




## Charities providing personal footcare services

Charity	Service	Contact Information
<b>Cancer Support Scotland</b> 	Footcare Before, during and after treatment.	75 Shelley Rd Gartnavel Campus Glasgow. G12 0ZE 0141 337 8199 <a href="mailto:info@cancersupportscotland.org">info@cancersupportscotland.org</a>
<b>MS Support Revive.</b> 	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 <a href="mailto:info@revivemssupport.org.uk">info@revivemssupport.org.uk</a>
<b>Beatson Cancer Charity</b> 	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.	Beatson Care 1053 Great Western Road Glasgow G12 0YN Tele: 0141 212 0505

## 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](http://www.lookafteryourfeet.info)

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

Paul Higgins  
Podiatry Service Manager and 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.

### Royal College of Podiatry



The Royal 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 <https://rcpod.org.uk/find-a-podiatrist#FIND.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
 <span style="color: red; font-weight: bold; font-size: 1.2em;">Currently no spaces</span>		
<b>Our Place, Our Families</b>	234 Paisley Rd, Renfrew Pa4 8AA <a href="mailto:ourplaceourfamilies@gmail.com">ourplaceourfamilies@gmail.com</a>	0141 258 5026

### South Glasgow Area

<b>Nan McKay Centre</b>	Community Halls St Andrews Drive Pollokshields G41 5SR <a href="mailto:info@nanmckay.co.uk">info@nanmckay.co.uk</a>	0141 429 5370
<b>Toryglen Community Hall Nail care service</b>	199 Prospecthill Circus Glasgow G42 0DR	0141 569 1031

### West Glasgow Area

<b>Steps Forward Personal Footcare Service</b>	The Annexe 9A Stewartville St Partick G11 5PE <a href="mailto:info@annexecommunities.org.uk">info@annexecommunities.org.uk</a>	0141 226 3431
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### West Dunbartonshire (currently closed due to Covid19)

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