

Leg Club 2025 Annual Conference: Celebrating 30 years of community-led wound care

Our popular annual 2-day Leg Club Conference continues to address current thinking and innovation in delivering wound maintenance. The 2025 event marked the pearl anniversary of the Leg Club model, with 30 years of community-based care, and our 22nd annual conference. Held in Worcester, the conference attracted nurses and professionals from across the country and beyond.

Thinking back to our very first Leg Club conference, I remember the enthusiasm of a small group, united by a shared vision to make a meaningful impact. At this year's annual Leg Club conference, I was surrounded by so many passionate individuals and I was filled with pride and gratitude for how far we have come and the difference we have made together over the years. It is this sense of purpose and professional spirit that brings us together for the annual event.

In partnership with the Leg Club Industry Partners (LCIP), the first day featured seven highly interactive workshops led by renowned experts in the field of wound care. These sessions provided a platform for sharing valuable insights and pearls of wisdom, and were specifically designed to challenge outdated thinking and encourage attendees to be bold in trying new approaches. This sparked thoughtful debates among attendees about the introduction of the NHS Ten Year Plan and health prevention.

Due to popularity our "Insight" interviews were undertaken by Frazer Brown (Foundation external project consultant) and Andy Wilshire (Mole Productions) where eclectic professionals kindly provided their expertise on a range of topics were addressed.

After a full and inspiring day, delegates gathered for the Leg Club Gala Charity Dinner, a highlight of the conference. It was an honour to welcome Mr Naseer Ahmad, Consultant Vascular Surgeon, Manchester University Foundation Trust as our after dinner speaker. The evening also celebrated the unsung heroes of the Leg Club model: our dedicated community volunteers. Volunteer Awards were presented by Clare Mechen (Leg Club Ambassador), while the LCIP/EWMA Awards

were presented by Jacqui Fletcher OBE (Leg Club Patron) and Dr Joan-Enric Torra (EWMA), recognising the invaluable contributions of individuals whose selfless efforts keep Leg Clubs thriving.

A special tribute during the dinner was to acknowledge Lynn as my conference partner, as she has been the driving force behind the scenes. Her contributions, commitment, and determination have been truly invaluable in keeping the conference running smoothly year after year. From coordinating hotel logistics and managing invitations to liaising with speakers and ensuring LCIP members were always informed and engaged, Lynn handled every detail with expert precision and a warm, approachable demeanour. Her support has been instrumental, and her behind-the-scenes excellence made it all possible. I am incredibly grateful for her steadfast partnership and dedication throughout the years. A glass was raised to thank Lynn for her steadfast friendship and support over the last 20 years which certainly has left a lasting mark, not only on me, but across the entire Leg Club network.

The second day was formally opened by Prof Col Steve Jeffery, who took time beforehand to meet with LCIP members, exhibitors and delegates. The main day featured a series of keynote presentations, which were recorded alongside interviews with



Ellie Lindsay

Life President and Founder of the Lindsay Leg Club Foundation; Honorary Professor, The College of Phlebology, London; Independent Specialist Practitioner; Visiting Fellow, Queensland University of Technology; Visiting Senior Fellow, University of Suffolk; Associate Lecturer CRICP, Thames Valley University, London

Dr Joan-Enric Torra, award winner Lissy Langdown and Jacqui Fletcher OBE



leading experts. These will be available to view at www.legclub.org.

Feedback from delegates across both days was overwhelmingly positive. Planning is already underway for next year's conference, which promises to once again be a showcase of education, technology, and the latest in wound care developments. As always, it was an invaluable opportunity to share best practices, learn from each other, and continue working together to improve services and outcomes for patients.

The 2026 conference: Shaping the Future of Lower Limb Care Through Innovation, Collaboration, and Education

Attendee feedback highlighted the need for addressing change within the NHS 10 Year Health Plan, leading to the 2026 conference theme on making the health service more preventative, technologically advanced, and community focused.

Leg Clubs are fit for purpose in the NHS productivity neighbourhood setting within the recent modernisation of the NHS and the 10-Year Plan: fit for the future! The ethos of the Leg Club since it opened its doors in 1995 has been based on embracing the latest education and information relating to best practice, undertaking a full nursing assessment including an ABPI, well leg regime, health promotion and education.

Change always involves alterations to existing policies. Therefore, if a policy is not explicit in the first place, then changes are difficult, if not impossible to articulate. However, the spread and adoption of recent technology and innovation remain among the biggest barriers to clinical time, with staff experiencing technology as an added burden that can sometimes fail to align with their immediate clinical priorities.

The NHS 10 Year Plan places a large emphasis on improving care through patient choice and consultation. Integrated Care Boards are already obliged to involve patients and communities in decisions about their healthcare. But the reality is this function in the health service is not currently prepared for offering the meaningful insight that can support

the rapid transformation of the health service being envisaged. Therefore, it is important to recognise that there may be resistance to the introduction of change in some teams. Change threatens because of the fear of not being able to cope, so training must be considered a priority. Also, people involved in the introduction of change should feel part of that change, and have a sense of belonging and ownership of the changes that are occurring.

The transformation envisaged is still in its embryonic stage, but as clinicians we must be optimistic about the transformative potential of AI in healthcare and the ongoing empowerment of innovative clinicians. There is so much opportunity particularly with AI from addressing socio-economic disparities to tailoring care within the community, to health promotion and prevention.

Looking forward

As we face new challenges ahead, I stay confident that with the same spirit of teamwork, innovation, and resilience the psychosocial Leg Club model will continue to thrive and grow.

This year's conference, alongside the ongoing changes within the NHS, has prompted me to reflect on all we have achieved and the opportunities that lie ahead. As a multidisciplinary team, let us celebrate the connections we have forged over the years, the shared sense of purpose that drives us, and the positive impact we can continue to make. Change is only possible because of our collective efforts but, without each other, progress would not happen.

To make the NHS 10 Year Plan goals both realistic and achievable, practitioners must be challenged and inspired to lead the development of innovative, evidence-based practice in collaboration with patients and colleagues alike.

However, we must also acknowledge that in today's complex healthcare environment, the idea of changing culture and practice can feel overwhelming for some. As leaders and team members, it is our responsibility to support one another through these times of transition and foster an environment where change feels empowering.