

# The GP-led Bradford on Avon Leg Club® and other news

**B**radford on Avon Leg Club® opened its doors on the 6th February 2014, initially treating between 15 and 20 people per week. The Leg Club's success meant it soon needed a bigger space and it was relocated just five months later. There are now over 120 registered members at Bradford on Avon with 50 members treated on average each week at the Leg Club's new premises at St Margaret's Hall. It has become so busy that an additional nurse has been recruited by the management team. The clinical team and GP practice have been both surprised and pleased, in particular by how many male Leg Club members are now attending.

The aim of the social Leg Club model is to provide a seamless service to the local community and this ethos has been wholeheartedly embraced in Bradford on Avon. In September, the team began running an all-day Leg Club Doppler service and offering flu vaccines to Leg Club members. They are now also developing an NHS check for the over 75s, which includes a gait test, falls assessment and memory test. In addition, a space has been set aside for Age Concern for social nail cutting.

The Leg Club team has addressed social isolation by providing a volunteer cafe area, which offers a space for people to meet and chat or, alternatively, to browse the book library or daily papers that are available. They have a team of volunteers who are at the front of house, providing refreshments and an active committee. The local Mayor was so impressed with the Leg Club when he visited that he is opening his chambers, which are adjacent to the hall, to members to use as a games room where they can play draughts, backgammon and dominos.

Leg Club Industry Partners (LCIP) attend every week to assist with everything from the bucket run to providing advice and support to the Leg Club nurses. Amanda Brooks, business manager and Leg Club project lead at Bradford on Avon & Melksham Health Partnership (BOAMHP), has been busily raising the profile of the primary care-led Leg Club service across Wiltshire and we have been informed that Westbury were successful with their bid to open a Leg Club in the New Year. Wiltshire CCG has been very supportive and their Chief Officer, Deborah Fielding, is extremely positive about the social Leg Club model. Amanda has also been industrious in her

fundraising on behalf of the Club. She has received support from the Town Council, the local Lions club and a member of the Club who wishes to remain anonymous. The Area Board put Amanda in touch with an arts practitioner who was looking to set up a creative walks/art project. Together they successfully bid for £4,000K from the Community Foundation and work on the project at the Leg Club commenced at the beginning of September.

Amanda is a great ambassador for the Foundation and is always happy to discuss the model with anyone who is interested. She said: "it has been a challenge, but now CCGs are more responsive to different models we are confident of going from strength to strength." Amanda can be contacted via email :[amanda.brookes@nhs.net](mailto:amanda.brookes@nhs.net)

## **WELSH WOUND INNOVATION CENTRE (WWIC) PARTNERSHIP**

We are proud to announce our formal partnership with the Welsh Wound Innovation Centre (WWIC). As a Foundation, we are sure that we will gain a lot from this collaboration, as well as it benefiting our Leg Club communities. A Memorandum of Understanding was signed and the first stage of the collaboration with the WWIC is to proliferate Leg Clubs within Wales on a coordinated basis, using the WWIC as the centre of excellence tied to the Leg Clubs within Wales. This will be followed by instigating discussions on the basis of social care and public health with Welsh Government departments to drive a national agenda within Wales for Leg Clubs.

## **NEW FOUNDATION CONSULTANTS**

The Foundation is pleased to welcome both Sylvie Hampton and John Hannah as external consultants to the board, in addition to Amanda Bailey as our fundraising expert. This follows our move to bring in expertise when required, rather than recruit for senior management roles on a near permanent basis. Sylvie will be working on a number of projects, including helping to coach local Leg Clubs in implementing the new data collection system, while John will be providing management consultancy that will include helping us with our strategies to promote the Foundation to commissioners and commissioning groups.

ELLIE LINDSAY  
*President of the  
Lindsay Leg Club  
Foundation, Ipswich*

## ANNUAL LEG CLUB CONFERENCE

The 14th Annual Leg Club Conference took place on September 24th and 25th in Worcester, centering on the theme of the ABC of wound care: Assessment, best practice, compassion. Earl Howe, Parliamentary Under-Secretary of State for Quality, gave the opening address. Earl Howe spent time with exhibitors discussing wound products and modern technology prior to his official opening address on the second day.

The conference started with hands-on workshops and the second day comprised of presentations from expert speakers. Among those presenting were Dr David Foster, Deputy Director of Nursing and Midwifery Advisor from the Department of Health and Mark Elster, Patient Safety & Quality Manager at NEW Devon CCG who spoke on the highs and lows of setting up the first commissioned Leg Club in Barnstaple. Workshop presentation slides, interviews and the main day's programme can be accessed on the Leg Club website: [www.legclub.org](http://www.legclub.org).

## BARNSTAPLE LEG CLUB SHORTLISTED FOR PRESTIGIOUS AWARD

Barnstaple Leg Club has been short-listed in the primary care innovation category of the 2014 *Health Service Journal* (HSJ) awards. The award entry entitled "Commissioning the Leg Club model" was based on the Barnstaple Leg Club in Devon, which became the first Leg Club to be commissioned in September 2013.

The Leg Club model has been shown to reduce the social isolation that patients with leg ulcers feel and encourages Leg Club members to engage with self-management of their condition through peer support and an ongoing well-leg regime.

Since it was launched, Barnstaple Leg Club has delivered some impressive outcomes in terms of healing rates. The Leg Club team work alongside volunteers from North Devon Volunteers Service to provide the social dimension to Barnstaple Leg Club.

Suzanne Flannery, event executive for the HSJ Awards, said: "We received the highest number of entries in the awards history, over 1,300, so to be shortlisted is a fantastic achievement." Mark Elster, Patient Safety & Quality Manager for the North Devon Locality of the CCG, said: "In a time where NHS resources are severely stretched and continue to be challenged, being able to share the Barnstaple Leg Club approach and success with the wider healthcare sector is a tremendous opportunity and privilege."

Northern Eastern Western Devon CCG and the Lindsay Leg Club Foundation appeared in front of the HSJ Award judging panel on Friday 10th October



**The highlight of this year's Leg Club conference gala dinner was the arrival of Andrew Kingsley who had cycled 200 miles from Barnstaple to the conference to raise money for his local Leg Club and the Lindsay Leg Club Foundation.**

to give a final presentation before the winner of the primary care innovation award is announced at the HSJ awards ceremony on November 19th at the Grosvenor House Hotel, London.

## BROMLEY NURSE RUNS FROM DOWNING STREET TO MOTTINGHAM

On Wednesday 3rd September, tissue viability nurse Frank Hall undertook a personal challenge to run the distance of 15 miles between Downing Street and Mottingham to raise money for his local Leg Club

Setting off from Downing Street at 10:30am accompanied by his son, David, and cheered on Leg Club volunteers and members, Frank ran from to Mottingham via Bromley Healthcare headquarters in Hayes, which provides the nursing team for the Leg Club. Frank and his son arrived in Mottingham at the Evangelical Church hall on Court Farm Road at 1:00p.m., in time for the Club's weekly meeting and second birthday celebrations.

Frank has been part of the Mottingham Leg Club nursing team since it opened its doors in September 2012. He was inspired to take on the personal challenge having witnessed the commitment and support that the Leg Club has received from its members, volunteers and nurses. He has seen at first hand the difference this holistic and social model of care has made to the lives of Leg Club members. Frank said: "I hope this personal challenge will raise funds for Mottingham Leg Club and awareness of the Bromley Healthcare's commitment to advancing excellent holistic leg ulcer care." Frank has raised over £580 to date, but can still be sponsored via the Virgin Giving page: <http://uk.virginmoneygiving.com/team/FrankHallandSons>.

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