



## Spurriergate Centre

10 am - 4 pm  
Coney Street  
York YO1 9QR

*More friendly service providers with information, advice and practical help.*

### **BLUE BIRD CARE**

Bluebird Care provides care for both children and adults in their own homes. We offer a range of services including personal care, social calls, shopping, domestic help, meal preparation, night sits and medication prompting. Telephone 01904 691992 for more information.

### **CHIROPRACTIC PLUS**

Struggling with back pain? We're here to help! Chiropractic is effective for a range of conditions, tailored to your needs, and suitable for all ages. Enjoy a FREE posture check from our qualified chiropractors.

### **IDAS**

IDAS is a charity which supports adults and children in North Yorkshire who are experiencing or have experienced domestic abuse. We work with families in their homes and communities and run several refuges across the county.

### **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.

### **WILTSHIRE FARM FOODS**

We are a frozen meal delivery service for people who want to enjoy life. Order what you want, when you want, no contract, no commitment, no string attached. Visit our stand to discover why thousands of customers choose Wiltshire Farm Foods or contact us on 01423 339666.

### **YORK NATURAL HEALTH**

The Centre offers a range of therapies/activities for people of all ages based on a natural approach to health and healing. From osteopathy and foot care to acupuncture and laughter!! Come and meet practitioners today and get a taste of what is on offer.