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Podiatry

Care for your feet

Podiatrists, previously known as chiropodists, are trained to prevent, diagnose, manage and treat abnormal conditions of the feet and lower limbs. We help to keep people mobile and active by relieving pain.

What we do

We treat and advise on many aspects of footcare, including:

- abnormal skin and nail conditions
- poor circulation
- ingrown toenails (nail surgery)
- diabetic foot problems, including infection and ulceration
- mechanical foot and lower limb problems requiring treatment with foot orthoses (insoles)
- foot problems related to arthritis

Our podiatrists are based at various sites around Cumbria. If you are unable to leave your home due to your health, we may be able to treat you at home. However, for home visits, we set strict criteria and only see bed-bound patients.

How to access the service

We prioritise patients who have health problems that put their feet at risk, such as diabetes or poor circulation. However, we aim to see everyone asking for assessment at least once.

If you are having problems with your feet and would like a podiatry assessment, you can refer yourself to the service or ask a healthcare professional, such as your doctor or nurse, to refer you.

You can get self-referral forms:

- from the community podiatry clinics listed overleaf
- by post – please telephone your local podiatry clinic
- from your GP surgery (North Cumbria only)

Find out more about foot care

NHS Choices

www.nhs.uk/Livewell/fothealth/Pages/Fothealthhome.aspx

The Society of Chiropodists and Podiatrists

www.scpod.org/foot-health/



Where we work

Carlisle

London Road Community Clinic
Hilltop Heights
London Road
Carlisle CA1 2NS
01228 608020

North Carlisle Medical Centre
Eden Street
Carlisle CA3 9JZ
01228 608020

Penrith

Penrith Health Centre
Bridge Lane
Penrith
CA11 8HX
01768 245628

Workington

Workington Community Hospital
Park Lane
Workington CA14 2RW
01900 705120
Podiatry.requests@cumbria.nhs.uk

Whitehaven

Flatt Walks Health Centre
3 Castle Meadows
Whitehaven CA28 7QE
01946 68635
Podiatry.requests@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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