

55+ Infofest – 16th October 2026. 9.30am – 1pm

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

List of exhibitors and what they do (as at 5th October 2026, some changes may occur)

	Exhibitor	Description
1	Abbeyfield Living Society	Homes in Gosport, Havant and Locksheath. We are a charity providing sheltered accommodation with a meal support, to alleviate loneliness in older people. Residents come to live with us within a safe environment, but are free to come and go as they please and live independently.
2	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
3	Be Active Hampshire	Be Active Hampshire offers free 12-week physical activity programmes for adults who are currently inactive. We offer a range of beginner-friendly, low-impact activities, from Seated Dance to Pilates, delivered in welcoming community venues across Gosport.
4	Bluebird Care Gosport	A home care provider supporting people who want to remain independent and comfortable in their own homes. We offer services including home care and live-in care, as well as support for more complex needs, including dementia, physical disabilities and end-of-life care. At the event we will be offering information regarding our services and will include a fun guessing game where all proceeds go to the Alzheimer's Society.
5	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.
6	Brendoncare	Find out about Brendoncare's volunteer-led community activity clubs for older people in Gosport & Fareham.
7	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
8	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.
9	Community First Gosport	We provide support services for older, disabled and vulnerable people with gardening, small repairs, decorating, household chores, cleaning, affordable & accessible transport and runs guided health walks.
10	Volunteer First	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. They also have Community Spirit which is a supported volunteering group.

11	Environment Centre	<i>We support vulnerable Hampshire residents who may be struggling to keep their homes at a healthy, warm temperature in the colder months – perhaps because their income is low, their capacity is low / reduced, they're unwell, the house is draughty etc. We are funded by Hampshire County Council.</i>
12	Energy & Efficiency	<i>Free energy saving advice, home visits, help with grant funding for energy saving measures.</i>
13	Fareport Talking News	<i>Offer a free service in Gosport and Fareham for those with visual impairment. This provides a fortnightly recording of local news and magazine items via a USB stick via post, online or via smart speakers.</i>
14	Good Life Sorted	<i>Good Life Sorted is an affordable home help and companion service that connects older adults with vetted, local "Helpers" to support their independent living at home. Their flexible, contact-free services include companionship, light cleaning, laundry, meal preparation, shopping, medication reminders, and transport for trips out. Helpers do not provide personal care or medical care.</i>
15	Gosport Community Support	<i>Provides practical and social support for older, vulnerable and isolated people across the Gosport area. Our services include one-to-one befriending, advocacy including help with forms and accessing support, friendly social groups, and our developing Gosport Community Cars volunteer transport service. We aim to help people stay independent, connected and supported within their local community</i>
16	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.
17	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.
18	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.
19	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 Experience and Engagement Team will be on hand to hear from you and promote ways you can get more involved in your local NHS.
20	Hampshire & IOW Fire & Rescue Service	We will be promoting Hampshire & Isle of Wight Fire & Rescue Services FREE Home Fire Safety Visits.
21	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.
22	Home Library	Hampshire Libraries Home Library Service, can't get to the library, let us come to you
23	Live Longer Better	The Live Longer Better campaign is <i>raising awareness about simple things we can do in our 50s, 60s, 70s and beyond</i> to help us live healthier lives for longer
24	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.
25	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
26	Partners Through Pain	An NHS-recognised pain support group for individuals living with chronic pain who may experience isolation and would benefit from peer support. The group was set up in response to the absence of a local service specifically recognising and supporting those affected by chronic pain.
27	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.
28	Portsmouth Water	Portsmouth Water will be offering information on their schemes and tariffs to support customers.
29	Recapture Life	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.
30	Rowans Living Well	If you, or someone close to you, has been affected by a life-limiting or progressive illness, our services, guidance and advice are available regardless of diagnosis. We are open to patients, carers, family members and friends at any stage of the illness, including during bereavement. There is no need for an appointment or referral to attend one of our Drop-In sessions: • Every Thursday, 10:30am – 12pm at Gosport Community Hub, Brune Park Community School, Military Road, Gosport • Every Thursday, 2pm – 4pm at YourSpace Gosport, 51–52 High Street, Gosport, PO12 1DF Being able to speak to a nurse at the moment you need support can have a significant impact on your emotional wellbeing.
31	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!
32	Solent Mind	Fareham & Gosport Wellbeing Centre offers a range of social groups, wellbeing courses and peer support opportunities for adults aged 18+ registered with a GP in the Fareham and Gosport area. Our services help people manage their mental health and wellbeing while connecting with others in their local community.
33	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.
34	Spithead Arts	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. .
35	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.
36	Suntrek	I am a personal travel consultant, creating your dream holiday and looking after you through the whole process until you return! I do all the research for you, the paperwork, the phone calls, and make sure you have everything you need – including a correctly dated passport and the right visas! It costs you nothing as I earn my money from the Tour Operators. I work with over 600 suppliers, and can adapt to your needs and budget, short breaks to months away. Come and chat with me!
37	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
38	u3a	You can speak to u3a members, who will let you know how Gosport u3a can help you make the most of life, by exploring new ideas, skills and interests, when you have the time to join us.
39	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.
40	We Are One	Offer landline replacement broadband and sim cards for older people. We install the routers and telephones and help people set up their sim cards. We also offer advice on Gas and Electricity through Utility Warehouse.
41	Leaflet Table	An assortment of information from organisations unable to be at the event.