



WELLBEING GROUPS

★ You have been referred to the Lower Limb Service as you have a leg wound that is taking longer than 2 weeks to heal. This could mean that you have a long-term condition that is affecting your ability to heal, and you have developed a leg ulcer. There are three types of ulcer: Venous, Arterial and Mixed disease. All of these can reoccur once healed so it is important you get the right tools to manage your condition.

WHAT CAN YOU DO TO HELP?

JOIN THE WELLBEING SESSIONS! THE SESSIONS SUPPORT THE DRESSINGS THAT THE NURSES APPLY TO HELP YOU HEAL AND MANAGE YOUR CONDITION.



THE PROGRAMME COVERS: MOVEMENT; RELAXATION AND BALANCE WITH STRETCHING; NUTRITION; FALLS PREVENTION; HOW TO CARE FOR YOUR LEG; HOW TO MANAGE YOUR COMPRESSION GARMENT (INCLUDING GETTING IT ON AND OFF)

CLINIC LOCATIONS

Mount Gould (Local care Centre)
Cumberland Centre
Tavistock Clinic

📞 Call to Book!!
01752 434209

PARTICIPANTS SAY:



'The service is very good and a feel good factor'



'Get on well in group. All here to keep the legs moving.'



'I find the sessions to be very beneficial'
'It benefits my leg condition very well'