

## Leg clubs®: care for your leg ulcer in a friendly social setting

Leg Clubs® were established to provide people with venous leg ulcers (known as members) with care in a social setting. Meeting other people in the same position can be a valuable experience, and creates a community in which members can participate as much or as little as they want to. The clubs can provide a source of support and friendship, all while receiving the best care for your leg.

There are over 30 Leg Clubs in the UK, so visit the website to see if there is one near you.

[www.legclub.org](http://www.legclub.org)



## Your Legs Matter so learn how to care for them!

The Legs Matter coalition is working together to increase awareness and understanding of lower leg and foot conditions, and to prevent unnecessary harm from occurring through inadequate care.

The website contains a wealth of information for people with lower-limb conditions, including wound and skin care advice, and information on what to do if you are not satisfied with the care you are receiving from your healthcare professional, including how to communicate with your doctor or nurse, ask for a second opinion or referral, or lobby your MP if you feel your care has fallen short.

Finally the website provides the opportunity to share your story of life with a venous leg ulcer with others in the same position.

**LEGS  
MATTER!**

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