

Well Leg Service

A service for patients who have been treated for leg ulcers, by the Lower Limb Therapy Service, to help maintain healthy legs.

Seaton, Axminster and Sidmouth



ARE YOU EATING AS HEALTHILY AS YOU CAN?

The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

Fruit and Vegetables

Most of us are not eating enough fruit and vegetables. They should make up a third of the food we eat each day. Aim for at least 5 portions a day and choose from fresh, frozen, tinned and dried.

A portion is roughly what can be fitted into the palm of your hand. Fruit and vegetables are a good source of vitamins, minerals and fibre.



Starchy foods

Starchy foods should make up just over a third of the food we eat. Choose higher fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave the skins on potatoes. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



Proteins

Eat some beans, pulses, fish, eggs, lean meat and other protein, e.g nuts each day. These foods are also good sources of vitamins and minerals. Pulses are good alternatives to meat as they are lower in fat and higher in protein and fibre. If you can, eat 2 portions of fish a week, 1 of which should be oily like salmon or mackerel.



Milk and Dairy Foods

Milk, cheese, yoghurts and fromage frais are good sources of protein, some vitamins and calcium. Try to choose lower fat and sugar options and choose some non-dairy alternatives too like soya drinks and yoghurts.



Fats and Spreads



Choose unsaturated options, eg vegetable, sunflower, rapeseed and olive oil and use sparingly.

Foods high in fat and sugar



Foods such as sweets, cakes, biscuits, crisps, fizzy drinks are not needed in our diet so try to eat less often and in small amounts.

Fluids



Try to drink 6-8 glasses a day. Water, low fat and low sugar drinks count as do tea and coffee.

Seaton, Axminster and Sidmouth Community Opportunities

Current as of May 2022

Leisure East Devon (LED) Walks for Health.

Free graded wellbeing walks. A great way to meet people and have a gentle walk.

Phone: 01395 234123 for more details.

Seaton Wetlands.

Explore Seaton Wetlands and enjoy beautiful marshland and reedbeds alongside the River Axe. There are five bird hides and nearly 4km of level trails and boardwalks suitable for wheelchair, bike and pushchairs. A countryside haven, home to an abundance of wildlife.

The Community Waffle House, Axminster.

Trinity House, Trinity Square, Axminster, EX13 5AP.

Phone: 01297 34694 for more details.

Sid Valley Friendship Group

Meets on the 1st Sunday of the month at 2pm at the Royal York & Faulkner Hotel, Sidmouth for tea and chat. Also arrange other event, such as theatre outings, lunches and short break holidays.

Phone: 01395 579040 for more details.

How to keep my legs healthy:

- Keep wearing your compression hosiery.
- Check your legs and feet regularly and get in touch if you notice any changes. Phone 01404 540556.
- Walk regularly to exercise your calves.
- Rotate your ankles while you are sitting to stimulate the circulation to your legs.
- Put your feet up.

- Wash your legs in warm water and apply emollient daily.
- Get out outside when you can to soak up Vitamin D, enjoy your surroundings and feel part of the world.
- Eat a healthy balanced diet.
- Investigate local opportunities for joining a group/club.
- Plan your days so you have a good routine to your week.

Sources:

www.nhs.uk/conditions/leg-ulcer/prevention

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide

Is there anything in this leaflet you would like to discuss?

Ask yourself:

What matters to me?

What do I want to do more of to live well?

Connect with other people

Be physically active

Learn new skills

Give to others

Pay attention to the present moment

Contact:

Julia Hammond

Health and Wellbeing Coach

Well Leg Service

07591 948974

julia.hammond4@nhs.net

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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