

## Accessing the Podiatry Service

You can be referred by your GP or consultant, social care team, relatives or carers, practice nurse or district nurse. You can also self refer by completing a referral form available from your local community health centre, GP practice or the CSH Surrey Referral Management Centre (RMC):

E: CSH.Referrals@nhs.net  
T: 020 8394 3868

## Who do we see?

We accept referrals for people who might be at risk from any of the following:

- Diabetes
- Anticoagulant therapy (eg Warfarin)
- Weakened immunity (eg undergoing chemotherapy)
- Peripheral vascular disease
- Peripheral neuropathy
- HIV / Hepatitis B
- Inherited conditions (eg hyperkeratosis)
- Rheumatoid arthritis
- High dose steroid therapy.

We also accept referrals for those who have:

- In-growing toenails
- Functional problems
- Sports injuries
- Foot ulcers
- Severe sepsis
- Severe corns or calluses
- Severe foot deformity.

Please note: CSH Surrey is not funded to provide toenail cutting, treatment of minor corns and calluses, or foot problems not associated with specific medical conditions.

## Need to contact the service?

Please go via the Referral Management Centre (details in the Accessing the Podiatry Service section).

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43  
Email: CSH.Feedback@nhs.net  
Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43  
or email CSH.Communications@nhs.net  
to receive this information in large print, audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

### A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



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Ewell, Epsom, KT19 0DZ

Company registered number 5700920



# Steps to fitter feet: Choosing the Right Shoes

Information for patients,  
carers and relatives

## Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

# Footwear Advice

## Are you wearing the right shoes?

Badly fitting shoes can be very damaging to feet. In fact, many foot problems occur, or can be made worse, by wearing poorly fitting shoes.

To help prevent damage to your feet, consider the following when you buy new shoes:

- **Heel** – this should have a broad base, and should be no greater than 4cm in height (one and a half inches)
- **Heel counter** – this is a small piece of plastic within the part of the shoe that goes around the heel. A good firm one will support the foot. To check it is firm enough, try to flatten the bit that sticks up – if you can, it's probably not strong enough
- **Sole** – this should provide cushioning and protection for comfortable walking, and enough grip to prevent slipping
- **Upper** – ideally this should be made from natural materials such as leather or breathable fabrics to keep feet comfortable
- **Linings** – breathable materials such as leather or fabric keep the foot fresh; they need to be smooth and seam-free
- **Fastenings** – laces, straps with buckles or touch fastenings all help to hold the foot securely within the shoe
- **Toe 'box'** – good shoes have enough room around the toes to allow toes to wiggle and to prevent rubbing (see below). The picture on the left shows space around the foot and toes; the foot on the right is cramped with no space to move the toes

- **Insole** – preferably buy shoes with a removable insole to allow you to put in padding or 'orthoses' (shaped insoles for added support)
- **Finally**, try to avoid wearing slip-on shoes as this increases friction and can lead to blisters and corns developing on your feet.

## Ladies shoes

### *It's not all doom and gloom!*

- Ask any woman... high heels are an essential part of the wardrobe – they make your legs look longer and your bottom smaller. But they can cause problems ranging from blisters, corns and calluses to serious foot, knee and back pain.
- You can still enjoy your high heels, but only wear them for short periods of time, and only occasionally to minimise damage to your feet.

