



The Lindsay Leg Club Foundation: update

Research

The Foundation is heavily involved in raising awareness of lower leg problems, which are estimated to cost the NHS an estimated £400 million a year. Motorcyclists, both young and old, are a high risk group, which is one reason why the Foundation's President, Ellie Lindsay, has established close links with the Police BikeSafe organisation and the British Motorcyclist Federation. A short article written by Ellie in a quarterly BMF Rider magazine, in which she addressed issues related to the lower limb and the importance of prevention, led to a small research study (Lindsay, Vowden & Vowden) relating to the anatomical position of motorcyclists and blood flow back to the heart. In addition to this joint study being presented at the recent TVS conference, it will be presented by at the forthcoming EWMA conferences this year in Vienna, as well as at the 4th Congress of the World Union of Wound Healing Societies being held in Japan.

British Journal of Nursing Awards 2012

Having recently entered into a partnership with RAFT (The Restoration of Appearance and Function Trust), the two organisations have been working at grass roots level in several joint ventures designed to improve outcomes for patients. According to RAFT's CEO, Leonor Stjepic, the most exciting news was to 'receive a joint prize in the 2012 British Journal of Nursing Awards, which is a testament to the power of our partnership with the Lindsay Leg Club'.

Update on Leg Clubs

Leg clubs continue to develop and even in these poor economic times, it is heart-warming to know that there are still committed nurses who are passionate about the care they deliver. This update explains what has been happening not only in the UK, but also around the world where the model has inspired others to adopt these values and ideals.

International Leg Clubs

The Foundation is pleased to report the recent opening of its first German Leg Club in Munich by Barbara Kaiser in April. Barbara was inspired when she attended last year's Leg Club Conference event in Worcester. The club is being held in a small building owned by the church and is very successful. Barbara is now looking into the possibility of expanding into Eastern Germany. Also, in addition to several established Leg Clubs in Australia, there is potential for one in Tasmania.

UK

Devon: The Barnstable team has provided this update on the first 'commissioned' Leg Club: 'A one-year Leg Club in Barnstaple North Devon started on 12 April under a nominated Community Nursing Leg Club Clinical Lead at a local Church venue. The-one-morning-a-week Club takes patients from the Community Nursing caseloads of the four GP practices in the town. The first Club day saw a small try-out group of 3 members and by week 6, the Club had reached 14 members and is proving to be a lively event.

A team of volunteers has been recruited as reception staff, greeting members and supporting clinical staff and procedures. They even organise various games, which have been excellent social icebreakers. Our thanks also goes to the Leg Club Industry Partners who support the nurses at the work stations and bring their expertise to the Club, which is most beneficial.

Challenges are being overcome each week, but there are still solutions being worked through on matters such as transportation. The commissioners have funded the pilot, giving us the time to achieve funding sustainability through the Club committee.

We are collecting outcome data so that we can prove the value of the Club both to our commissioners and to community staff. It has been an exciting journey so far and we are looking forward to achieving this dynamic change to the way we provide our care.'

Powys: Just over the Welsh border, the town of Welshpool is opening to join the cluster of Leg Clubs due to the enthusiasm and encouragement of Jackie Griffin, a true advocate of the Leg Club model.

Kent: A Social Enterprise Group in Kent is in the planning stages to adopt the Leg Club Model for use in their community in July.

Lincolnshire

The well established Mablethorpe & Sutton-on-Sea Leg Club has recently celebrated the attendance of their 1000th member. Ellie Lindsay was delighted to present a gift to Mablethorpe's first Leg Club member and Mablethorpe and Sutton-on-Sea's 1000th member. Both members were delighted and the celebration was enjoyed by all!

From the believers

Scotland

Liz Macdonald, Treasurer, Speyside Leg Club: The layout of the leg club is that of a social club, where people with leg-related problems attend and participate as they wish. I was asked if I would take on the position of treasurer, which I readily accepted. When I realised we were not a registered charity, we applied for inclusion in October last year and since January, we are now in the Scottish Charity Register. Over the time I have been involved, I have been impressed with the dedication of the nurses who treat people with all kinds of leg problems from leg ulcers to circulation problems and much more.

Ross-on-Wye & Worcester

Jeremy, Company representative, Leg Club Industry Partner:

'As promised, I wanted to let you know how I got on when I visited the Ross-on-Wye & Worcester Leg Clubs yesterday. I have to say visiting both centres reinstalled my faith in human kindness. The level of care and commitment I observed at each centre was such a breath of fresh air. The volunteers at both were so enthusiastic about the charity and the atmosphere was very positive.'

Once more, the passion shines through. If you feel inspired but don't know how to go about setting up a Leg Club, come along to the 12th annual Leg Club conference at Worcester Rugby Club on September 26th and 27th.

For more information, log onto www.legclub.org