

# Press Release

February 2015

## Helping people live well with Leg Ulcers

A new club for treating lower leg conditions such as ulcers has been set up in Dines Green to support patients to get back on their feet.

The Leg Club in Dines Green was launched in January. It runs every Tuesday from 'The Green Centre' and sees local patients drop in to get leg ulcers, chronic oedema and lymphoedema, dry skin and other associated conditions checked and treated by a team of District Nurses from Worcestershire Health and Care NHS Trust.

The club is a registered charity and is part of the Lindsay Leg Club Foundation, a national charity set up in 2004. It is run by local volunteers who hold regular raffles and organise get-togethers, providing a more social experience for those who might normally be visited on their own at home.

One attendee is **Norma Brown** who has had leg ulcers on and off for around three years. She previously had treatment from District Nurses at home but was one of the first patients through the door when the Leg Club opened: "I use Worcester Wheels to get me here every week and I just find the experience more convenient. With the Leg Club I know when I'm arriving and when I'm leaving. Coming to the Leg Club also means that I can see different nurses and have the benefit of different skills. My leg ulcer has improved a lot in recent weeks."

There are around 30 leg clubs nationwide, and the club is the third to be established in Worcester. The other two are based in the Tolly Centre, Rose Avenue in Tolladine. **Julie Money, District Nurse Team Leader for Worcestershire Health and Care NHS Trust**, who helped establish the Dines Green Leg Club, said there was substantial evidence that the leg club model helped lower leg conditions, such as ulcers, heal quicker.

She added: "The Leg Clubs provide a completely different model to the traditional ways of treating these types of conditions. There is evidence that this type of treatment boosts recovery and helps accelerate healing. Patients are much more involved in the treatment, they learn from each other about things they can do themselves to manage their conditions and so the club helps educate people which we know makes a huge difference. On top of that nurses also benefit from that peer support, and makes the sharing of ideas and best practice much easier than when you're working on your own in people's homes.

"The clubs are run by volunteers, often from the local community, who run raffles and arrange other activities and so it becomes a 'club' in every sense; it really doesn't feel like a clinical environment and it helps deal with social isolation which is quite common when people's mobility is restricted."

The Dines Green club runs from 1.30pm until 3.30pm every Tuesday at The Green Centre. Patients who are registered with either St Johns or Henwick Halt GP surgeries can drop in any time - there is no need to make an appointment. If you want information about other Leg Clubs then contact your GP or visit the Lindsay Leg Club website at [www.legclub.org](http://www.legclub.org).

For more information on the Dines Green club contact the District Nurses on 01905 681907/425154. For transport queries, call Worcester Wheels on 01905 24741

**-Ends-**

**Caption:** Norma Brown with Worcestershire Health and Care NHS Trust District Nurse Karen Gardner

**Notes to Editors:** For more information contact Gary Morgan, Head of Marketing & Communications on 01905 760020 or [gary.morgan@hacw.nhs.uk](mailto:gary.morgan@hacw.nhs.uk)