

Age Cymru Powys is your local charity offering support and services for people aged 50+.

Free & confidential Information & Advice service

Whether you are looking for advice for yourself, a family member or friend, Age Cymru Powys is happy to help. We can help support you with issues such as:

Social care - such as finding a care home or getting some help at home, and how it's funded.

Your income - including free, confidential benefits checks and help with applying for benefits.

Your home - information on staying warm at home, home adaptations and how to prevent falls.

And most other things that affect your quality of life.

We are here to help, just pick up the phone:

01686 623707

Or email: enquiries@acpowys.org.uk

Welcome to Simply Nails

*Toenail cutting service for
people aged 50+*



Keeping mobile is really important and cutting your toenails can be hard to manage.

Simply Nails is a toenail cutting service for people over 50 who have difficulty cutting their toenails.

Our team of trained volunteers will cut your toenails and have you feeling on top of the world again.

There will be a small fee for each appointment and you will have to purchase your own toenail cutting kit from Age Cymru Powys.

We will need to know about your general health and any medication that you are taking, but don't worry we will go through this with you during the initial phone call.

***Look after your feet
and they will look after you.***

For further information

Please call **01686 623707**

Ask to speak to the
Simply Nails Co-ordinator

