

TUESDAY, 31 JANUARY, 2012

## It's all about feet in Arbroath

**A free afternoon foot care information session for people living with diabetes is to be held in The Health Education Room, Springfield Medical Centre in Arbroath on Thursday, 9 February from 3pm until 5pm.**

Organised by Angus Community Health Partnership (CHP) the session is aimed at people living with diabetes, their families and carers.

Members of NHS Tayside's podiatry team will give a short presentation on foot care to raise awareness amongst diabetics on the importance of foot care. They will also explain about the annual foot screening programme offered to diabetics which helps to identify any potential foot problems. Podiatrists will give a talk on the self management programme 'Footstep' which covers useful tips and advice on what you can do to look after your feet.

There will also be an opportunity to ask podiatrists questions and meet with other diabetics who live locally.

Rhona Guild, Primary Care Manager, Angus CHP, said, "I would encourage anyone living in and around Arbroath affected by diabetes to come along to the Springfield Medical Centre to hear about what they can do to look after their feet better. These diabetes information meetings not only provide the opportunity to speak with podiatry staff but also, importantly, the chance for people to have a cup of tea and a chat with others also affected by diabetes.

The meetings are free and there is no need to book you can just turn up. Friends and family are also very welcome to come along."

If you would like more information contact Rhona Guild on 01307 474889.

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