

# LOCAL GROUPS



## CAMPAIGNING PUTTING FEET FIRST

### Aims of the campaign

People living with diabetes know how to look after their feet and what to expect from their health service. Also local healthcare services provide an integrated footcare pathway, delivering the right services, in the right place and at the right time

**PUTTING  
FEET  
FIRST**

### Why are we campaigning on Putting Feet First?

Amputation is one of the most serious complications of diabetes, having a massive effect on quality of life. Affecting people with all types of diabetes, foot complications are a growing problem with an increasing number of people undergoing amputations each year.

Crucially, most amputations can be avoided with better care. Four out of five amputations are preventable, **so the campaign can make a real difference.**

### What can my local group do?

There are a number of ways you can get involved:

- **Share the Putting Feet First video on social media.** If you have a group page on Facebook or Twitter you can use this, or simply ask members to share on their personal account.
- **Host a local group meeting about the Putting Feet First campaign.** An outline meeting plan can be found on the **Local Group Portal**. You could also invite a podiatrist and even a local politician.
- **Give Putting Feet First materials** aimed at healthcare professionals to any health care professionals you come in contact with. You can send these materials by post as well, and a template letter you can use is available on the **Local Group Portal**.
- **Distribute Putting Feet First campaign materials** to clinics, GPs' waiting rooms, hospitals and other relevant places.

# GET ALL THE MATERIALS YOU NEED

The campaign materials you need can be downloaded or ordered for free at:

[www.diabetes.org.uk/Putting-feet-first](http://www.diabetes.org.uk/Putting-feet-first)

Remember materials and resources to support campaign actions will also be available on the **Local Group Portal**.



## 10 steps to healthy feet

**What is it?** A short leaflet which gives people living with diabetes ten simple tips on how they can best look after their feet.



## Touch the toes test

**What is it?** A guide for people living with diabetes on testing the sensitivity in their feet independently. This can help spot foot problems related to diabetes at an early stage.



## What to expect from your annual footcheck

**What is it?** A short explanation of what should happen at the annual foot check of anyone living with diabetes.



## Care pathway for healthcare professionals

**What is it?** A guide for healthcare professionals on how to treat people diagnosed with foot problems related to their diabetes.



## How to spot a foot attack

**What is it?** A guide for healthcare professionals on recognising and preventing serious diabetes-related foot issues.

**DIABETES UK**  
CARE. CONNECT. CAMPAIGN.

[www.diabetes.org.uk](http://www.diabetes.org.uk)

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