



Find out more

Foot Health Services
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If you would like this publication in large print, Braille, alternative format or in a different language, please contact us on 01603 697492 and we will do our best to help.

You can receive help with queries about NCH&C services from **Patient Advice and Liaison Service**

Telephone: 0800 088 4449
Email: pals@nchc.nhs.uk
(Monday-Friday 9am-5pm)



What would you like for.....?
Footcare related gift ideas for family and friends

We all dread that question from family and friends – ‘What would you like for your birthday / Christmas?’

We have some ideas for footcare related gifts within all budgets.....



Foot files / emery boards



Filing your nails regularly means you can keep them at a comfortable length. Not allowing nails to become too long means that they will be easier to manage.

Long handled files, large emery boards or foot files are perfect for thinning down thick nails. Using the length of the file across the tops of your nails, push the file towards your foot. For best results carry this out daily.



Foot Creams

It is a good idea to use an emollient cream on your feet every day to keep the skin in tip top condition. Apply all over, but not between the toes, ideally after your bath or shower. Any moisturising cream is good, it need not be special or expensive.



Socks

Socks / tights / stockings that are too tight may cause stricture around the ankle and swelling to legs. Choose loose topped socks, ideally in a natural fibre. If you have very swollen legs, try cosyfeet.com for comfortable hosiery.



Slippers / house shoes



It is important that slippers do not become ‘sloppy’ as these can be bad for your feet and cause falls. How about a new pair? Slippers should have enough width and depth for your toes, and should have a strong sole and a fastening to keep them on your feet.



An appointment with an HCPC registered Podiatrist

If you are not under NHS Podiatry care, why not ask for a private Podiatry appointment? Private Podiatrists can offer treatment in clinics or will visit you at home. Lists of these can be found in the yellow pages under ‘Podiatrists’ or by searching on www.scpod.org and clicking on ‘find a podiatrist’.

You can also call the Society of Chiropractors and Podiatrists to find a Podiatrist in your area on 020 7234 8620.

We strongly advise you to make sure that the practitioner is registered with the Health and Care Professions Council (HCPC). You can check that the Podiatrist is HCPC registered by visiting www.hcpc-uk.org and clicking ‘check the register’.