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<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિચાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Cheshire. CH2 1HJ

For more information see www.cwps.nhs.uk

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The information in the leaflet was valid at the date of production **Jul 2018** and is due for review in **Jul 2020**.

Leaflet code: F-FA-18-560

Footwear advice

Why do I need to change my footwear?

During an average life time your feet carry you the equivalent of five times around the world yet receive little care or attention. Many adult foot problems occur because of shoes that are too big, too small or badly made. Your shoes should support your feet. Some people think that their feet stay the same size throughout their lives but feet tend to increase in length and width and it is important to check that your shoes fit correctly.

- Shoe sizing can vary between brands so do not rely on the size alone and remember a bigger size will only give extra length and not extra width or depth.
- Flimsy ill fitting shoes could cause you to trip or fall.
- Avoid backless shoes where the heel of the foot overlaps the heel of the shoe.
- Shoes that are too tight can cause callus and corns.
- When buying shoes, make sure you can put them on and take them off easily.
- It is a good idea to buy shoes in the afternoon particularly if your feet swell during the day.
- Buy the correct style shoes for your activities high heels are not made for walking long distances.
- If possible try not to wear the same shoes everyday so that any moisture in your shoes can dry out.

What would be the correct style to choose?

Fitting

When choosing shoes ensure you choose the correct size. You should have about 1cm between your longest toe and the front of the shoe, and the shoe width should match your foot width. Avoid shoes that are tight or put pressure on your foot.

Heel

A broad base to spread the load and give stability with a maximum heel height of 4cms.

Heel counter/cup

Always wear shoes with a comfortable deep heel counter/cup that complements the shape of your heel.

Sole

The sole of the shoe should be flexible, cushion the foot and have shock absorption properties.

Upper

Ideally, it should be composed of a natural material e.g. leather with no seams or top stitching.

Lining

Inside the shoe should be smooth and without seams.

Fastenings

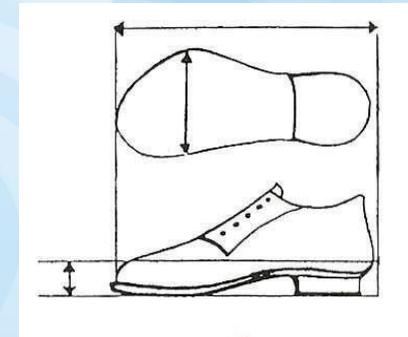
Ideally, shoes should have laces, straps with buckles or Velcro to keep them in place.

Toe Box

Deep enough to allow your toes to wiggle and prevent any rubbing.

Insole

Preferable removable to allow use of an insole or extra padding.



Mail order footwear for wide/swollen feet:

Cosyfeet
Telephone: 01458 447275
www.cosyfeet.com

Wider Fit Shoes Ltd.
Telephone: 01933 311077
www.widerfitshoes.co.uk

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.