

## Bradford on Avon Leg Club

Update July 2016

### Hello and Welcome!

This is the first of the new format of quarterly newsletters to keep members up to date with what's happening at the Bradford on Avon Leg Club. The Club wouldn't be as fantastic without the commitment of the excellent clinical team and volunteers - **thank you!**

The Leg Club is a joint venture between the Health Centre (who fund and provide the clinical expertise, bandages and consumables) and a group of dedicated volunteers who provide the social aspects of the Club. Our patients are known as 'members' of the Leg Club, as we are keen to de-medicalise the leg ulcer treatment pathway and provide a place where people can drop-in for care and advice. Tea, cake and conversation play an important role in the healing process.

### New Chairperson

We sadly said 'goodbye' to our previous Chairman, Mr Derek Glover who moved to Wells in December 2015. We are delighted to introduce Mrs Sue Denmark as our new Chairperson.

Sue tells us of her background and hopes for the Leg Club. Over to you Sue.....



Hello!

It is a real privilege to be the new chair of The Leg Club. From my own experience, and from my previous job as a social worker I know that keeping healthy and well is much more than medicine and treatment.



Being with others socially, sharing ideas and being active can make a huge difference to so many aspects of our health. I first learnt of the club after undergoing several orthopaedic operations, and was keen to get back to walking around our beautiful town. I joined the walking group at the club, just one of the different activities offered and loved walking along the river, gaining inspiration for our return to the club where there is a thriving arts and craft group. The club has an excellent reputation for it's innovative way of treating leg ulcers but it offers much more. There is a buzzing social side, supported by a fabulous team of volunteers. We hope to offer a lot more in the coming year, all ideas are welcome! **Sue Denmark**

### How are we doing?

The Bradford on Avon Leg Club opened at St Margaret's Hall in Bradford on Avon in July 2014 and now has over 560 members. Our nurses collect lots of information about your care and carry out regular audits to check the quality of our service. A few facts:

- Leg ulcer recurrence rates have fallen from 76% in 2014 to 25% in 2015.
- The average time for members ulcers to heal is 6-10 weeks
- Patient satisfaction with the service is 98%
- Concordance with treatment plans is 80%

**Thank You!**

**Generosity**  
changes everything

The Leg Club Social Group is funded from the generous donations of our members and a range of local charities and business.

Since 2014 monies to buy equipment and fund social activities have been received from:

**Friends of Bradford on Avon Community Healthcare**  
**The Lions Club**  
**The Medlock Charitable Trust**  
**Bridge House**  
**The Leg Club Foundation**  
**Bradford on Avon Town Council**  
**Bradford on Avon Area Board**  
**Leg Club Raffle, Book sales and Refreshment monies**  
**Leg Club Industry Partners**



**Awards Cabinet - more primary care leg clubs are opening, thanks to Bradford on Avon Leg Club being the first one in the country to be led by Practice and Community Nurses.**



The Leg Club was delighted to pick up the General Practice Award for Dermatology. Here is Ruth Randall and Sasko Spirovski collecting this prestigious award at a gala dinner in London in November 2015.



The Leg Club was also runner up in the Nursing Times Award in November 2015.



### Recognition



The Club was delighted to win the Leg Club Foundation Volunteers Award, A Scholarship Award from the European Wound Association and a Special Award for Amanda Brookes who started the Leg Club in 2014.



## Listening to our Members

This is your Leg Club and we are keen to listen to your views and suggestions as to how we can make the Leg Club even better. A short 'listening member survey' carried out recently posed a range of questions:

1. Can we have cake as well as biscuits? **Yes, the money you put into the donation tins is used to buy the refreshments. We will put out biscuits and cake onto the tables for members to freely eat when they are at Club.**
2. I notice there are no raffle tickets? **The proposal is to have one prestigious raffle at Christmas time, to draw at the Christmas lunch. This way we can offer a range of quality prizes and ask local business to help us with the goods.**
3. I used to enjoy browsing the book table. **The book table will be reintroduced and we will put a donation box next to the books, people are welcome to exchange or buy a book for a £1.**
4. I do enjoy chatting to the volunteers, but they always look so busy. **We are keen for our volunteers to have time to sit with members and chat, or join in at the Arts table. Talking to members is an important part of the role and we always need more people to do this.**
5. How long am I expected to wait to be treated? **The purpose of the drop-in clinic is so that members can enjoy a cup of tea and a chat, it is this social aspect that improves the healing process. If you are in a hurry or have been waiting longer than normal, please inform reception so we can help.**
6. Can I come to the Leg Club even when I am healed? **Absolutely, we want healed members to return, not only to enjoy the social/arts, but to receive advice and check-ups. You can come to Leg Club for as long as you want to stay and as often as you like.**

### **New Equipment purchased recently**

Thank you to the 'Friends of Bradford on Avon Community Healthcare ' and the Leg Club Foundation for the following items.



**Huntleigh Toe Doppler**



**Plinth 2000 Leg Ulcer Chair**



**A range of equipment to support our arts and crafts group**

Watch the video our 'Day in the Life of a Leg Club'  
[www.youtube.com/watch?v=ZMVVz1GGZb8](http://www.youtube.com/watch?v=ZMVVz1GGZb8)



## What next?

### Fundraising

We still have a lot to do, we need to start a fund-raising campaign to raise monies to replace and improve the equipment. As well as, funds to take members on social activities such as, the Christmas Party and other trips.

Sue Denmark will be working with members to put together a fund raising programme and all ideas are welcome.

We are also keen to increase the social activities by re-introducing the Creative Walks Programme. Plus Social 'friends events' which will happen on the last Tuesday of the month, with a programme of picnics, fish and chip suppers, set up by members themselves - more information on this to follow.

### Health Trainer - Advice at Leg Club

Our local Health Trainer, Kerri-Ann Harmer will be coming to Leg Club on a Tuesday morning to talk to members about healthy life-styles and mental well-being. She is also happy to take blood pressure readings.



Emma Taviner

### Worried about your memory?

Emma Taviner, Dementia Advisor will be at Leg Club on Tuesday mornings and has a vast amount of information and experience helping people and their Carers with memory problems. **Don't be shy, come and have a chat!**



## Dates for your diary



21<sup>st</sup> September 2016 - Health & Wellbeing Fair at St Margaret's Hall 10am-4pm  
28<sup>th</sup> September 2016 - Health & Wellbeing Fair at Melksham Assembly Rooms 10am-4pm

## Annual General Meeting

**Tuesday 22<sup>nd</sup> November 2016 at St Margaret's Hall Chamber -  
2pm-3.30 pm with refreshments afterwards.**



Amanda Brookes

**Any ideas, issues or concerns, please  
contact Leg Club Project Manager,  
Amanda Brookes  
or Anne Shilston, Clinical Nurse Lead  
on 01225 860812**



Anne Shilston