



Leg Clubs[®]: lower-limb care in a friendly social setting

There are currently 30 Leg Clubs scattered throughout the UK. Each Leg Club aims to provide best practice treatment for people with leg ulcers and related problems in a social, friendly, non-medical community-based setting. Every Leg Club aims to empower patients (known as members) to become involved in their care, while providing empathy and peer-support.

Leg Clubs typically meet once a week, but in some areas the Club is held twice weekly. The Clubs are community based and held in settings such as a village or church hall or local community centre. No appointments are required during opening hours, details of which can be found on the Leg Club website or locally through the GP surgery or community nurse.

In some venues, transport can be arranged to and from the club, through Dial a Ride or volunteers, depending on the arrangements made between the Leg Club team and community. Parking is usually available at all Clubs.

When attending a Leg Club, you will be made to feel extremely welcome by the receptionist and members.

The receptionist is usually a volunteer who may well have experienced life with a leg-related problem. The receptionist will take details of why you are attending, and you will be given a number so you know when you are going to be seen. The waiting environment is welcoming and you will be introduced to other members, and the volunteer responsible for refreshments will ensure you enjoy a cup of tea or coffee.



The Leg Club set up is one of a social club, where people with leg-related problems can participate as much or as little as they wish. Some members stay after treatment to have a drink and to chat with other members.

All members are seen holistically and their social and psychological needs addressed. Care is delivered in a relaxed, informal atmosphere in which comradeship, empathy and peer support are very evident.

Treatment is undertaken collectively in a separate area where two or three people can have their legs washed and dressed in the same room. This gives them the opportunity to compare healing and treatments, should they wish to do so. Members are encouraged to discuss treatment issues with the nursing team and other Club members. Of course, each Leg Club also provides facilities for those who prefer to have treatment in private.

The social element of the Leg Club encourages members with similar conditions to talk openly about their experiences. Many people find the knowledge that they are not alone and that others are experiencing the same or similar conditions very reassuring.

Members have found that attending a Leg Club has given them a sense of purpose. The formation of friendships, and the network of mutual support gives members a strong sense of motivation as well as trust, confidence,




and understanding of their treatment. Members have commented:

‘It does me quite a lot of good just being able to get away from my own misery’

‘I know I am still going to have quite a lot of pain but when I am with other people I can forget about myself’

‘The whole atmosphere at the club was upbeat and positive, we no longer felt alone. I am no longer depressed, my ulcer has healed, and I will be returning to work. I feel as though I have been given my life back.’

If you would like to make new friends while receiving treatment for your lower limb(s), speak to your nurse or visit the Leg Club website to find out more. 

Find your local Leg Club

If you would like to attend a Leg Club visit:

www.legclub.org/leg-club-directory/United-Kingdom