



The Best Foot Forward Leg Club



INTRODUCTION

The Best Foot Forward Leg Club in Poole, Dorset, opened in October 2015. We briefly had to close due to Covid guidelines but are pleased to now be up and running as normal. Since returning it has become a 'hub' of activity for the Local Community, providing evidenced-based, effective clinical care and companionship for many people.

When the Leg Club first opened there were many patients of The Adam Practice with long term, hard to heal lower leg ulcers and related problems. Prior to attending the Leg Club, their only choice was to attend their local surgery for their treatment or be treated in their own homes by the District Nurse Team if they had mobility problems. This often led to isolation and loneliness, leaving patients with a feeling of poor self-esteem and low mood.

With joint support from both the Leg Club Nursing and Volunteer teams, over time such members have been able to 'reignite' their self esteem, take control of their own care within the encouraging environment.

GET IN CONTACT!

[Please join our Best Foot Forward Leg club Facebook group!](#)

If you have any questions please email enquiries@theadampractice.co.uk, call Mandy on 01202 836411 or leave a message at reception for Leg club staff.

WHEN: Every Thursday between 9am – 12pm

WHERE: The Upton Social Club, Courtneys Yard, Poole Road, Upton, BH16 5HX
about what is involved, please get in touch.

WHO CAN ATTEND?

We welcome anyone and everyone to come along and socialise. If you are attending with a leg concern we encourage you to contact Mandy to book a time slot. But nobody will be turned away.

If you have booked a time slot with Mandy we would appreciate you contacting her if you can no longer attend.

SOCIALISING

Within the Best Foot Forward Leg Club, there is a strong community feel with the volunteers organising many social activities for members, which have included visits to the local market, gardens and trips around Poole Harbour.

They also continually undertake a wide variety of in-house fundraising events, such as cake sales, raffles, fetes and tombolas.



INTERESTED IN VOLUNTEERING?

Our volunteers are the backbone of the Leg Club model, and we are continuously seeking new volunteers to support us. If you would like to become a volunteer, or find out more about what is involved, please get in touch.

POST-COVID: WHAT TO EXPECT

We will be following government guidelines to ensure we are always prioritising safety. Please wear a mask and use the handgel provided on entering. Our volunteers will be present to help you follow our guidance.

THE LINDSAY LEG CLUB

The Lindsay Leg Club is the registered charity that supports our Leg Club here at The Adam Practice. It is run by an independent board of Trustees. The Foundation is there to provide assistance, whilst educating on Leg Health and the impact that Leg Clubs have on their members.

PATIENT TESTIMONIALS

Don't just take our word for it! Hear from some of our Leg Club attendees:

"I enjoy coming, its more relaxed than the surgery"

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"Friendly service and more than getting my legs looked after as I meet people."

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"Keep Going! I find the Leg Club a warm and friendly environment. Really helped – thank you. This is a fantastic and innovative Club, I enjoy attending and leave with a smile. Everyone is so helpful and cant do enough for you"

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"Brilliant. Helpful. Care & Attention of all staff. Great social feeling & excellent treatment. Tea & Biscuits. Meet other and everyone has similar conditions. You don't feel alone & afraid"



AWARDS AND PUBLICATIONS

The Best Foot Forward Leg Club has been so successful that both the nursing and volunteer teams have won national awards with the volunteer team being highly commended for their amazing work by the judges. The clinical team lead has won international awards both in 2016 and 2017 by demonstrating the positive outcomes of the Leg Club, been a finalist for the 2017 RCN 'Nurse of the Year' award, and has been granted the title 'Queen's Nurse' for her high level of commitment to patient care and nursing practice.

MEET THE TEAM

<u>Admin</u>	<u>Volunteers</u>	<u>Nursing Team</u>
Mandy Chalk	Brenda Puckett Sheila Chant Lindsay Peter Cousins Pat Beasley	Jenna Martin Melanie Abel Charlotte Hooper Hannah Martin Julie Ford Zoe Bollam Chloe Hambelton Wendy Higson Brenda Furlong

