

What else do we provide?

The following services are provided by unpaid volunteers and are usually therefore short term or one off support.

We offer a core *Independent Living* service consisting of:

- Information
- Welfare Benefits Check
- Low level advocacy
- Home Safety Check
- Active Ageing consultation

And, depending on your level of need, we also provide:

- Home Visits: usually one off or short term to help you with a specific situation.
- Telephone Care Calls: to keep in touch, again either short term or on a regular basis.

The following services have been developed in line with what older people have told us they want and are chargeable in order to ensure a continued service.

Home Support Service - practical help around the home including housework and domestic tasks.

Bathlift Loan and Purchase Scheme

Mobility Aids Purchase Scheme

Your support is vital ...

Last year we helped over 2000 older people in Pembrokeshire.

Will you help us?

There are lots of ways such as:

- Holding a fundraising event
- Supporting our events and activities
- Making a donation in cash or kind
- Becoming a volunteer

If you'd like to find out more about our work or how you can get involved in helping to improve the lives of our county's older people, please get in touch with us.

Age Concern Pembrokeshire
37 Merlins Hill, HAVERFORDWEST
Pembrokeshire SA61 1PE

Tel: 01437 769207

Email: independentliving@acpembs.org.uk

You can also visit our website at
www.acpembs.org.uk

NOTE: if you wish to or are donating to Age Concern please contact us if you wish your money to benefit Pembrokeshire.

We are constantly developing our services so there may be changes to the detail in this leaflet. For up-to-date information please visit our website.

Registered charity No: 1028903

(Feb 2010 v.1)

Nail Cutting Service

Maximising Independence

AGE Pembrokeshire
Concern



Charity 1028903

Good Footcare is essential for the dignity, quality of life and wellbeing of older people.

Many older people struggle to care for their feet due to health problems such as sight impairment and arthritis or they simply find it impossible to reach their feet to cut their toenails.

Quality foot care services are vital to keep older people active and independent and to reduce the risk of falls – the single biggest cause of emergency hospitalisation for older people.

The above is taken from the Age Concern in Wales' campaign for effective foot care services for older people in Wales –

Little Steps can make a Big Difference.

Age Concern Pembrokeshire prides itself on its person centred approach to helping and supporting older people in Pembrokeshire.

We identify needs and aspirations and work with you and our volunteers to work out how we can help. The Nail Cutting Service is a typical example of this.

What is the Service?

Trained volunteers run nail cutting sessions in the Age Concern Pembrokeshire Resource Centre for Older People at 37 Merlins Hill, Haverfordwest.

The first appointment includes initial assessment and consultation.

Plases note that this is not a chiropody service and some medical exclusions may apply.

Cost

The cost is £21.50 for the initial consultation which includes your own nail cutting kit which you will need to bring to each appointment, and then £6.50 per visit thereafter.

Contact

To find out more about the service or to book an appointment, contact the Resource Centre:

Tel: **01437 769972**,
E-mail: office@acpembs.org.uk

or drop into our office
(see address on back)