

## Where are we?

### Cumberland Centre, Devonport

7 days a week 09:00-16:30

### Local Care Centre, Mount Gould

Monday-Friday 09:00-16:30

### Four Greens, Whitleigh

Tuesday & Friday 09:00-16:30

### Marjon Sport & Health Centre

Wednesday 09:00-16:30

### Tavistock Clinic

Monday & Thursday 09:00-16:30

### South Brent Village Hall

Tuesday & Thursday 09:00-12:00

### Modbury GP Surgery

Tuesday 09:00-12:00

### South Hams Hospital, Kingsbridge

Tuesday 14:00-16:30, Friday 09:00-16:30

**Please note we are an  
appointment only service.**

## Useful information

Want to read more? Take a look at

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

[www.mediuk.co.uk/shop](http://www.mediuk.co.uk/shop)

## Contact details

### Wellbeing Lower Limb Service

Tel: 01752 434209

Email:

[livewell.wellbeinglowerlimb.service.co.uk](mailto:livewell.wellbeinglowerlimb.service.co.uk)

**For urgent appointments out of hours  
(weekends and bank holidays)**

Tel: 01392 269475

**Livewell Southwest Connect app:**

Search for "Leg Ulcer Service"

**You are invited to...**



# The Wellbeing Lower Limb Service

**We look forward to meeting  
you!**



Livewell Southwest



@livewellsw

*We support people to lead independent, healthy lives*

**Livewell**  
Southwest

## Who are we?

In 2018 we launched the Wellbeing Lower Limb Service across Plymouth, South Hams and West Devon. This was in response to a need for a specialist service to manage the increasing rates and complexities of leg ulceration in the region .

We are a friendly team of Healthcare Assistants, Assistant Practitioners, Nursing Associates and Registered Nurses that are here to help you manage the care of your lower legs.

We use current evidence-based practice to give you the best possible advice and treatment in the care of your legs.

We are currently working with NHS England to implement the National Wound Care Strategy Programme Recommendations for Lower Limb Ulcers 2020.

## Why have I been referred?

Your healthcare professional will refer you to us if you have an open wound between the knee and the ankle joint that are slow to heal - this is called a leg ulcer.

You may also have issues with leg swelling, fluid leakage or changes to the condition of your skin.

## What can I expect?

You will be offered a 90 minute initial appointment to enable a thorough, holistic assessment during which we will ask for general information about your health, wellbeing and lifestyle, your past medical history and the history of your leg problems. Please bring a list of medication with you.

We will examine your legs and assess your circulation by carrying out a Doppler assessment. This involves a blood pressure cuff being placed around your arm and legs and helps us to provide you with a diagnosis.

Please wear loose fitting clothes and shoes where possible, as this will allow us to undertake our assessments with minimal disruption.

## How will my legs be treated?

We will create an individualised care plan with you to suit your needs.

We may recommend dressings, bandages, Velcro wrap systems or compression socks to aid your healing.

We work closely with other specialist teams such as Podiatry, Tissue Viability and Vascular and will discuss any further referrals, scans or treatment you may require.

When your legs are healed we encourage you to attend every 6-12 months to review your circulation, the condition of your legs and check you're in the most suitable compression garments for your needs and replace with new as required. We are also on hand should you develop any new wounds.

## What is the Minuteful for Wound app?

Thanks to 'Healthy.io' we are now able to photograph and measure your wound in a standardised way. We will apply two stickers next to your wound and use a smartphone to take a scan. It helps us to keep a close eye on the progress of your wound healing and quickly identify any signs of deterioration, whilst ensuring continuity of your care.

## Tell me more about the free wellbeing sessions...

We are very lucky to be able to offer you a free 4-week wellbeing programme run by the fantastic team from Marjons. Following our pilot study of attendees, we evidenced an improvement in how quickly ulcers healed and a reduction in the rates that ulcers happened again.

In these 1 hour small group sessions you will be offered tailored advice on a healthy balanced diet, gentle exercise within your abilities and support with your mental wellbeing, which we know is important for ulcer healing.

## Can I self-care?

We promote the option of self-caring for your wounds, wherever possible, to reduce your need to attend appointments and so that you can manage your condition better in the future.

We will be happy to discuss this with you when you attend and whether you'd like to do virtual consultations on the Livewell Southwest Connect smartphone app.