

**Abbeyfield York Society Ltd**

Provides sheltered accommodation for the frail older person in homely bedsit surroundings. Our caring staff offer advice and general support. Nutritious meals are provided.

**Age Concern York**

Age Concern York provides personal and practical services for older people and works with statutory agencies to develop these services.

**Alzheimer's Society Selby and York Branch**

Information and support for all affected by memory problems including education, support groups and befriending.

**At Home Services**

Anchor At Home in Wetherby, is a not-for-profit organisation, part of the Anchor Trust, providing a range of home services specifically for the over 50s including gardening, building, home maintenance, electrical and plumbing work, all the way through to personal care.

**Aviva**

Aviva is the world's fifth largest insurance group and the largest in the UK. Face to face financial advice tailored to your individual needs on equity release, pensions, annuities, life insurance, and investments. Authorised and regulated by the Financial Services Authority and a member of SHIP. Fully authorised to discuss Aviva products and services.

**Beningbrough Hall, National Trust (open on winter weekends)**

Experienced staff will be available to promote all aspects of the National Trust's work and give information on all our properties and volunteering opportunities. Special Fair Offer: 25% reduction on National Trust annual membership.

**City of York Council, Sport & Active Leisure**

We can give advice, guidance and information on all sorts of local opportunities to become more active, whatever your age and fitness level! Find out details of what's happening near you and at York's leisure centres.

**Co-operative Insurance**

In the current economic climate, we could all do with a little help and Financial Advice. The Co-operative has been helping our members make money, save money and protect what's important to them for more than 140 years. Providing bespoke financial advice to all age groups and helping them and their families achieve their goals and aspirations.

**CSV/RSVP**

The Retired and Senior Volunteer Programme is part of Community Service Volunteers and exists to encourage the growing number of those aged 50 plus to participate in voluntary work in their local area.

**Ebor Hearing**

Hearing loss often occurs gradually and it can be embarrassing and even leave you feeling isolated and depressed. Even if you have tried hearing aids before and found them unsatisfactory, book a hearing test with Ebor Hearing Healthcare, your local experts, and discover the difference. Ebor can also fit custom-made hearing protectors ideal for musicians, farmers, motorsports enthusiasts, those that enjoy shooting as a sport or just for sleeping, so you keep your 'Hearing for Life'.

Visit our stand at the 50+ Information Fair or book a Free Hearing Test on Mon 28<sup>th</sup> or Tues 29<sup>th</sup> September 2009.

**Foresters Friendly Society**

We have been taking care of our members and their families for over 170 years - not just financially but in other ways too. When you take out a Foresters Friendly Society product, you'll automatically qualify for our special Foresters Membership, which offers you a range of additional social care, savings, benevolence and protection benefits - at no extra cost. The Society is authorised and regulated by the Financial Services Authority. Our membership benefits are not regulated by the FSA.

**Gentle Daoist Exercise**

The College of Chinese Physical Culture runs courses in Daoist arts designed to promote the cultivation of Qi for health and vitality. Currently there is a course on Thursday at 9:30 in the Burton Stone Community Centre. If there is sufficient demand, we will run another from 12:30 to 1:30 in the Briar House Resources room on Museum Street. Other times may be possible if there is a confirmed demand.

**Harrowell Solicitors**

Harrowell's is one of North Yorkshire's largest law firms, providing a wide range of legal services to individuals, families and businesses.

**Hearing Dogs for the Deaf**

Hearing dogs change lives. They alert their deaf owners to sounds we take for granted, providing greater independence, confidence and security. Whenever possible, the dogs are selected from rescue centres, but they are also donated by breeders and members of the public, with the remainder coming from the Charity's own breeding scheme.

**Home Instead**

Home Instead is a local service for older people providing a range of services including light housekeeping, meal preparation, medication reminders, local transportation and personal care. All Home Instead's CAREGivers have a full criminal records check, are fully trained and most are insured to take our clients on shopping trips and hospital or doctor's visits in their own cars. Home Instead's services help clients to remain independent in their own homes for as long as possible.

**Infinite-potential**

Lynn's company 'Dare To Dream' helps people achieve and maintain health, wealth and wellbeing. So, whether you're looking to top up your pension, increase your energy levels or create future, financial security and lifestyle, Lynn is the one to talk to.

**Ingrams Solicitors**

Our friendly and professional team will be available to have a free chat with you about wills, powers of attorney, probate, inheritance tax, nursing home fees, court of protection and any other queries you may have.

**Mobility Partnership**

We specialise in the provision of living aids, mobility equipment and furniture for the home to allow people to live more fulfilling and comfortable lives. We are a family run business providing products and services to individuals, charities and local authorities.

**National Osteoporosis Society – York Group**

Bi-monthly meetings, usually with speakers. Information exchange and occasional exercises.

**Older Citizens Advocacy York**

OCAY is an independent registered charity offering a free advocacy service for all citizens of York aged 50 and over. We can help you make sure you get your voice heard.

**Resource Centre for Deafened People (RCDP)**

RCDP exists to help hard of hearing and deafened people to continue to be part of society instead of wilting on the sidelines. A good collection of modern environmental aids is available and expert help to advise on the best choice. Especially strong on telecommunications and TV listening. Specialist equipment available on loan free of charge to York residents.

**Sensu Beauty & Therapies**

Sensu offers hairdressing, beauty and therapies such as homeopathy, massage, reflexology, Indian head massage and ear candling. We use fair trade, organic or natural oils. Beauty therapies are available and our facials are John Masters Organics.

**Sustrans**

A series of short bike rides using off road routes with a café stop. Great for exploring the cycle lanes around York. Cycling as it was when you were young – with no traffic!

**Tranquil Moments**

Reiki hands-on healing boosts your body's own healing capacity and gives you a wonderful relaxing experience too. Come and chat to Sandy, a Reiki Master, and enter the free prize draw.

**Wiltshire Farm Foods**

We have more than 175 delicious dishes throughout our range, which are hand delivered FREE by friendly caring and reliable drivers. Contact us on 01423 339666 or [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com).

**Workers Educational Association**

The WEA is a 21st Century, democratic, voluntary adult education movement, committed to widening participation and to enabling people to realise their full potential through learning.

**York Archaeological Trust**

An independent charitable trust established in 1972 to preserve York's archaeological heritage. Carrying out archaeological excavations and research it makes these findings accessible through its attractions, JORVIK, DIG and Barley Hall. We welcome volunteers to a range of roles at all three of our attractions and are keen to talk to anyone interested in finding out more about the opportunities available.

**York Carers Forum**

YORK CARERS FORUM aims to work together with all other caring groups and related statutory and voluntary organisations. Only as a united voice can the profile of unpaid carers be effectively raised.

**York Family History Society**

The Society was founded in 1975 in order to further the interest in family history research and is run entirely by volunteers working in their spare time. Our aim is to bring together local people who share the same interest and to provide a point of contact for those members who, although not living in the area, have their roots within the modern Archdeaconry.

**York Karate Academy**

As well as being a complete system of self defence, it's also the ultimate full body workout! You will become fitter, stronger, more toned and supple. Gain confidence and become more aware of your surroundings and situations. The sessions are specially designed to improve your muscle tone, posture, balance co-ordination and flexibility. Come down to the Academy whenever you can to give karate a try.

**York LINK**

York LINK speaks for all the people of York to improve local health and social care services. Working together we can give you a stronger voice to improve facilities and services. Share your experiences and help York LINK make it happen.

**York Museums Trust**

We are an independent charitable organisation which manages York Castle Museum, the Yorkshire Museum and Gardens, York Art Gallery and York St Mary's. We have an active volunteer programme across all our sites with a variety of public and behind-the-scenes roles. We particularly welcome volunteers over the age of 50 who have some spare time to spend with us.

**York Older People's Assembly**

Our aim is to raise awareness of policy issues affecting our lives, to be well represented on the boards of the Council, Hospital Trust and Primary Care Trust through our Champions, to sit on policy-making committees, and to speak out in the press and media on local and national issues of concern to older people. The York 50+ Festival is our major annual event.