

The power of podiatry volunteering

Michelle Reynolds
Podiatrist, Manchester
Postgraduate Researcher



Podiatrist and business owner in private practice
Special interest in dermatology
Member of the Royal College of Podiatry Specialist
Advisory Group for Dermatology in Podiatry

Volunteering at extreme events

Scan the code to watch the webinar:



Volunteering at Glastonbury and Reading Festivals!



Expedition Podiatry

Website coming soon

info@theexpeditionpodiatrist.com

Lindsey Ebbs, Podiatrist, Whitby

Regularly volunteers at extreme events.

Read about her work and how to get involved on her new
website coming soon

**Read about Lindsey's experiences here:
Marathon Des Sables**



‘Many assume an expedition podiatrist simply trims toenails, tapes blisters, and applies bandages.

The reality on the ultramarathon, however, is much messier, more intense, and ultimately more rewarding...”



MOUNTAIN
EQUIPMENT





















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“Expedition podiatry in the ultramarathon context offers demanding but deeply fulfilling work.

It requires the integration of advanced clinical capability, field improvisation, emotional intelligence, and a passion for education.

Every day, no two runners or feet are the same—a reminder that, in these environments, our expertise is both lifesaving and life-enhancing”

Lindsay unfortunately could not be here with us today but is happy to be contacted by email if you would like more information about expedition podiatry!

info@theexpeditionpodiatrist.com

Our Volunteers!

Joli Beattie

Private Practice, Reading



Passionate about podiatry and inspiring the next generation of healthcare professionals.

“I am an enthusiastic volunteer at local school career events, where I share my knowledge and enthusiasm for podiatry as a rewarding and varied career path. My presentations aim to demystify the profession, highlighting the blend of medical science, practical skills, and personal connection that makes podiatry an excellent choice for students interested in making a real difference in people's lives.”

Roisin Connell

Private Practice, Newry



Private practitioner with special interests in working with patients with learning difficulties

As a past chair of the Independent Practice Group, Roisin has a keen interest in private practice networking and collaboration.

Her current roles include:

Regional Branch Chair Northern Ireland

Chair of the Special Advisory Group (SAG) for Learning Disabilities, Mental Health and Neurodiversity

Jodie Buckingham

Consultant Podiatrist Oxford University
Hospitals NHS Foundation Trust



Jodie became a trustee in 2020. She came to this via the Young Trustees Programme run by the Oxford Hub as she was looking for a way to use the skills she had developed in her NHS work in other organisations.

Jodie is able to bring an understanding of Oxfordshire wide health care services and national footcare services to the board and also has experience of working alongside other national charitable organisations and regional Age UK services.

Volunteering Opportunities for Podiatrists with Age UK & Age Scotland

Podiatrists bring unique skills that can benefit older people in both clinical and strategic roles. Whether you're looking to offer direct footcare, support wellbeing, or shape policy as a trustee, there are meaningful ways to get involved.

Volunteering Opportunities for Podiatrists with Age UK & Non-Clinical Volunteering Roles with Age UK & Age Scotland

Befriending & Telephone Friendship

Offer companionship to isolated older adults.

Flexible time commitment (e.g. 30 minutes/week).

Connect & Support Service

Help older people access services and activities.

Ideal for podiatrists with strong communication and advocacy skills.

Become a volunteer for Age UK



Volunteer for Age Scotland



Trustee Roles for Healthcare Professionals

**Podiatrists can bring valuable clinical insight to
charity governance:**

**Age UK and Age Scotland welcome trustees from
diverse professional backgrounds.**

**Trustees help shape strategy, ensure good
governance, and advocate for older people.**

Time commitment: typically 4–10 meetings/year.

**Become a trustee for Age UK or
Age Scotland**



Victoria North

Podiatrist, Private Practice, Oxford



Victoria established the Royal College of Podiatry (RCPod) Oxford Branch in 2020 and served as Secretary for four years, focusing on highquality Continuing Professional Development (CPD) for local members. She also briefly served on SERC.

She has volunteered providing foot care for runners at the London Marathon, Oxford Half Marathon, and Abingdon Marathon

While at university Victoria started providing essential podiatry services to the homeless in Oxford. For many years, she has been a devoted volunteer with Forgotten Feet, offering clinical care and contributing her skills to maintaining the organisation's website.

To help Forgotten Feet within your area please
contact them via their website:



Thank You!

For Joining Us!