

**You can help Age UK Dudley in the following ways:**

**Volunteer in your community**

With many volunteering roles you can give your time to make a difference to the lives of people in later life. For more information tel: 01384 356150.

**You can make a donation to**

Age UK Dudley in a variety of ways:

- Send a cheque made payable to Age UK Dudley
- Donate by mobile phone—text DUQW06 £amount to 70070
- Online - Visit [www.virginmoneygiving.com](http://www.virginmoneygiving.com) to donate by debit or credit card

**Shop online via**

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

**You can help us fundraise**

For more information:  
Tel: 01384 354668 or visit our website [www.ageukdudley.org.uk](http://www.ageukdudley.org.uk).



**Our Services**

You can find out more information about all of our services by calling 01384 354508 or visit our website [www.ageukdudley.org.uk](http://www.ageukdudley.org.uk).

**Comments, Compliments or Complaints:**

We welcome all comments and feedback about our Services.

Should you have any queries or concerns please do not hesitate to raise them with a member of staff.

Or contact us:

3 Dudley Court North  
The Waterfront  
Level Street  
Brierley Hill  
DY5 1XP

Email: [mail@ageukdudley.org.uk](mailto:mail@ageukdudley.org.uk)  
[www.ageukdudley.org.uk](http://www.ageukdudley.org.uk)  
Tel: 01384 354508



## Stepping Out

### Foot Care Service



## **Stepping Out Foot Care Service**

**Stepping Out helps to keep people mobile and maintain their independence by providing a basic foot care service. The service is provided in partnership with Dudley Clinical Commissioning Group and Dudley NHS Podiatry Service, through our trained staff and volunteers.**

### **Who can use Stepping Out?**

We provide toe nail cutting and filing of hard skin if you are:

- aged 60 or above
- registered with a Dudley GP
- not eligible for NHS Podiatry Services
- have difficulty looking after your own feet.

To ensure that you are suitable for this service, you will initially be assessed by an NHS Podiatrist, before any treatment is given.

### **How do I access the Service?**

Referral by an NHS Podiatrist.

Once we have received your referral we will contact you with more details and arrange an appointment if required.

### **Do I have to pay for this service?**

There is no charge for the initial Podiatry assessment. If you qualify for the service, you will then need to purchase your own personal nail care kit from us, which is a one off cost. There is also a charge each time you receive your foot care treatment.



### **Your personal nail care kit**

The nail kit consists of a toe nail nipper and diamond deb file. It is kept in your possession and must be brought to each session to enable us to do your treatment.

At the end of each treatment it will be cleaned and returned to you.

### **What training do we receive?**

All staff and volunteers are trained in foot care by the service Co-ordinator and supported by an NHS Podiatrist . Our volunteers are supervised by the Stepping Out Co-ordinator and assistants.

### **Where are the clinics held?**

Clinics are held across three locations in the Dudley Borough.

**Brierley Hill** - which is our main centre where we hold clinics from Monday to Friday.

**Sedgley and Halesowen** - where we hold outreach clinics on alternate Wednesdays.

**If you are interested in the Stepping Out Service or would like more information including charges, please contact the team on:**

**tel: 01384 267009**

**email: [steppingout@ageukdudley.org.uk](mailto:steppingout@ageukdudley.org.uk)**