




Charities providing personal footcare services

Charity	Service	Contact Information
Cancer Support Scotland 	Footcare (before, during and after treatment).	75 Shelley Rd Gartnavel Campus Glasgow. G12 0ZE 0141 337 8199 info@cancersupportscotland.org
MS Support Revive. 	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
Beatson Cancer Charity 	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.

Information on Personal Footcare



The Scottish Government's 'Personal Foot Care Guidance' published in September 2013 confirms that Personal Footcare isn't the same as podiatry care. 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 require to be carried out by a podiatrist.

As part of our commitment to support and enable self care, NHS Greater Glasgow & Clyde Podiatry Service provides Personal Footcare only for people with a vascular or neurological risk. 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: www.lookafteryourfeet.info

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

David A Wylie
Podiatry Service Manager & Professional Lead

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 College of Podiatry



The College of Podiatry provides information on finding an independent Registered Chiropodist/Podiatrist in your local area. A number of their members may be able to assist with advice or provision of personal footcare. You can call them on 0207 234 8620 or visit their website <http://www.scpod.org/find-a-podiatrist/>

Directories



Local directories and newspapers provide listings of independent providers of personal foot care. These include chiropodists, podiatrists and other foot health practitioners. You may also find that some local newspapers provide these details too.

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

Renfrewshire Area

Organisation	Address	Phone 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 5026

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

West Glasgow Area

Twinkle Toes Personal Footcare Service	The Annexe 9A Stewartville St Partick G11 5PE Email:info@annexecommunities.org .uk	0141 212 3984
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West Dunbartonshire

West Dunbartonshire Voluntary Footcare Service	Arcadia Business Centre Miller Lane Clydebank G81 1UJ	0141 280 0128
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