- All welcome from across the constituency, including friends, family & neighbours of older people.
- Meet local charities & community groups for older people.
- Have questions about health, wellbeing or benefits?
- Interested in local activities for older people?

The Fair brings together local community groups, charities, businesses and government bodies that serve or help older people

Havant Older Persons Information Fair 2016

FREE Admission and Parking

FRIDAY 14 OCTOBER

Doors open 10am–3pm

Hayling Island Community Centre
Station Road, Hayling Island
PO11 0HB

Havant Older Persons Information Fair is organised by Alan Mak MP

The **Havant constituency** comprises **Bedhampton**, **Emsworth**, **Havant**, **Hayling Island**, **Langstone**, **Leigh Park**, **Purbrook**, **Stakes** & **Widley**

Visit Alan's website to sign-up for his e-mail newsletter

w: AlanMak.org.uk **t:** 023 9241 5620
e: Alan.Mak.MP@Parliament.UK @AlanMakMP

With support from:

Lockheed Martin
Portsmouth age UK Working in Havant
citizens advice Havant
The News
Hayling Islander
PP Postcode Publications Community Newspapers
Department for Work & Pensions

CHURCHERS BOLITHO WAY
solicitors

We understand making plans for later on in life may be an emotional process.

Churchers Bolitho Way can provide the advice and guidance you need to put your future plans in order.

- Trusts
- Court of Protection
- Wills
- Lasting Power of Attorney
- Probate

For advice upon your future plans please contact Churchers Bolitho Way

023 9221 0170
www.cbwsolicitors.co.uk
info@cbwsolicitors.co.uk

Working with older people in Portsmouth and South Hampshire to make the most of later life

Portsmouth age UK

Registered charity number 1059945

023 9286 2121

The Bradbury Centre
16-18 Kingston Road
Portsmouth PO1 5RZ
www.ageuk.org.uk/portsmouth

WELCOME FROM LOCAL MP ALAN MAK

I'm delighted to welcome you to the first Havant Older Persons' Information Fair which I have organised.

As your local MP I work hard to improve life for everyone in the constituency, whether that's helping residents find work through my Jobs & Apprenticeships Fair, backing our local shops through my Small Business Awards, or supporting our local schools and community groups. Today's Fair builds on that work.

Older people who have worked hard, served our community, and in many cases still contribute a huge amount, are a valued section of our constituency. As your local MP I am determined to help every older person live a secure, independent and active life.

Getting older people involved in social and physical activities helps to address isolation and loneliness, combat illness, and improve wellbeing, all of which help our senior citizens to live independently for longer. I know from my own family experience, and as a long-standing volunteer for the Royal British Legion (which works with many older people and veterans), that getting active and staying active are positive steps to take.

Fortunately, across the Havant constituency, we have a wide range of local charities, community groups, businesses and government bodies that help or serve older people. I organised today's Fair to bring many of those organisations together under one roof, so older residents – and their families, carers, neighbours and friends – can see what's on offer. I hope you will enjoy meeting our exhibitors.

Thank you to everyone who has helped make today's event possible. Our key commercial sponsor is Lockheed Martin and I'm very

grateful for their generous support. Havant Citizens' Advice Bureau and AGE UK Portsmouth do outstanding work across the Havant constituency, and are our key community partners. Local solicitors Churchers Bolitho Way and home care provider Home Instead have generously supported us too. Our media partners the Portsmouth News, the Hayling Islander and Postcode Publications have done an excellent job promoting the Fair. Thanks also to Tania, Tina and all the team at the Hayling Island Community Centre for being an excellent venue.

Finally, thank you to all the exhibitors and local residents who are at the heart of today's event. Our residents, businesses, community groups and charities are key to our continued success locally. I am glad so many of you have joined us today.

Enjoy the Fair – and please let me know your feedback after the event.

Alan Mak MP
Member of Parliament for Havant

ALAN'S 2ND HAVANT Jobs & Apprenticeships Fair

3 March 2017 • 10am–4pm

FREE ADMISSION AND PARKING

Havant Leisure Centre, Civic Centre Road, Havant, Hampshire, PO9 2AY

SIGN UP FOR MY NEW RESIDENTS' NEWSLETTER

To keep up-to-date with my work across the constituency, please visit my website AlanMak.org.uk or TinyURL.com/AlanMakNewsletter to sign up!

LET ME KNOW YOUR VIEWS

Fill in my short residents' survey to let me know what you think about key local and national issues. Please visit my website: AlanMak.org.uk or visit TinyURL.com/AlanMakSurvey to take part!

SUPPORT FROM CLLR. LIZ FAIRHURST

Thank you for coming to Alan Mak MP's first Havant Older Persons' Information Fair.

Well done to our local MP Alan Mak for coming up with the idea and working hard over the last six months to organise today's event.

Hampshire County Council are pleased to support Alan's Fair, and we strive to provide services for all older people living in the Havant constituency and across the county.

Our Adult Services Department aims to improve the lives of vulnerable adults through promoting independence and choice and enabling people to live their lives as they wish.

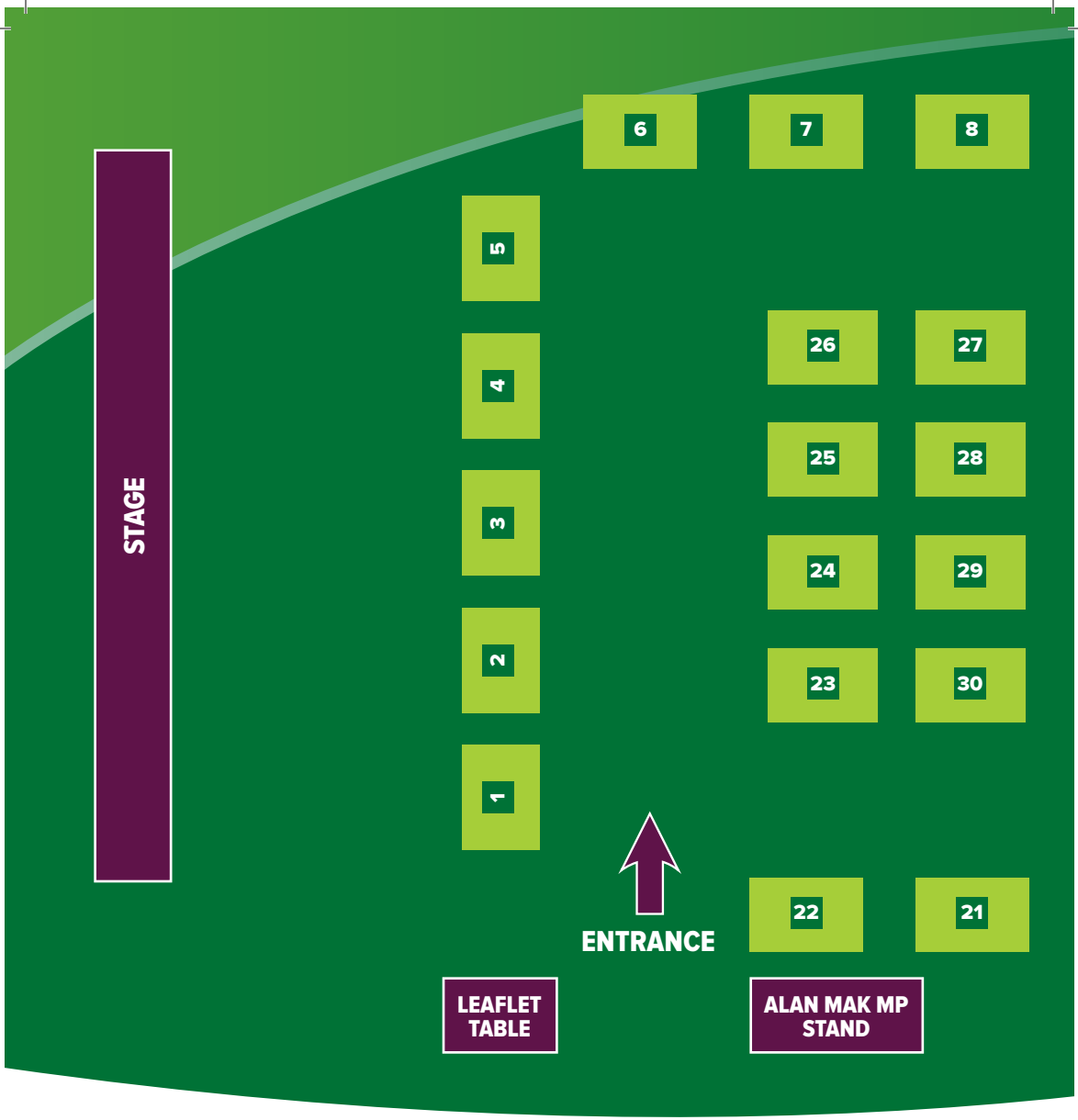
We do that through a model of care and support that aims to provide and commission good quality services for local communities, those in crisis and those with long term needs.

Today at the Fair we have our Supportive Communities, Argenti, and Connect to Support teams all exhibiting. They all provide essential help for older people, making sure we give residents the best possible support.

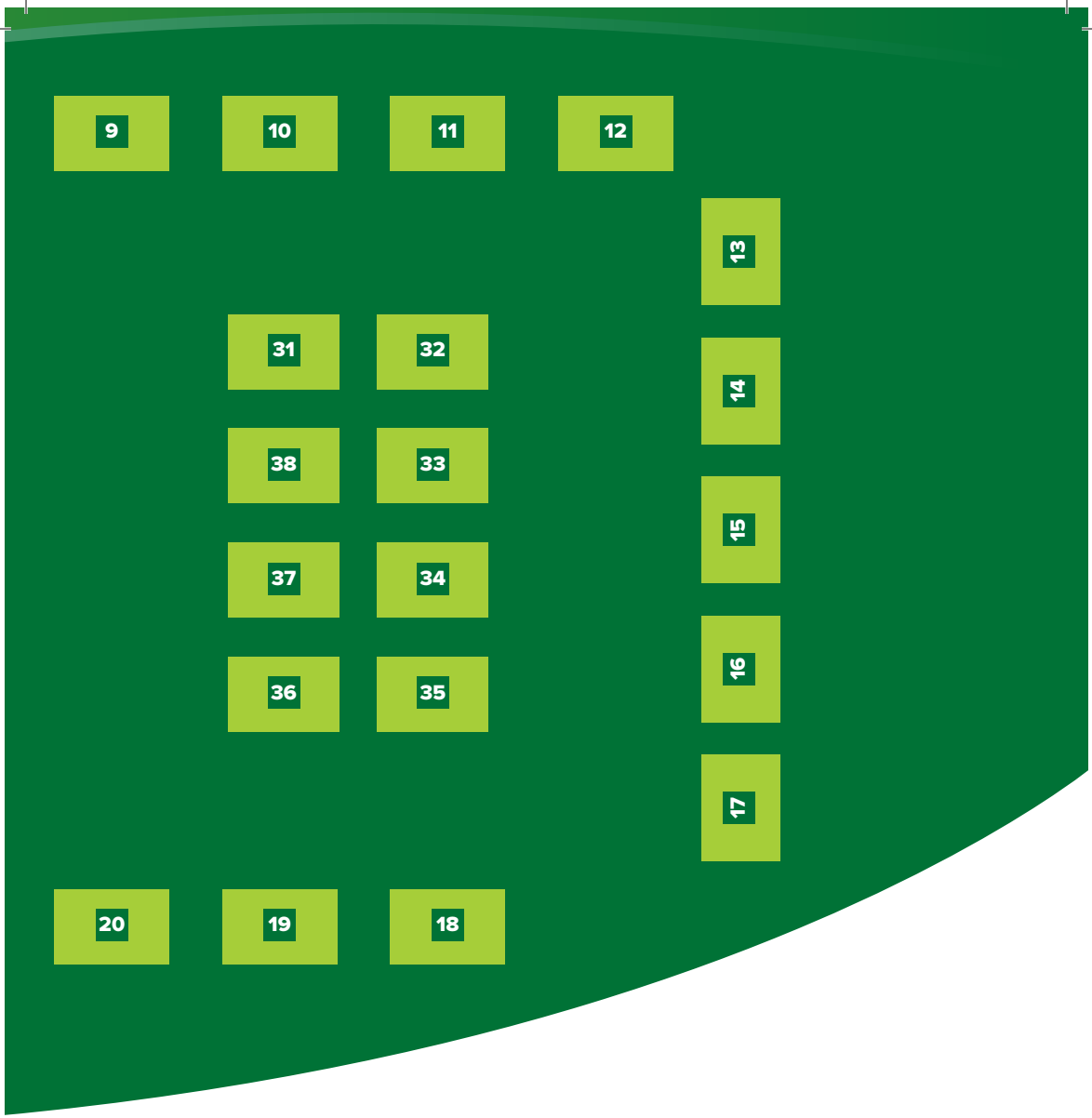
If you need any help or support from Hampshire County Council's Adult Services Department please get in touch. Phone 0300 555 1386 and trained staff will assess your requirements and will ask for details about your circumstances to ensure that your information is routed to the correct team.

I hope you enjoy the day and Hampshire County Council will keep working hard to make sure we provide the best possible service for local residents.

Cllr Liz Fairhurst
(Bedhampton & Leigh Park Division)
Hampshire County Council
Executive Member for Adult Social Care



1. Havant Citizens Advice Bureau (CAB)
2. Age UK Portsmouth
3. HomeInstead (Carer provider)
4. Churchers Bolitho Way (Solicitors)
5. DWP Pensions Service
6. NHS - Hayling Surgery - Elms & Waterside practices
7. Hampshire County Council - Trading Standards
8. Hampshire County Council - Supportive Communities/ Connect to support
9. Hampshire County Council - Argenti (Telecare)
10. Hampshire Fire Service - Havant/Hayling unit
11. Right at Home Havant
12. Hayling Island First Responders
13. The Bridge Advice Centre
14. Specsavers Havant
15. U3A (University of the Third Age)
16. Community First
17. Diabetes UK
18. Alzheimers Society



19 Rotary Club

20 Hayling Island Voluntary Services

21 Hitting the Cold Spots Advisor

22 50+ Fun Club

23 The Blue Lamp Trust

24 Hampshire Police - Hayling unit

25 Stroke Association

26 Hayling Island Choir

27 NHS - SE Hampshire CCG/ Southern Health

28 Brendoncare

29 Helping Hands Allcare, Hayling

30 Sisterly Care

31 Hayling Island Men's Shed

32 Diabetes Research and Wellness Foundation

33 Havant Macular Society Support Group

34 Local churches

35 Age Concern

36 Co-op funeralcare

37 Fawnhope Rest Home - Residential Care and Meals Delivery Service

38 Driving Miss Daisy

EXHIBITOR PROFILES

Havant Citizens Advice Bureau (CAB)
w: citizensadvicehavant.org
t: 03444 111 306

Age UK Portsmouth
w: ageuk.org.uk/portsmouth
t: 023 9286 2121

HomeInstead (Carer provider)
w: homeinstead.co.uk/havant
t: 02393 190091

Churchers Bolitho Way (Solicitors)
w: cbwsolicitors.co.uk
t: 01329 822333

DWP Pensions Service
w: gov.uk/contact-pension-service
t: 0800 7317898

NHS - Hayling Surgery - Elms & Waterside practices
w: haylinghealth.co.uk
t: 023 9246 2719

Hampshire County Council - Trading Standards
w: hants.gov.uk/tradingstandards
t: 01962 833620

Hampshire County Council - Supportive Communities/Connect to support
w: www3.hants.gov.uk/adultservices-professionals
e: adult.services@hants.gov.uk

Hampshire County Council - Argenti (Telecare)
w: www3.hants.gov.uk/adultservices-professionals
e: adult.services@hants.gov.uk

Right at Home Havant
w: rightathomeuk.co.uk/havant
t: 02392 415511

Hayling Island First Responders
w: scas-responders.info
t: 0800 587 0207

The Bridge Advice Centre
w: bridgechurchhayling.co.uk
t: 023 9246 8835

Specsavers Havant
w: specsavers.co.uk
t: 023 9249 8490

U3A (University of the Third Age)
e: enquiry@haylingu3a.org.uk

Community First
w: cfirst.org.uk
t: 0300 500 8085

Diabetes UK
w: diabetes.org.uk
t: 01372 720 148

Alzheimers Society
w: alzheimers.org.uk
t: 023 9289 2034

Portsmouth North Rotary Club
e: trevor.munden@btinternet.com
t: 023 92 262428

Hampshire Fire Service - Havant/Hayling unit
w: hantsfire.gov.uk
t: 07918 888062

EXHIBITOR PROFILES

Hitting the Cold Spots Advisor
w: environmentcentre.com/projects/hitting-the-cold-spots **t:** 0800 804 8601

Havant Leisure Centre Senior Sports and Leisure Club (50+ fun club)
w: horizonlc.com
t: 02392 476026

The Blue Lamp Trust
w: bluelamptrust.org.uk
t: 0300 777 0157

Hampshire Police - Hayling unit
w: askthe.police.uk
t: 101 or 999

Stroke Association
w: stroke.org.uk
t: 0303 3033 100

Hayling Island Choir
w: haylingchoir.co.uk/index.htm
t: 01243371309

NHS - SE Hampshire CCG
w: southeasternhampshireccg.nhs.uk
t: 023 9228 2063

Brendoncare
w: Brendoncare.org.uk
t: 01962 852133

Helping Hands Allcare, Hayling
w: helpinghandsallcare.co.uk
t: 02392463330

Hayling Island Voluntary Services
w: haylingvoluntaryservices.org.uk
t: 02392 464730

Sisterly Care
w: sisterlycare.co.uk
t: 02392454222

Hayling Island Men's Shed
w: himsa.co.uk
t: 07887 800932

Diabetes Research & Wellness Foundation
w: drwf.org.uk
t: 02392 637808

Havant Macular Society Support Group
w: macularsociety.org
t: 02392 465692

Local churches
Methodist Church **t:** 023 9247 0800
St Faith's Church **t:** 023 9249 2129
Hayling Churches **t:** 023 9307 0178

Age Concern
e: kay@aprildays.freeserve.co.uk
t: 023 9246 4947

Co-op funeralcare
w: funeralcare.co.uk
t: 02392 460047

Fawnhope Rest Home - Residential Care and Meals Delivery Service
e: sales@fawnhope.co.uk
t: 07873 195200

Driving Miss Daisy
w: drivingmissdaisy.co.uk
t: 0333 014 6211

NOTES

Home

There's no place like it

Home Instead SENIOR CARE®
To us, it's personal.®

Being able to live at home can be one of the most important comforts in an older person's life, and because family and friends can't always be there, Home Instead Senior Care are here to help.

From an hour a day, to full time care, our service is available 24 hours a day, seven days a week to provide:

- **Companionship**
- **Respite support**
- **Light housekeeping**
- **Convalescence support**
- **Specialist dementia care and Alzheimer's care**
- **Shopping**
- **Meal preparation**
- **Personal care**
- **Local transportation and errands**

and much more

Home Instead in Havant is part of a national organisation rapidly building a reputation as one of the UK's leading care companies allowing older people to continue living in their own homes.

Contact us on 02393 190091

10 Basepoint Business Centre, Harts Farm Way, Havant, PO9 1HS

www.homeinstead.co.uk/Havant

Each Home Instead Senior Care® franchise office is independently owned and operated.

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