

Your local charity offering support and services for people aged 50+.

Information and advice service

We provide free, confidential information and advice on a wide range of issues. Call your nearest office or visit us at 11/12 Severn Street, Newtown.

Builth Wells office

Tel: 01982 553436

Newtown office

Tel: 01686 623 707

Advocacy service

Our advocacy service is available for anyone aged 60+ who needs help or assistance. Home visits available.

Tel: 01982 551918

Physical activities

Why not join one of our physical activity classes including gentle strolls, Nordic Walking and chair based exercises?

Tel: 01982 553852

EngAGE

We provide opportunities for you to engage with and influence those who provide services in your community.

Tel: 01982 553852

Welcome to Simply Nails

Toe nail cutting service for people aged 50+



Look after your feet and they'll look after you.

Many people have problems cutting their toe nails at some stage in their life. This is true especially as we get older as our toe nails get harder and our hands get stiffer.

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

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



There's a small fee for each appointment and you'll have to purchase your own toe nail cutting kit.

If you have corns, hard skin, in-growing nails etc. we can refer you to your nearest NHS Podiatry Service. Alternatively we can give you a list of local private practices.

Simply Nails is a basic toe nail cutting service for people over 50.

For further information

Please call **01982 553825** and ask
to speak with our
Simply Nails Coordinator