

# Nail Cutting Clinic



---

## **Nail Cutting Clinic**

Many older people find it hard to cut their own toenails. This can lead to an increased risk of foot problems as well as being uncomfortable. Keeping your toenails trimmed can help to maintain your mobility and keep you active.

At Age UK Redbridge, Barking and Havering, we are offering a basic service with a qualified professional at an affordable rate.

### **The Service**

For a fee, clients will be able to have their toenails trimmed at our Ilford Age UK Office within a private setting. We can also trim your fingernails should you require.

On your first visit, you will need to purchase our sterile nail care kit. This includes your own nippers and emery board to bring to each subsequent appointment.

### **Are there any exclusions?**

Unfortunately, due to the specialist care required, we will be unable to treat clients if:

- You are on steroid medication
- You have haemophilia
- You have diabetes
- You take blood thinning medication such as warfarin

### **How do I book an appointment?**

You can complete a form on our website or email us. A member of our team will contact you for a telephone assessment prior to booking your appointment.

**For further information on charges and how to access the service, please visit our website:**

[www.ageuk.org.uk/redbridgebarkinghavering/](http://www.ageuk.org.uk/redbridgebarkinghavering/)

### **Age UK Redbridge, Barking and Havering**

4th Floor 103 Cranbrook Road  
Ilford, Essex, IG1 4PU

**0208 220 6000**

**07943 877 035**

**[nailcutting@ageukrbh.org.uk](mailto:nailcutting@ageukrbh.org.uk)**