

Cook up a storm with the Leg Club

Leg Club Favourites is a book with a difference. It contains over a 150 favourite recipes of NHS staff and international clinicians as well as volunteers, members and friends of the Leg Clubs from across the UK and further afield. The book was created during lockdown by Ellie Lindsay OBE, Lifetime President of the Lindsay Leg Club Foundation as means of connecting with others and providing cooking inspiration to help everyone through a difficult time. All proceeds are donated directly to the Leg Club Foundation to support their work caring for people with lower leg wounds in a community setting. Treat yourself and your loved ones today! www.legclub.org.



You've got the power to care for your legs and feet

LEGS MATTER!

When it comes to keeping your legs and feet healthy you have more power than you might think. Legs Matter recommend five things you can do to take charge of your leg and foot health.

These include: putting your feet up, ditching the soap, making a GP

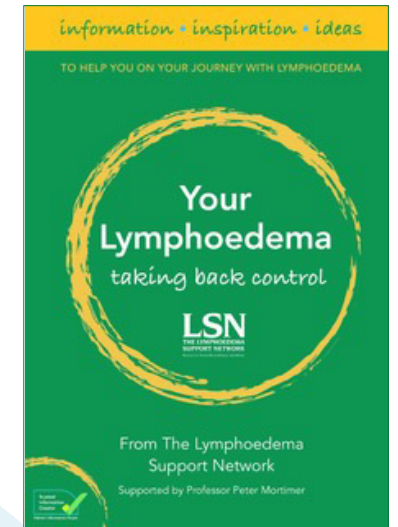
appointment, checking your legs and feet and doing some simple exercises such as heel raises. To get more information on how these actions can help, and to access a wealth of useful downloadable, printable resources for patients and healthcare professionals, visit our website below.

#legsmatter.
www.legsmatter.org

STAND UP FOR LEGS

LSN launches first self-management book for lymphoedema

Life at the Lymphoedema Support Network continues to be busier than usual. We are in the process of publishing the first ever LSN self-management book. *Your Lymphoedema – taking back control* gathers together 30 years of experience from the LSN and is aimed at empowering people to live the best life they can with their lymphoedema. The short chapters include information, tips, photographs and quotes from those living with the condition and includes a fully illustrated guide to lymphoedema drainage self-massage. Every word has been checked by our nurse advisor and double checked by Professor Mortimer so you can be assured it is accurate, up to date and of interest whether you are new to lymphoedema or have lived with it for many years. To order go to our website www.lymphoedema.org



Lipoedema UK co-hosts research update webinars

Lipoedema UK will be co-hosting a series of webinars throughout June and July featuring prominent researchers to provide updates on current research into the condition and its management. International experts will present on liposuction, bariatric surgery, diet and inflammation. There will also be a special Lipoedema UK feature on early stage Lipoedema.

Look out for more information on the webinar dates and topics in our newsletters, on our social media channels and website: www.lipoedema.co.uk

