

AGE UK YORK

We provide a wide range of personal and practical support: giving information and advice, arranging respite care and friendly visitors, helping after a stay in hospital, advising on holidays and other leisure activities.

CITY OF YORK – Adult & Community Education

Whether you want to “Get Fruity” (grow soft fruits), try something completely different like rag-rugging, festive pork pie making or zumba gold, get to grips with your computer, take part in our “Now and Then” project or find out what else is on offer...just come and talk to us!

CITY OF YORK COUNCIL – Housing Options

Housing – it affects everybody, and everybody needs it. City of York Council Housing Options is working hard to ensure that everybody has access to the information they want and need, in the way that they want it.

CITY OF YORK COUNCIL – Libraries

York libraries provide access to books, computers, courses, reading groups, events and more. Adult and Community Education teams offer a wide range of programmes across York, from furniture to photography and ceramics to salsa.

CITY OF YORK COUNCIL – Sport & Active Leisure

Come and talk to us about sport and physical activity opportunities for the over 50s in York, whether at community venues or in our leisure facilities. Find new, fun ways to keep fit and healthy!

CROMBIE WILKINSON SOLICITORS LLP

Our highly experienced team is here to listen and help on a wide range of legal services: moving house, elderly client services, family and children's matters, family mediation, personal injury, wills/trusts/LPAs, and probate.

FUTURE PROSPECTS

Future Prospects is York's free learning and employment advice service. We offer daily drop-in advice and guidance sessions at 24 Swinegate, 1pm – 4pm. Short courses and workshops are regularly available to help people build confidence and prepare for work.

HARROWELLS

We offer practical, considered and expert advice on a wide range of issues including Lasting Powers of Attorney, inheritance planning, legal arrangements for care and challenging care fee assessments. Visit www.harrowells.co.uk, call 01904 558600, or chat on the day.

HEARING DOGS FOR DEAF PEOPLE

Vale of York Fundraising Branch

Celebrating 30 years of helping profoundly deaf people to lead fulfilled lives, our dogs give confidence to adults and children, acting as their constant companion. We fundraise and inform the community about deafness. Please come and meet our friends.

HOLLAND & BARRETT

Suppliers of health food and nutritional supplements. Education and advice about all kinds of ailments and health matters. Sign up for our rewards for life to receive money off coupons and receive extra savings.

LEEDS & YORK PARTNERSHIP NHS FOUNDATION TRUST

We deliver mental health, learning disability and substance abuse services in York, Selby, Tadcaster, Easingwold and also specialist mental health services across North Yorkshire.

LOVE LIVING WELL – Angela Shepherd

I am a wellness coach and consultant for Neal's Yard Organic Remedies. Come and see me to try some lovely organic products, pick up some healthy lifestyle tips or book a Neal's Yard party!

MINSTER LIONS Message in a Bottle

This is a voluntary scheme for anyone living at home who might be reassured to know that essential information would be readily available to the Emergency Services should they suffer an accident or sudden illness. The scheme ensures that vital information is available, not only to identify you, but to advise of relevant illnesses, medication and contact addresses. When time is saved, lives are saved...

OCAY

Older Citizen's Advocacy York is an independent registered charity offering a free advocacy service for all citizens of York aged 50 and over. Our stall will contain information about the support offered by OCAY and forthcoming fundraising events, plus opportunities and information about volunteering.

OLGA (Older Lesbian, Gay, Bisexual and Transgender Association)

We offer socials in Scarborough, befriending and sign-posting services, and training in equality awareness especially in care homes and to health and social care providers. We listen and we speak out.

ROTARY CLUBS OF YORK & AINSTY

Rotary is the world's largest service organisation. Members meet regularly to support local, national and international projects and to enjoy fellowship. Social events are many and varied. Further information on membership can be found at www.yorkrotary.co.uk and www.rcya.org.uk.

SOCIETY OF LATER LIFE ADVISERS

Provision of specialist, accredited, independent financial advice to people in later life.

WILTSHIRE FARM FOODS

We have more than 220 delicious dishes throughout our range which are hand delivered FREE by friendly, caring and reliable drivers. Delicious meals at tasty prices. Come and find out more.

YORK BLIND & PARTIALLY SIGHTED SOCIETY

We are a local registered charity providing information, practical help and support for visually impaired people. We offer an Equipment & Information Centre, volunteer visiting service, activities and eye clinic support services.

YORK CITY OF SANCTUARY

We seek to encourage a culture of welcome, acceptance and support to all who come to the City seeking sanctuary, security and freedom.

YORK LINK

The Local Involvement Network is an independent group of individuals and organisations with the power to examine and improve health and social services. It gives everyone in York the opportunity to influence these services. Membership is free so do come and join us.

YORK OLDER PEOPLE'S ASSEMBLY

Our aim is to raise awareness of policy issues affecting the lives of older people through our public meetings and newsletters, to be well represented on policy-making committees, and to speak out in the press and media on local and national issues of concern to older people. Our annual 50+ Festival and Information Fairs offer activities, entertainment, services and advice and help to promote community cohesion.

YORK OSTEOPOROSIS SOCIETY

We help to make the people of York aware of the seriousness of the debilitating disease of Osteoporosis that affects 1 in 2 women and 1 in 5 men causing broken bones over the age of 50. Friendly advice and plenty of information available so please come and chat to us.

YORK RACIAL EQUALITY NETWORK

YREN provides independent, impartial information and mutual support to individuals who are experiencing racial harassment, victimisation, discrimination or isolation; as well as information and resources for individuals, organisations and the community on race equality issues.

YORK RAMBLERS

We have a full programme of walks from 5 miles to 10 miles. Public transport is planned for those who prefer not to use cars. Our aim is to encourage greater access to the countryside.

YORK SCARLET LADIES

We are the York Chapter of the International Red Hat Society, for women of 50+. We get together for social events, fun and entertainment. We wear purple with red hats and the aim is to enjoy ourselves! Please come and have a chat.

YORK TEACHING HOSPITAL NHS FOUNDATION TRUST

We are one of the top 40 performing hospitals in the country. As a Foundation Trust we have a responsibility to the community to ensure that residents have their say about the delivery of healthcare in the York area. At the Information Fair you will have the opportunity to sign up as a member which provides the chance to shape the future of the health care in York.

YORK WHEELS

We provide door-to-door community transport for people over the age of 60 who have a mobility problem. We also have a wheelchair accessible minibus available for trips.

YORK YOGA STUDIO

We offer yoga classes for mature students who appreciate the gentle yet effective exercise. Regular yoga increases suppleness, strength and stamina, improves concentration and promotes relaxation. We also offer fitness classes especially for the over 50s. Find your ideal exercise and enjoy the friendly society of a regular class.

YORKSHIRE HOUSING – Handyperson Service

We assist with small repairs and other tasks to enable you to live safely and comfortably in your own home. Clients in receipt of income-based benefits pay for materials and the handyperson will do the job free of charge.