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Members of Hepburn Health Service's 'Healthy Leg Club' celebrating the club's one year anniversary

### **Hepburn 'Healthy Leg Club' Marks Milestone**

Members of Hepburn Health's 'Healthy Leg Club' celebrated its first birthday recently with an afternoon tea at the club's homebase at 79A Raglan Street Daylesford.

The club, one of only two in Victoria, provides for the treatment and ongoing management of leg-related health issues in a social setting that encourages members to participate in their own care.

"Since the club commenced in March 2014 we have had over 50 members come through with a wide range of issues including leg ulcers, varicose veins, swollen and problem legs," says Patty McKibben, Clinical Support Nurse at Hepburn Health.

"It's a welcoming environment where members of the community can simply drop in for a chat and a cuppa every Wednesday, seek advice and treatment from our nursing staff, and socialise with others who are experiencing similar issues," she said.

The club is based on The Lindsay Leg Club, an award-winning community-based model of care founded in the UK in 1995 by former district nurse Ellie Lindsay. Through providing nursing care in a non-medical, social environment, members are treated collectively with the emphasis on social interaction, participation and peer support. The model has proven to remove the stigma associated with leg-related issues and to assist older people to feel less isolated in their community.

Joan Witcher has been attending the club since day one for the treatment and ongoing management of foot ulcers.

“Prior to coming to the club I was constantly travelling back and forth from my specialist to have my feet looked after. When I heard about the club from my district nurse it sounded like heaven. For me, coming in every week gives me peace of mind that my situation is being monitored. The nurses are so experienced. And of course the social side is lovely too,” she said.

For further information on the ‘Healthy Leg Club’ contact 03 5321 6570.

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