

YORK 50+ INFORMATION FAIR 2013
SPURRIERGATE CENTRE, Coney Street
10 am - 4 pm

AUDEN HOUSE, York Housing Association

Auden House is an extra care scheme offering bedroom apartments to rent for people aged 55 and over who need housing with care and support to live as independently as possible.

IDAS (Independent Domestic Abuse Services)

IDAS works with victims of domestic abuse. We have two refuges and a number of outreach teams which cover North Yorkshire. We also run a support line for victims who have been raped or sexually assaulted.

VISION EXPRESS

Our experienced and qualified opticians will offer a spectacle maintenance service on the day as well as give advice on the latest eyewear products including contact lenses for all your eyecare needs. We can discuss options for sport, leisure and vocational use.

YORK BLIND & PARTIALLY SIGHTED SOCIETY - OPTIC Project

We will present information and advice on the OPTIC Project aimed at older people and the importance of good eye health, reducing risks in the home and reducing isolation through peer group support and confidence building. Free eye screening will be available to promote the importance of regular eye tests.

YORK PA AND STUDENT SUPPORT

We provide a complete support service for adults in York and are registered with the Care Quality Commission. Our Personal Assistants support adults at home with personal care tasks, in the workplace and at university.

YORK YOGA STUDIO

Practising yoga helps overcome and prevent many stresses, strains, aches and pains and promotes a firm foundation for health and well-being by building strength, flexibility and balance. We offer both daytime and evening classes at all levels, including beginners!