



## The Lindsay Leg Club Foundation: update

### *Looking back on achievements*

2011 was another busy year for developing the Leg Club model in relation to the ever-changing health-care environment, with so many changes taking place. There were several achievements in 2011, including the:

- Launch and success of the Leg Club Learning Zone, which is a great online resource for clinicians
- Publication of our position document, outlining the clinical rationale and practical value of Leg Clubs to health professionals, and explaining all the steps necessary to set one up
- Launch of our 11th annual conference. This was a hugely successful event which comprised 2 days of workshops and conferencing, and created networking opportunities for other organizations and health professionals. The day embraced the importance of the volunteers in providing a three-dimensional approach to lower limb problems (A full report is available at <http://www.legclub.org>)
- Printing of *How To Set Up A Leg Club*, providing recommendations, pathways and steps necessary to set up a Leg Club
- Publication of our member satisfaction survey, containing excellent feedback from 124 members in 5 Leg Clubs. In total, 92.2% of prior and 91.2% of first-time attendees rated themselves to be 'very satisfied' with their Leg Club!

### *National and international acclaim*

The profile of Leg Clubs has been raised on both a national and international stage, and The Lindsay Leg Club Foundation has been represented at several wound care conferences in the UK, Europe and South Africa. Following our annual conference, we have our first German Club opening in April, so the model is truly international.

### *Political agenda*

We have made considerable progress throughout 2011 in raising the level of awareness of our activities within the

Government, the NHS, and with the public at large. We have concentrated on disseminating the implementation of our model by giving presentations to primary care organizations and potential new leads. The Foundation has also been involved in national projects to raise awareness of the success of this model, and several of our trustees have been involved in the Any Qualified Provider programme.

### *Partnerships*

#### **RAFT**

The Leg Club model is helping nurses to benefit from closer working relations with research organizations. The Foundation has recently entered into a partnership with The Restoration of Appearance and Function Trust (RAFT), to improve patient outcomes at grass roots level. Members of the board of trustees have been treated to a guided tour of the premises to better understand the role of the organization and see its valuable work.

#### **Leg Club industry partners**

We continue to forge excellent working relationships with our Leg Club industry partners (LCIP). The support of our LCIP is very much appreciated. We are very grateful for their continued support and sponsorship.

#### **The Medical Technology Group**

The Medical Technology Parliamentary Showcase was an ideal opportunity for some of our LCIP to join us. The Medical Technology Group (MTG) is a coalition of patient groups, research charities, industry associations and manufacturers. It was encouraging to learn about so many technologies and, of course, an excellent chance for the Foundation and LCIP members to have a dialogue with Parliamentarians, and other MTG members.

### *Profiles of the believers!*

#### **Dr Robert Bawden: Trustee**

Dr Bawden has always been a keen supporter of a multidisciplinary approach to patient management. His daily observation of the morbidity, distress and social isolation resulting from chronic leg ulceration has led to his support for Ellie Lindsay's research into an alternative approach to the management of this debilitating condition. Rob brings a

fresh, grounded approach to the board. He witnessed the establishment of the first Leg Club, as well as seeing the concept grow.

#### **Alistair McInnes: Patron**

Alistair is a senior lecturer at the University of Brighton, where he teaches on the MSc Podiatry and multidisciplinary MSc Diabetes programmes. Alistair has been involved with diabetic foot care for many years, and is a teacher and chief examiner on the diabetic foot module run by the Society of Chiropodists and Podiatrists. Alistair is another devotee who continues to lend his support, advise professionally on his specialist subject, and always manages to perform with dignity at the annual conference gala dinner, where he chairs the prize-giving.

#### **Morag McKenzie: Leg Club Lead**

Morag McKenzie is as a district nurse and lymphoedema specialist for Lothian Primary Care NHS Trust. She said: 'I first heard of the Ellie Lindsay Model, whilst completing a course at Stirling University. This model was intriguing, so much so I bought Ellie's book to learn more. Two years later we purchased the equipment and opened as a pilot. Ormiston Leg Club has now been running for 8 months with 80 members. We are delighted with the response and support. This is a time when we all need to provide the evidence to support our actions. I have just completed a business plan for the Leg Club, as it is vital that we cascade new found knowledge and skills.'

### *Leg Club at Llansantffraid*

**Father Roy Evans (Chairman):** The Leg Club meet each Thursday in the Village Hall where patients can meet, and have a cup of tea and a chat. This is often the only chance that some members can 'get out of the house'. Our nurses treat leg ulcers, check blood pressure, carry out Doppler examination, and more. We have a visiting podiatrist, and exercise classes. It is an opportunity for nurses to highlight any concerns, plus the opportunity to develop patient-nurse relationships. This has developed into a splendid community service and activity blended into one for the care of a scattered and sometimes isolated rural community.