



## Who we are

The Bridge Renewal Trust is a charity. Our main purpose is to deliver practical ways that people can live healthier lives – thus playing our part in working towards reducing health inequalities.

## FootCare+ Clinic

We have been providing affordable Foot Care+ for older people aged over 50 years old since 2010. To date over 350 clients have visited our weekly Foot Care+ Clinic at the Laurels Healthy Living Centre or taken advantage of our FootCare+ Outreach Programme. Most of our clients are over 70 years old, with many in their 90's.

The FootCare+ service includes: **Toe nail cutting and Foot Therapy** (foot massage that aims to help circulation and is ideal for some conditions such as diabetes).



## FootCare+ Outreach

If you live or work in a Care Home or Sheltered Scheme, you can join our **FootCare+ Outreach Programme**, we can provide the service directly at the location (if a minimum of 6 clients can be assembled). We tend to visit each location every 6-8 weeks, depending upon the demand for the service.

## Tackling isolation & loneliness

During 2014, we embarked on an innovative project called 'Social Prescribing' to tackle isolation and loneliness in old age, which runs alongside our FootCare+ Outreach Programme. Elderly clients are encouraged attend tea and coffee mornings and chat with our trained volunteers who will be able to offer befriending and support with engaging in local activities. In addition, we can signpost clients to social activities such as healthy cooking, healthy eating, holidays, film and book clubs, IT classes and themed evenings.

## Who is eligible

Everyone who lives or work in a Care Home or Sheltered Scheme and is aged over 50 (for the outreach programme a minimum of 6 clients should be organised)



## Our team

FootCare Therapist, Catherine Verdier, leads a team of support staff and volunteers. Catherine is a member of the Federation of Holistic Therapists (FHT) and holds diplomas in Anatomy & Physiology and Reflexology. She has been running our weekly FootCare + Clinic since 2010. Our FootCare support staff are all experienced in engaging with our older clients and trained in delivering excellent customer care. Our therapist and support staff all have DBS clearance to work with vulnerable adults.