# Video transcript: Cheryl’s story – returning to practice in podiatry

>>CHERYL: My name is Cheryl. I'm a podiatrist, and it took me five months to complete the Return to Practice programme.

>>CHERYL: I was away from podiatry when my children were small and as a family, we decided to move abroad and we were there for more than ten years.

>>CHERYL: Missing podiatry was a big part of the decision to return to practice.

>>CHERYL: From that point, I looked into how to get back to be a podiatrist, talked to the professional body, HCPC, found out the requirements for returning to practice, and then sent out some emails and was directed to someone who could talk to me about the Return to Practice programme.

>>CHERYL: It's not something I was aware of before looking into going back to podiatry. So, when I started the Return to Practice programme, I was excited, excited to study, I love learning, a bit nervous about admitting that I didn't know something.

>>CHERYL: It was much less daunting than I was expecting. Overall, delighted at the support, the flexibility, the compassion as well. I was treated as a student in a good way in that I was allowed to put my hand up and say, "I don't remember that." But also I was treated as a colleague, so I wasn't condescended to in any aspect by anyone.

>>CHERYL: So, my supervised practice was split between the Queen Elizabeth University Hospital where they have a teaching facility and I was in with the podiatry students as well as had my own clinical supervisor, but I was also in the community, working with band five, band six podiatrists.

>>CHERYL: With the supervised practice, I felt respected as well as supported, so I was allowed professional freedom to start a treatment plan, constantly checking in with my clinical educator. They were very careful not to override me, overwhelm me, and it was more about support than doing the treatment for me. But I did always feel like if I was in over my head, that I had somebody who could come in and help me out.

>>CHERYL: After registration with HCPC, I was hired on as a band five podiatrist. It was a very supported start. The NHS has been very flexible with some of the requirements I had, so I've just found it to be really positive.

>>CHERYL: If someone's thinking about return to practice, I would just advise them to do it. The challenges that you can put forward, there's always a solution. The Return to Practice programme will accommodate some of your own personal situations as much as possible.