

YORK 50+ INFORMATION FAIR
THURSDAY 15 SEPTEMBER 16, 10 AM – 3 PM
THE GUILDHALL
30 STANDS

ACTION ON HEARING LOSS

A national charity since 1911, we are working towards a world where hearing loss does not limit or label people, where tinnitus is silenced and where people value and look after their hearing. We offer community support and information, coordinate campaigns and conduct research to support those living with deafness, hearing loss or tinnitus to live the life they choose.

AGE UK YORK

Age UK York is a local charity that has served the city's older people for nearly 50 years. Our services and practical support are delivered by paid staff who work alongside our amazing army of 400 volunteers.

CHIROPRACTIC PLUS

Struggling with back or neck pain? Want top tips to keep your spine healthy and prevent problems? Need advice on exercises for good balance? Enjoy a FREE postural health check from our qualified chiropractor.

COMPASSION IN DYING & DIGNITY IN DYING

Both these groups work to encourage choice for people at the end of life. This includes treatment options by making an advanced decision, and freedom to choose to end their own life within 6 months of a terminal condition.

CROMBIE WILKINSON SOLICITORS

Protect yourself and your loved ones from the effect of mental incapacity by talking to an expert solicitor about a Lasting Power of Attorney. Our solicitors can advise you on the importance of an LPA and preparing a will.

CYC HOUSING SERVICES

Advice and information on 60+ housing – staying put, moving on, retirement options, buying, renting, etc. Find out how we help residents live in homes which are warmer, safer and easier to heat.

DEMENTIA FORWARD

We support people living with dementia in the York area, providing information and practical support, wellbeing cafés and many other services. Please drop in for a chat.

DEPARTMENT OF WORK & PENSIONS - CARERS

Providing information and advice on Carer's Allowance and disability benefits and demonstrating our digital services.

EXPLORE YORK LIBRARIES

We will be hosting a programme of exciting events as part of this year's York 50+ Festival including sessions to help you get to grips with the digital world and discover the city's fascinating archives.

FORESTERS FRIENDLY SOCIETY

We are a mutual society with members of local branches administering branch funds for the benefit of their members including former POIS (Post Office Insurance Society) members. Nationally, considerable funds are raised and distributed to various charities each year. See www.forestersfriendlysociety.co.uk.

HARROWELLS SOLICITORS

We offer a practical blend of professional legal advice, excellent knowledge of local support services and a determination to achieve the right result. Speak to our specialists about powers of attorney, care arrangements and inheritance planning.

HEALTHWATCH YORK

We ensure York people have a say in how local health and social care services are designed and delivered. We need to hear from York people how these services are working for them – do come and talk to us!

IDAS (Independent Domestic Abuse Services)

We are a charity that provides comprehensive support services to all those experiencing or affected by domestic abuse and sexual violence. Our services include refuge accommodation, outreach support and access to a free confidential helpline.

LAST WISHES FUNERALS

For those of us who want to talk about death and dying without being "shushed". Thinking about the inevitable in advance ensures good preparation for us and our families and better choices to suit our individual needs. Eat cake, drink tea and make informed choices.

LIFELINE YORK

We are a drug and alcohol service that supports people of all ages in the City of York. Please come and talk to us.

NATIONAL TRUST

We are offering 20% off in the Below Stairs Café at Treasurer's House, plus discounted entry for visits to the House for non-members at £6.20. Come and learn more about our work and help to keep our heritage alive.

ODDFELLOWS

A very active Friendly Society working for the people of York and Scarborough. Drop by and talk to our Vale of York volunteers about our many activities and the benefits enjoyed by becoming a member of the Oddfellows.

RED HAT SOCIETY

Ruby Red Ramblers meet for fun, tea, theatre etc. Djembobash African Drummers meet on a Monday – no experience necessary. York Community Gamelan meets Thursday at the University. Mo is the contact for all 3 groups on 01759 380431 or mo.b@talktalk.net.

TEES, ESK AND WEAR VALLEYS NHS FOUNDATION TRUST

The Trust provides a range of mental health, learning disability and eating disorder services for the people living in County Durham and Darlington, the Tees Valley and most of North Yorkshire.

TOUCH TUINA TREATMENT CENTRE

Free taster sessions in Tuina Chinese Massage and Reflexology. Good for reducing pain and inflammation, increasing mobility and finding that "feel good factor".

UNIVERSITY OF YORK CO-MOTION PROJECT

Co-Motion's research project team interviewed people over 55 going through major life changes affecting their mobility and wellbeing. In 2015 the team ran several workshops about getting out in York, walking and car driving. We now want to share and discuss the findings from this research.

WILTSHIRE FARM FOODS

The frozen meals service for people who want to enjoy life. Order what you want. When you want. No contract. No commitment. No strings attached. Visit our stand to discover why thousands of customers choose Wiltshire Farm Foods or contact us on 01423 339666.

WONDER YEARS CENTRE OF EXCELLENCE

UK charity WYCE provides education, healthcare and livelihoods in Gambia. For 10 years, visiting volunteers have developed and shared their skills on activities and projects that benefit the community. Most of our volunteers are 50+.

YORK BLIND & PARTIALLY SIGHTED SOCIETY

We are a local sight loss charity. Our stand will aim to raise awareness of the risks of sight loss and the importance of regular eye checks. We will have a display of daily living aids to help people living with sight loss carry out day to day tasks and will be able to provide information about the support and services YBPSS can offer.

YORK BUS FORUM

YBF is an independent voice for bus users in and around York. Our motto is "*Get York people where they want to be when they want to be there, in a manner that is affordable, reliable and convenient*". Come and join us!

YORK OLDER PEOPLE'S ASSEMBLY

An umbrella charity for organisations in York working with older people. Our aim is to raise awareness of policy issues affecting the lives of older people through our public meetings and newsletters, and to be well represented on policy-making committees. Our annual 50+ Festival and Information Fairs offer activities, entertainment, services and advice and help to promote community cohesion.

YORK OSTEOPOROSIS SOCIETY SUPPORT GROUP

We support people with osteoporosis in North Yorkshire with meetings of general interest plus medical updates and other subjects which we think will aid people with osteoporosis to cope with any problems they may have.

YREN (York Racial Equality Network)

YREN provides race equality information to organisations and individuals; promotes and supports community cohesion, and provides impartial information and support to people who are experiencing racial harassment, victimisation, discrimination or isolation.