

## YORK 50+ FESTIVAL 2008 INFORMATION FAIR PARTICIPANTS

### **Abbeyfield York Society Ltd**

Provides sheltered accommodation for the frail older person in homely bed-sit 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.

### **Older Citizens Advocacy York**

OCAV 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.

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

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

### **British Red Cross**

Helps people in crisis, wherever and whenever they are. We are part of a global voluntary network, responding to conflicts.

### **Citri Ltd**

Mortgage professional with specialist qualification (CERER) to advise on Equity Release products for the over 55s. Independent whole-of-market advice, not tied to any one provider. All providers are SHIP members and FSA regulated.

### **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.

### **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.

### **Dare To Dream**

Look 10 years younger - naturally. Stay flexible and fit. Banish aching joints, growling tums. Get back that dazzling smile. How? Come along, chat to LYNN and let's see how we can give you the healthy lifestyle you deserve. Free prize draw.

### **Elizabeth Finn Care**

A national charity helping people, their partners and children, who face hardship due to illness, disability, loss of work or inadequate pensions. Grants available for household repairs and replacements, disability equipment and adaptations, regular allowances to supplement low incomes, or care home "top-up" fees.

### **Grand Opera House York**

This is one of the largest touring theatres in Yorkshire, the home of live entertainment and the place to see big name comedy, musicals, opera and more. At the information fair we will be presenting Live Card, our new "Friends of the Grand Opera House York" scheme. There will also be some great discounts available exclusively to visitors to the 50+ Festival.

### **Guidance Services**

We offer free information and advice to adults in York and North Yorkshire (eligibility criteria may apply). We also offer a specialist service for older employees including a discussion on the issues that particularly face older workers.

### **Harmony House Cookery School**

We offer a wide selection of practical courses and demonstrations for all ages and abilities. Our courses range from one day to a two day residential when you stay at Harmony House. Cooking should be fun!

### **The Healing Clinic**

We plan to offer mini sample treatments and a variety of our courses from Briar House Resources at the Guildhall on Friday October 3<sup>rd</sup> 8.00am till 12.00 noon. Enjoy other activities with Practitioners in Club Chambers.

### **Hotter Comfort Concept Shoes**

Hotter Shoes have been making comfortable shoes for women and men since 1959 and our new store is just about to open in York.

### **I.C Magnotherapy**

Ecoflow/Bioflow magnotherapy magnetic natural pain relief for people and animals.

### **Ingrams Solicitors**

Ingrams Solicitors was established in 2001 with a vision for creating a law firm to "meet the demands of clients' 21st century lifestyles". It has rapidly forged a reputation for excellence of service. Clients can be assured that whatever their legal requirements our lawyers will provide an effective and friendly service tailored to their individual needs.

### **National Osteoporosis Society - York Group**

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

### **New Earswick Flower Club**

Information and advice about the benefit and enjoyment of flower arranging. Our annual programme includes floral demonstrations, practical workshops, tuition, speakers, social events and garden visits. New members and visitors are always welcome so please come along.

### **Oddfellows**

We are a friendly society offering social activities and talks, visits to various places and meals out. Members pay £25 per year. After one year help is given with optical and dental payments.

### **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, plus expert help. Especially strong on telecommunications and TV listening.

### **Sensu Beauty & Therapies**

We offer hairdressing, beauty and therapies including homeopathy, massage, reflexology, Indian head massage, ear candling and we use fair trade, organic or natural oils.

### **Smile and a Song**

A charity singing group who perform at Care Homes, Residential Homes and the like. I have chosen from our many shows a Victorian Afternoon "Music Hall" Show for 3<sup>rd</sup> Oct at the Guildhall.

### **St Bede's Pastoral Centre**

St Bede's can offer people a range of peaceful, refreshing and recreational activities. We have a term programme of full and half day courses. For people whose lives are asking a lot of them, we also offer a creative drop-in every Friday during term time.

**Sue Ryder Care** is a leading national and international healthcare charity providing hospice and neurological care both in care centres and at home. We support people to live the lives they want, in the place they want to be until the moment they die.

### **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!

### **Wiltshire Farm Foods**

We have more than 175 delicious dishes throughout our range, which are hand delivered FREE by friendly caring and reliable drivers.

### **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 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 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.

### **York Philosophical Society**

The Yorkshire Philosophical Society was formed in 1822 when "natural philosopher" was the term used for a scientist and from its earliest days its main interests have been the natural sciences and antiquities. There is a programme of talks, special events and an annual holiday/study tour.

### **York Scribes**

York Scribes was formed in 1990. It exists to encourage enthusiasts and practitioners of calligraphy to increase their understanding, knowledge and skills.