

## Nail Cutting Surgeries

Available to anyone\* who has difficulties cutting their nails.

We will be providing regular Thursday surgeries in Ely and Barry at

The Old Trelai Library, Bishopston Rd, Ely, Cardiff. CF5 5DX

Highlight Park Medical Centre, Lakin Drive, Highlight Park, Barry. CF62 8GP

£10 per session

\*Please note: This is a simple nail cutting service not chiropody and there are some medical exclusions.

For further details or to book an appointment please contact:

**02920 560952**

Age Concern Cardiff and the Vale of Glamorgan

91-93 Caerphilly Road  
Birchgrove  
Cardiff  
CF14 4AE

[www.age-concern-cardiff.org.uk](http://www.age-concern-cardiff.org.uk)

Registered Charity No. 260189

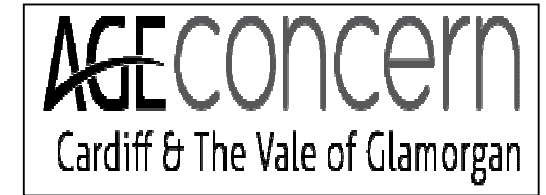
Advocacy	02920 683683
Ageing Well	02920 578372
Charity Shops	02920 527183
Hospital Discharge	02920 683693
Welfare Rights	02920 567883

Visit our Ebay shop at

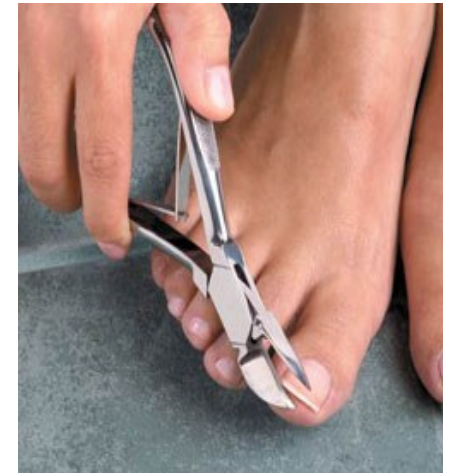
<http://stores.ebay.co.uk/age-concern-cardiff>

In the future we are hoping to expand the service to cover further areas of Cardiff and the Vale of Glamorgan.

If you manage a venue where we could provide a nail cutting service please contact 02920 560952 to discuss details



## Problems cutting your own nails?



**02920 560952**

## Problems Cutting your own Nails

Good foot care is crucial in helping older people to stay active and independent. But many older people struggle to care for their feet due to sight impairment or arthritis, or they simply can't reach their feet to cut their toenails.

### Nearly 1 in 3 older people are unable to cut their own toenails

Age Concern Cardiff and the Vale are developing nail cutting services (in consultation with Cardiff and the Vale ULHB and The Society of Chiropodists and Podiatrists) to provide basic foot care services to older people in Cardiff and the Vale.

The service is provided by our nail cutting assistants, who are trained via a NHS podiatry developed training course to assist people in taking care of their nails and to provide basic advice on foot care.

## What we provide

- An initial phone assessment when making an appointment.
- At the initial appointment the client will be assessed to see if the service is appropriate for their needs, if not an onward referral to podiatry will be made.
- If the appointment / referral is deemed appropriate, the client will sign a form listing their current health status and medication and consenting to the foot care treatment proposed.
- The client's medical history / medication will be checked to ensure it has not changed at every consultation
- A 15 / 20 minute nail cutting session will cost £10 for toenails or fingernails alone or £15 for both.
- Disposable nail nippers are used to meet hygiene requirements.

## What we cannot provide?

This is a simple nail-cutting service. We are unable to provide:

- Help with foot care problems such as corns or bunions and in growing toenails.
- Nail-cutting for anyone with a medical condition such as neuropathy, kidney failure, blood circulation problems, a history of ulceration or being treated with steroids
- Nail cutting for anyone with diabetes or taking warfarin unless they have been assessed by the GP practice as being low risk. (*We have a letter for you to take to your doctor*)

In these cases, we advise visiting a registered chiropodist / podiatrist.

If you are unsure whether you are eligible for our service, we will be happy to discuss it with you. For more information or to book an appointment please phone **02920 560952**.