

# Ballarat Community HEALTH SCUFF

## Self Care Understanding For Feet (Initial Screening Session)

The podiatry service at Ballarat Community Health Centre is committed to health Promotion. The aim of podiatry service is to assess and address the factors causing foot problems. All new clients are required to attend this session as this enables us to appropriately prioritize & also educate clients.

People requesting a pedicure service are advised of appropriate self management techniques through SCUFF (self care understanding for feet)

- After assessment clients who have difficulty maintaining their toenails are provided with long-handled nail files and they and their carers are educated on self care. In saying that clients can always contact the clinic if they find it too hard to manage, their foot health.
- Clients with corns and calluses are advised to make footwear changes, as this is often the cause of problems. Information about appropriate footwear will be provided during the SCUFF sessions.
- COST: a gold coin donation is appreciated.

SCUFF is run in monthly groups. These groups are aimed at improving independence and empowerment of the individual in regard to their foot health and care. Clients can self refer to this course or they can be referred by other health professionals. If you have any queries please do not hesitate to contact us on 53384500.

<b>Dates of Courses:</b>	Tuesday 2 <sup>nd</sup> February 2010	10 - 12noon (Sebastopol site)
	Wednesday 3 <sup>rd</sup> March 2010	10 - 12noon (Coinda Site)
	Tuesday 6 <sup>th</sup> April 2010	10 - 12 noon (Sebastopol Site)
	Wednesday 5 <sup>th</sup> May 2010	10 - 12noon (Coinda Site)
	Tuesday 1 <sup>st</sup> June 2010	10 - 12 noon (Sebastopol Site)
	Wednesday 7 <sup>th</sup> July 2010	10 – 12 noon (Coinda Site)
	Tuesday 3 <sup>rd</sup> August 2010	10 – 12 noon (Sebastopol Site)
	Wednesday 1 <sup>st</sup> September 2010	10 – 12 noon (Coinda Site)
	Tuesday 5 <sup>th</sup> October 2010	10 – 12 noon (Sebastopol Site)
	Wednesday 3 <sup>rd</sup> Nov 2010	10 -12 noon (Coinda Site)
	Tuesday 7 <sup>th</sup> Dec 2010	10 – 12 noon (Sebastopol Site)