

Information on

Personal Footcare



Personal Footcare is the term used for what an adult would normally do for themselves to look after their feet.

It includes:

- Keeping toenails at a good length
- Keeping feet clean
- Choosing good fitting footwear
- Skin care
- Getting help if you spot a problem

None of these tasks need to be carried out by a podiatrist.

NHS Greater Glasgow & Clyde Podiatry Service provides Personal Footcare when there is ulceration or threat of ulceration as a result of extreme nail pathology.

New referrals to the NHSGGC Podiatry Service for Personal Footcare, without any clinical risks affecting the lower limb, are discharged with advice on self care or supported self care.

The full range of resources supporting Personal Footcare can be accessed using this link: Personal Footcare – NHSGGC

 **<http://www.nhsggc.scot/hospitals-services/services-a-to-z/podiatry-service-information-for-patients/personal-footcare/>**

This leaflet is designed to provide information on other agencies and services that deliver Personal Footcare.

Useful Personal Footcare contact information

This leaflet contains information about where to find or obtain further local help with personal footcare.

NHSGG&C podiatry service has no links with these providers and does not market or promote on their behalf. You must contact the provider directly for details of costs and services.

The Royal College of Podiatry



The College of Podiatry provides information on finding an independent Registered Chiropodist/ Podiatrist in your local area. You can visit their website Find a Podiatrist (rcpod.org.uk)

🌐 <http://rcpod.org.uk/find-a-podiatrist#FIND.PODIATRIST>

The Health and Care Professions Council (HCPC)

The Health and Care Professions Council protects the public by ensuring all health and care professions registered as a HCPC member meet their standards. Podiatrists must be registered in order to practise. You can check the register by visiting HCPC.

🌐 <http://www.hcpc-uk.org/check-the-register/>

Other agencies that provide personal footcare support (small cost may apply)

Renfrewshire Area

Organisation	Address	Telephone Number
ROAR 'Do Feet'	West End Community Centre 5A Underwood Lane Paisley PA1 2S  http://www.roarforlife.org/our-services/roar-do-feet/	 0141 889 7481
Our Place, Our Families	234 Paisley Rd Renfrew Pa4 8AA	 0141 258 5206

South Glasgow Area

Nan McKay Centre	Community Halls St Andrews Drive Pollokshields G41 5SR  http://www.nanmckay.co.uk/health-activities.html	 0141 429 5370
Toryglen Community Hall Nail care service	199 Prospecthill Circus Glasgow G42 0DR	 0141 569 1031
Happy Feet Govan (only those residing in G51 postcode)	Govans Menshed 31 Arngask Rd Govan G51 4TR	 07845 430314
The Pearce Institute Nail cutting service Govan	840-860 Govan Road G51 3UU  https://www.govanpi.com/	 0141 445 6007

East Dunbartonshire area

Beautiful Feet	Bishopbriggs Community Church 21 Park Ave G64 2SN ✉ beautifulfeet.ed@gmail.com	📞 07578 584177
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Charities Helping People with Specific Medical Conditions

Revive MS 	For people with a diagnosis of Multiple Sclerosis. Podiatrist & Foot health practitioner in Govan & Southside outreach Clinic. Clients should arrange an assessment appointment with the Revive Specialist Nurse.	Moorpark Court 29 Dava St Govan G51 2JA ☎ 0141 945 3344 ✉ info@revivemssupport.org.uk
	Our Charity therapists provide range of wellbeing therapies including podiatry, massage, reflexology and reiki. These treatments are free of charge and available to cancer patients and their family members. Referrals can come from Vale of Leven Health Centre staff, as well as from patients themselves.	Main Street, Alexandria G83 0UA Appointments can be made by calling ☎ 0141 301 7667

