For more information about this training, please contact NHS Sutton and Merton podiatry service.

**What about the NHS podiatry service?**
This service offers podiatry based on clinical need, covering problems related to lower limb and foot dysfunction; dermatological (skin) conditions including corns, callus and persistent or painful verrucae; ingrown toenails; and ‘high risk’ feet, linked to conditions such as poor circulation, nerve damage, ulceration.

If you think you may need NHS podiatry, you can be referred via your GP. The Age Concern footcare services in Sutton and Merton are also able to make referrals directly into the service.

**Contact details**
* *NHS podiatry service:*
  * 020 8407 3608

* *Age Concern Merton (Sole Mates):*
  * 020 8648 5792
  * alison@ageconcernmerton.org.uk

* *Age Concern Sutton:*
  * 020 8770 4092
  * admin@ageconcernsutton.org.uk

* *Sutton LINk:*
  * 020 8644 2867
  * info@suttonlink.org.uk

* *Merton LINk:*
  * 020 8685 1771
  * info@linkmerton.net

**More information**
Age UK produces useful information and a leaflet on looking after your feet. Look for the *Fitter Feet* section of the website: www.ageuk.org.uk

Or phone the Age UK advice line, 0800 169 6565.

There are additional leaflets produced by the NHS in Sutton and Merton:
- Guidelines on basic footcare
- NHS Sutton and Merton podiatry service.

These are available from the contacts listed above.
Are you finding it hard to look after your feet and cut your nails?
Do you have questions about how to look after the feet of someone you care for?
Are you confused about what services are available from the local NHS?
If this is the case, help is available.

Footcare and podiatry
Footcare describes basic nail cutting and shaping, which may include managing thick toenails, and basic skincare for the feet. It is not normally available from the NHS.
Podiatry (also known as chiropody) is the care and treatment by clinically trained podiatrists of conditions affecting the lower limbs and feet. There is more information about the NHS podiatry service later in this leaflet.

Footcare leaflet
NHS Sutton and Merton podiatry service has produced a leaflet with guidelines on basic footcare, including how to cut and shape nails, how to manage thick toenails, and advice on skin care and footwear.
You can get this leaflet from:
- the local NHS podiatry service
- online at: www.suttonandmerton.nhs.uk
- our local partners, Age Concern in Sutton and Merton (Sole Mates), Local Involvement Networks in Sutton and Merton

All contact details are given at the back of this leaflet.

What if I can’t manage my own footcare any more?
Age Concern works in partnership with the NHS in Sutton and Merton to offer a footcare service to local people who are over 50. There is a charge but the services are non-profit-making. For more details, contact Sole Mates (the Age Concern Merton service), or Age Concern Sutton.
Some community organisations also offer footcare to their service users so it may be worth asking if you attend a group like a lunch club or a day centre.
Alternatively, you can go to a private podiatrist (chiropodist), who will charge for their services. You can find these in Yellow Pages or online.
You should check whether they are registered with the relevant body, the Health Professions Council.

What if I need help getting there?
You can get help with transport from several places.
Dial-a-Ride (for disabled and older people)
0845 999 1 999
www.tfl.gov.uk/gettingaround/

Taxi-Card (for people with serious mobility or visual impairment)
020 8770 5607 (Sutton)
020 8545 3681 (Merton)
www.londoncouncils.gov.uk/services/taxicard/

And in Merton, Merton Community Transport
020 8648 7727
www.mct.uk.com

Footcare in care and nursing homes and help for carers
Care staff should be able to provide basic footcare for people in homes.
NHS Sutton and Merton podiatry team runs regular training for care home staff, volunteers and carers, to help local people get the footcare they need, and to enable them to make referrals where necessary to the NHS podiatry service.