

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.

Honiton and
Ottery St Mary Community



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.

Honiton and Ottery St Mary Community Opportunities

Current as of May 2022

Ottery Help Scheme's Friendship Group

First Tuesday of the month, 2-4pm.

The Catholic Church Hall, Mill St, Ottery, EX11 1AF

Men's Shed

A place where local men can go to make things, repair things, meet with other men and socialise – even if it's just to have a cup of tea and a chat.

Ottery St Mary

Tuesdays and Fridays 10am-4pm.

Hind St, Ottery St Mary, EX11 1BW. Contact

Tony Pugh. **Phone:** 01404 371678

Honiton

Honiton Shedders, for men and women.

Mondays and Tuesdays 9am-1pm.

School Lane, Honiton, EX14 1QW

Contact Sean O'Connor...

Phone: 01404 549349

Honiton - Age UK Social Café

Socialise with others from your community to build confidence and improve wellbeing. Every Thursday at 10.30am-12.00om Zest Café, 9 Black Lion Yard, Honiton, EX14 1ES
Hot Drinks available at a discounted price. For more information contact -

Phone: 0333 241 2340

Email: info@ageukdevon.co.uk

Visit www.honitonhealthmatters.org.uk/directory for more local information

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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