

# A review of the Lindsay Leg Club® Foundation: 2008 and beyond

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The aims of the Lindsay Leg Club® Foundation include both the dissemination of the principles of the Leg Club model and the spread of Leg Clubs throughout the UK. These principles and the benefits of community and patient-led treatment have now been accepted at the top level of the NHS and are reflected in its policy to introduce commissioning of services to third parties.

To date the Foundation has concentrated on top and bottom level dissemination of the core principles of the Leg Club model and on establishing a nucleus of Clubs which demonstrate how the principles work in practice. This should enable the Foundation to offer valuable input into the NHS programme.

The role of PCTs has changed in recent years. Many have merged and some now serve large communities (in some cases more than 750,000 people). There is now a greater emphasis on health promotion and earlier intervention. The Foundation seems especially well placed in this regard.

The review of the NHS undertaken by Lord Darzi in 2008 confirmed the move towards improving the quality of services. There is a further shift to work with the third sector (a term now used extensively for the voluntary sector) and increased investment in prevention, self-management and the improvement of services. There are now many services that have collaborative arrangements for joint working with local NHS providers. Part of this development includes identifying where and how local third sector

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organisations can provide a wider range of services. Traditionally, the third sector has provided services which are not a statutory responsibility although there has always been a debate about the veracity of this statement. However, there is now no doubt that third sector organisations can and should provide such services, either on their own or as part of a partnership.

The Foundation has made numerous presentations to primary care organisations and potential new Leg Club leads. This has been underpinned by extensive networking at senior industry level, attending political party conferences and liaising with MPs.

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The Foundation's health promotion initiatives (such as healthy leg awareness coffee mornings) ensure that different socio-economic groups are given access to 'well-leg' management. Expansion of health promotion now includes raising awareness of preventive management of all aspects of lower limb disease among the general public. This is achieved through public events, public presentations and the distribution of educational 'Healthy Legs for Life' materials. Related events over the previous 18 months have resulted in support from the police organisation BikeSafe, motorcycle charities, the British Motorcyclist Foundation and the Institute of Advanced Motorcyclists. These networks have helped to reinforce our objectives of

spreading awareness of leg diseases and their causes to an eclectic audience.

The Foundation's activities have also included speaking at universities, and attending major primary care, NHS and wounds-related events in the UK, Canada and Australia. It now has an excellent board of consultant advisers with diverse expertise within healthcare. There has also been a successful book launch, a public health promotion brochure, the annual Leg Club conference, fundraising gala dinner and the continued support of the Clubs. The Foundation has continuously worked in partnership with the public, expert patient groups, Department of Health policy developers, NHS managers and healthcare professionals with an aim to raising awareness of preventive management of lower-limb related problems. It has also promoted good practice by forging relationships with professional societies, patient and industry groups, and in 2008 it became an associated member of the European Wound Management Association (EWMA), iLegx and the Knee Foundation. The Foundation's chairman Ellie Lindsay has regularly represented Leg Club members at the Medical Technology Group's parliamentary meetings, and is on the MTG editorial board.

The Foundation has had unfaltering public support from patients, volunteers and communities, and unconditional support from its corporate healthcare partners. As part of the third sector, the Foundation firmly believes that the social Leg Club model of care can form the basis for the treatment of all chronic conditions in the community — not just leg conditions — and is keen to help make this a reality. **WUK**