

The Age UK Falls awareness week this year is 17th – 21st June and is concentrating on looking after your feet

It's never too late to start caring for your feet

Here are some tips for good foot care:

- Try to keep your feet as warm as possible - but don't cook them in front of the fire.
- Exercise is good way of keeping your feet warm and improving circulation.
- Do not soak your feet too long as this could destroy the natural oils in your skin leading to very dry skin;
- Avoid wearing socks and shoes that are too tight as this can lead to more problems like restricted circulation or cramp in your toes. **Call us at the Beehive for information about wide fitting shoes.**
- Wash your feet every day in warm soapy water and dry thoroughly especially between your toes.
- Remove hard skin gently with a pumice stone, but not if it is over a bony area. In this case, or if the dry skin is painful, consult a chiropodist or podiatrist.
- Always wear good fitting shoes-the older we get the more you need a shoe that holds your foot in place for adequate support i.e. lace up or Velcro fastenings as these give more support than a slip-on shoe.
- Trim toenails regularly using nail clippers, cut straight across, not too short and not down into the corners as this can cause in grown toe nails which can be very painful.
- Seek prompt treatment for burns, cuts or breaks in the skin and for any unusual changes in colour or temperature. This is very important if you have diabetes.
- If you are having problems with your feet go and see the doctor.
- For more tips on staying steady on your feet call us on 01375 389872 for a leaflet on improving strength and balance.



Thurrock Hospital runs a free **toenail cutting service** for those who are housebound. They will visit you at home on a regular basis to cut toe-nails but do not undertake a full chiropody service. They are unable to treat those who have diabetes. You need a GP or health professional referral to be accepted for this service.

A free **podiatry service** is available for those with qualifying medical conditions who have greater foot care needs than just toenail cutting. You may self-refer for this but you will be assessed to be accepted on the service. For treatment you will go to your local clinic after an initial visit to the clinic in Grays. Call us for more details on 01375 389872

Age UK Essex runs a **Toe-Nail Cutting Service** which visits parts of Thurrock on a regular basis. There is a charge towards the cost of this service and an appointment needs to be made before the visit. The service is unable to help people with diabetes, or some circulatory disorders. Please call us at the Beehive for more information.

Age Concern Thurrock is a registered charity no 1000274

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