



55+ Infofest – 17th October 2025. 10.30am – 2.30pm

Venue – Thorngate Hall, Bury Road, Gosport. PO12 3QX

List of exhibitors (*alphabetical order*) and what they do (as at 29th September, some changes may occur)

Exhibitor	Description
Age Concern Gosport	An independent local charity run by friendly volunteers providing a broad range of information and support services to help local residents aged 55+, their families and carers. Its aims are also to offer a FREE form filling service including, Attendance Allowance, Blue Badge, Carers Allowance, Personal Independence Payments and support with Pension Credit
Anytime Fitness	We are a 24 hour gym based in Stoke Road Gosport, we have a full range of cardio and strength equipment and classes that are suitable for all ages. We have a fantastic team of trainers who are there to support you with achieving your fitness goals.
Blue Lamp Trust	We offer vulnerable and older people free home safety and security checks of their properties, as well free cyber awareness home visits.
Brendoncare	Find out about Brendoncare's volunteer-led community activity clubs for older people in Gosport & Fareham.
Churchers Solicitors	We are able to give advice and help on such issues as wills, powers of attorney, living wills and other major life decisions you may need to make
Citizens Advice Gosport	Will be offering information and signposting to our advice services, as well as providing information on how you can get involved with the service as a volunteer.
Community First Gosport Table 1	We provide support services for older, disabled and vulnerable people - Advocacy, form filling, gardening, small repairs, decorating, befriending, home help - housework, laundry and shopping, Transport - bookable door to door travel service, healthy walks - group guided walks
Community First Gosport Table 2	Volunteer First helps people in Gosport and across Hampshire find flexible volunteering opportunities that match their interests, skills, and availability, making it easy to support local communities and causes.

Dementia Care Hub	At The Dementia Care Hub, we offer emotional and practical support to families, care partners and people living within dementia through the entire journey and beyond. Our hubs offer Social Groups and Wellbeing Groups on a weekly basis.
Gosport Digital Inclusion	We will be offering information about the digital support available for all Gosport residents across the three hubs. Run by Citizens Advice, we offer help with all things digital, with everything treated confidentially. Use the computers and WiFi that we have free of charge, or bring in the device that you need help with.
Gosport Leisure Centre	Gosport Leisure Centre offers affordable leisure facilities for the local community. We offer a wide range of activities for all ages and abilities.
Gosport Older Persons Forum	An independent organisation giving all older residents of Gosport an opportunity to have their voices heard. Also organisers of the event.
Gosport Rotary Club	We shall have information about causes we support, as well as giving out free "Message in a Bottles", to which you add your medical details and keep in your fridge, so that emergency services can find your essential information easily.
Hampshire & Isle of Wight Diabetic Eye Screening Programme	We offer eye screening to detect retinopathy for diabetic patients in the Hampshire and Isle of Wight area.
Hampshire and Isle of Wight Healthcare NHS Foundation Trust	We are the NHS provider of community, mental health and learning disability services for people across Hampshire and the Isle of Wight. The partnerships, participation and co-production team will be on hand to hear from you and promote ways you can get more involved in your local NHS.
Hampshire & IOW Fire & Rescue Service	We will be promoting Hampshire & Isle of Wight Fire & Rescue Services FREE Home Fire Safety Visits.
Hills- Health and independent living support. Meals on wheels	We are a not-for-profit charitable social enterprise who provide the Hampshire County Council's meals on wheels service, delivering hot meals across Hampshire, 365 days a year, whatever the weather. Meals are delivered hot and ready to eat by our Community Team Members at lunchtime. Every visit includes delivery of a hot meal and dessert, along with a caring wellbeing check. We expect to have some samples of the sort of food we provide.

Home Instead	Our companionship based, relationship-led homecare is tailored to your needs and adapts as your needs change. We are focused on helping our clients live independently at home for longer.
Live Well With COPD	Live well with COPD was formed in July 2016 by a small group of COPD sufferers determined to improve their own lives and those also suffering in the Gosport and Fareham areas. They now run three Pulmonary Rehabilitation Maintenance Exercise Sessions per week, all well attended and now also include people suffering from Heart problems and Diabetes. They also act as a social gathering.
OpenSight	The County's largest sight loss organisation providing a range of services to enable people to adapt and manage their lives which have been altered because of sight loss
Parity Trust	A not for profit finance company working with Local Authorities, including Gosport & Fareham BC's, to provide secured loans to homeowners for essential works, repairs, energy efficiency and adaptations.
Places for People Spinnaker View	Spinnaker View, located in Gosport, consists of 60 affordable rental one and two-bedroom apartments for people aged 55 and over with care and support needs. Our modern communal facilities are available for our Customers, their family and friends to access, whether that be a catch-up over coffee or a meal within our vibrant restaurant, we want Spinnaker View to be placed within the heart of the Community.
Portsmouth Water	Portsmouth Water will be offering information on their schemes and tariffs to support customers.
Primary Care Network (PCN)	We will be able to explain the services we provide through the GP practices in Gosport, share health and well-being advice and give guidance on blood pressure monitoring at home.
Recapture Life CIC	We support people with a dementia diagnosis and their families. We offer groups for carers, dementia groups, Cognitive Stimulation Therapy, Gosport Discovery Centre Drop in, Tea and Toast in Bridgemary, mentoring and research.
Ruby Funerals	We will answer any questions people may have about funerals, including the ever increasingly popular 'direct' cremations. We will have information about different types of funerals and pre-paid funeral plans. Also happy to speak to people about our job as people often find it rather interesting!

Solent Mobility Centre	Offers personalised mobility solutions to help you maintain independence. Our expert team provides guidance on aids and adaptations, including home visits, to support you in living your best possible life. Will bring along some rollators, wheelchairs and other aids to try out.
Spithead Arts	SPITHEAD ARTS is an independent Arts Society meeting for monthly lectures on a wide variety of artistic and cultural themes. Our speakers are experts and share their knowledge, skills and research in an accessible lecture theatre, usually followed by a Q&A session. We also arrange visits and the occasional social event.
Steady & Strong with Paula and Becca	Steady and Strong classes are specially designed group exercise sessions that help older adults improve strength, balance, and mobility—key components in reducing the risk of falls and maintaining a full and independent life.
Utilita Energy	Will be offering energy advice and how we can help to lower your bills with 15 ways to save around the house to lower your bills
u3a	You can speak to members who can tell you how the local u3a helps you make the most of life once you're no longer in full time work by exploring new ideas, skills and interests.
Veterans Outreach Support	Helps UK Armed Forces and Merchant Navy veterans, and their families, across Portsmouth and the South Coast. We offer practical welfare support, mental health services, and wellbeing activities to build community and improve lives.
Leaflet Table	An assortment of information from organisations unable to be at the event.

STOP PRESS

It has been confirmed that there will also be a “walk-in” covid vaccination session. No appointment necessary.

Covid 19 is still around, so it is important to top up your protection if you are eligible. There is no room for complacency as getting the COVID-19 vaccine can:

- help reduce your risk of getting severe symptoms
- help you recover more quickly if you catch COVID-19
- help reduce your risk of having to go to hospital or dying from COVID-19
- protect against different types of COVID-19 virus

If you need more information talk to the staff at the session and get everything you need.