members of Welshpool Leg Club are presented with a cheque from the local mayor

Both Natalie and Jane stated that the experience and knowledge gained from attending the EWMA conference was something that they would encourage other Leg Club teams to apply for.

The Foundation would like to express their sincere thanks to the LCIP members for providing this unique, exciting scholarship, enabling a Leg Club nurse to attend an educational conference. It also thanks MA Healthcare and Wounds UK for their continuous support, design art work and advertising the scholarship in their portfolio of journals. Details of the 2015 EWMA Scholarship will be available later this year via [www.legclub.org](http://www.legclub.org)

## NHS Wales Award: Improving quality through better use of resources

Powys Leg Clubs were announced as the winner of the NHS Wales Award for improving quality through better use of resources at a ceremony at the Swalec Stadium, Cardiff, on Wednesday 2 July. The judges selected 24 projects as finalists, but just 9 were announced as winners of the NHS Wales Awards 2014, including Powys Leg Clubs for its work on improving care in the community for patients with leg ulcers.

There are around 3000 patients with leg ulcers in Powys and treating each of them at home was placing increasing pressure on the district nursing team. Each patient visit was taking around 3 hours and there were also significant travel costs due to the rurality of the health board area.

To improve both care and wellbeing, the district nursing team established a number of specialist Leg Clubs which enabled patients to receive treatment collectively in a local community venue rather than in their own home. More than 2300 patients are now members of the Leg Clubs and the new way of delivering care has improved the management of ulcers and had a positive impact on patients' self-esteem. It has also reduced the recurrence of leg ulcers and hospital admissions, and saved more than £700000 in district nursing costs.

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