Stepping up for National Feet Week

Monday 20 April, 2026

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This National Health Week, Age Concern Hampshire is highlighting the importance of foot health for older people. Healthy feet are essential for mobility, balance, and overall wellbeing, yet foot problems are often overlooked until they cause discomfort or affect independence.

Age Concern Hampshire offers professional foot care services provided by trained foot health practitioners, including foot health checks and toenail cutting. These services help identify potential foot issues early and ensure feet are well cared for, keeping older adults mobile and comfortable.

“Our trained foot health practitioners provide expert care and advice, helping older people maintain healthy feet and independence,” said Michele Ralph, Foot Care Coordinator at Age Concern Hampshire.

National Feet Week encourages everyone to monitor their feet and seek professional advice when needed. Age Concern Hampshire’s foot care services offer reassurance, expert guidance, and essential foot care to support wellbeing.

To learn more or book an appointment, visit: https://www.ageconcernhampshire.org.uk/our-services-hampshire/footcare/ or call 01962 868545.

Editor’s Notes:

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. *Its mission is to help people ‘Age well and Live well’.*

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