

Overview of the Melksham Leg & Wellness Club

- Open every Thursday morning
- 9.00 am – 11.30 am
- It is a drop in service – you do not need to make an appointment
- At Spencer's Sports & Social Club, Beanacre, Melksham
- Tea & Coffee will be provided
- There is plenty of parking & the venue is on a bus route.

Patients from the following practices are able to attend the Melksham & Bradford on Avon Leg Clubs:

- Spa Medical Centre
- Giffords Surgery
- St Damian's Surgery
- The Health Centre, Bradford on Avon & Winsley Health Centre

Additional information:

If you need two dressings per week, then you will receive an appointment for your second dressing, on a Monday afternoon at St Damian's Surgery.

The current appointment based Leg Ulcer service at St Damian's Surgery, Melksham (on Tuesdays or Fridays) will cease on 5 April 2017.

The Leg & Wellness Club is in collaboration with Giffords Surgery, Spa Medical Centre, Bradford on Avon & Melksham Health Partnership (which includes St Damian's Surgery), Wiltshire Health & Care and Wiltshire Council

Contacting the Melksham Leg & Wellbeing Club Team



To speak to a Leg Ulcer Nurse please telephone 01225 898490

To speak to the Leg & Wellbeing Club Team Secretary please telephone 01225 860812

Thank you

We would like to give our sincere thanks to the Melksham Rotary Club for their kind donation of new equipment.

We would also like to extend our thanks for the on-going support from the Melksham Health & Wellbeing Board, the Melksham Area Board and The Bradford on Avon Leg Club, who without their support the Melksham Leg & Wellbeing Club would not be here for the benefits of Melksham patients.

Amanda Brookes
Leg Club Lead and Locality Manager for Bradford on Avon & Melksham GP Practices



BRADFORD ON AVON & MELKSHAM HEALTH PARTNERSHIP



Melksham Leg & Wellbeing Club

Thursdays
9.00 am - 11.30 am
Spencer Moulton Sports Centre
Beanacre Road
Melksham
SN12 8AG

Excellent treatment delivered by trained leg ulcer nurses in a supportive social setting alongside other health activities.

Introduction

From Thursday 6th April 2017 all patients registered with a Doctor in Melksham and who would usually attend St Damian's Surgery for their leg ulcer dressing, will now be able to attend the new weekly Leg & Wellness Club.



At the Leg & Wellness Club patients will find a friendly, welcoming atmosphere which enables patients with lower leg problems to benefit from mutual encouragement, have fun and enjoy refreshments together in a social setting.

The service is drop-in which means patients do not have to make an appointment, just come along to be seen by one of leg ulcer team.

Why a Leg Club?

The Leg & Wellness Club is based on an award winning model, is evidenced based and builds on the success of the Bradford on Avon Leg Club that motivates and empowers patients to take ownership of their care and heal their leg ulcers more quickly.

What do patients tell us about Leg Clubs?



Some examples of the feedback received about the Bradford on Avon Leg Club:

'The nurses work tirelessly throughout the morning, supporting each other and sharing their expertise to the advantage of their patients. There is another aspect of the Leg Club too – with the help of volunteers they provide a friendly welcoming atmosphere, serving us refreshments. Patients can chat together, share experiences and encourage each other. For some it is their one outing of the week.'

'Since coming to the Leg Club my ulcers have healed faster and I am able to get advice on how to keep my legs healthy. There is plenty of parking and always a friendly smile on the faces of the staff.'

'If you prefer to be seen in a private area, one of the treatment stations is screened to give us privacy, but we still enjoy the social aspect and have a cup of coffee while we wait. Patients are seen in order they arrive so there is no queue jumping!'

Coming soon to the Melksham Leg & Wellbeing Club

1. Doppler Clinic in the afternoons, by appointment
2. Falls Clinic in the mornings by appointment
3. Health Trainers drop-in twice a month
4. Carers café first Thursday of the month



Why not visit Bradford on Avon Leg Club

All Melksham patients are welcome to attend as a patient or to simply visit the Bradford on Avon Leg Club. It is open on Tuesday mornings (8.30 am - 11.30 am) at St Margaret's Hall, Bradford on Avon, BA15 1DE. There is parking directly outside. There are no appointments, just drop in anytime.



If you have access to the internet, type this link into the search bar to watch an informative video about the Bradford on Avon Leg Club: www.youtube.com/watch?v=ZMvVz1GGZb8