

**CM Footcare**  
FOOT HEALTH PRACTITIONER

Nails Corns Calluses

For further information please call:  
Corinne DipCFHP. MPSPrat.  
**07581 171 679**  
c.metcalfe@talktalk.net

*Discounts Available*  
"Foot health care in the comfort of your own home"

 **Craven Foot Health**

Mrs. Claire Minikin MCFHP MAFHP  
Registered Member of the British Association of Foot Health Professionals

Foot Health Check and Advice  
Nail Trimming and Removal of Corns, Calluses, and Other Foot Related Problems

Craven Foot Health, Glusburn BD20 8DS  
Telephone (07967) 316153 for a home visit

**Keep Trade Local**

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(use them or lose them)

**Chiropody to your door**

Corns & Callus  
Ingrowing Nails  
Thickened Nails  
Diabetic Foot Care

**Treatments £25**

First treatment £20  
HPC Registered Podiatrist  
Victoria Harrison

**£5 off 1st treatment**

Tel: 01535 68 10 48

**SUDOKU SOLUTIONS**

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5	9	8	3	4	6	2	7	1
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**Kickstart helps business get off on the right foot**

Christine Harker left the NHS in 2010 after 30 years' service, having risen to become a senior nurse manager.

Now she is back looking after patients once again – but this time focusing just on their feet.

She set up Heel2Toe Foot Health Care last year with support from Bradford Council's Kickstart enterprise programme and is steadily growing her list of clients.

Christine, from Haworth, said, "Given my background as a community nurse, I am comfortable with people and their own environment and don't have a problem dealing with aspects of personal care. Plus I know from experience how much good regular foot care enhances people's quality of life so my idea stemmed from there."

"When I went to the initial group sessions it was really helpful to talk with other people in the same position about the positives and negatives of starting a business," added Christine.

"The biggest message was that you had to be brave to start on your own but that the help would be there if you took the plunge.

"It was always an aspiration to work for myself but knowing how to get out there and do it was another matter."

Having spent 12 months gaining a diploma in foot health care and attending a centre of excellence in Maidenhead for the practical aspect



Christine Harker

of the course, Christine worked with Candy Squire-Watt, the Enterprise Coach for the Bradford Rural area to outline her business plan, marketing aims and networking strategy.

Christine is now a qualified Foot Health Practitioner, performing treatments such as toe-nail cutting, dealing with corns, callus and general foot care, in and around Keighley and surrounding areas, also operates a clinic at a pharmacy in Harden.

"Eighty per cent of my clients are older people who are in their own homes and have particular problems with general foot care e.g. thickened nails. The other twenty per cent are a mix of younger men and woman with foot care needs such as ingrown toe nails, callus and dry cracked heels."

For more information about Heel 2 Toe Foot Health Care, contact Christine Harker on 07504 714072 or visit [www.Heel2ToeFootHealthCare.co.uk](http://www.Heel2ToeFootHealthCare.co.uk)  
For more information about Kickstart, contact Robert Campbell, Bradford Council's Enterprise Delivery Manager, on 01274 437517.

