

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

The Fair brings together local community groups, charities, businesses and government bodies that help residents across the constituency.

ALAN MAK MP's 4TH Community Groups and Older Persons Information Fair 2019

BECOME A DEMENTIA FRIEND

Sessions being run by Dementia Friendly Havant at 11am and 1pm. No booking needed



THURSDAY 4TH JULY

Doors open 10am–2pm

Portsmouth Community Church
The Beacon • Meridian Centre
Havant • PO9 1UN

FREE Admission

The Community Groups & 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:



Promoted by Alan Mak MP of Building 6000, Langstone Technology Park, Langstone Road, Havant, PO9 1SA. Printed by Senator Press, Unit 3-4 Hayward Business Centre, New Lane, Havant, Hampshire, PO9 2NL



Portsmouth Water are proud to support Alan Mak MP in his 4th

Community Groups and Older Persons Information Fair

Based in Havant, Portsmouth Water have been supplying fresh water to our customers since 1857. We provide high levels of service to our customers and excellent value for money.

At the event we will be available to discuss:

- our range of schemes and tariffs to help with water charges
- information on how to save water in the home
- our free service for our customers who need extra support due to age, ill health, a disability or a mental illness



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or call Customer Services
023 9249 9666



WELCOME FROM LOCAL MP ALAN MAK

I'm delighted to welcome you to my 4th Havant Constituency Community Groups and Older Persons' Information Fair.

As your local MP I work hard to improve life for everyone in our constituency, whether that's helping residents find work through my Jobs, Apprenticeships & Careers Fair, backing our local shops, high streets and community heroes through my Small Business & Community 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 local community. 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 exist to help or serve residents of all ages. Following the success of my first three Fairs – in 2018, 2017 and 2016 – which have been attended by thousands of local people, I have worked hard over the last nine months to organise today's event to bring many of those organisations together again under one roof, so residents of all ages – and their families, carers, neighbours and friends – can see what's on offer. I hope you will enjoy meeting our exhibitors.

Again this year there are Dementia Friends workshops at 11AM designed to help residents spot the signs of dementia organised by Dementia Friendly Havant. The training is free, no appointment is needed, and

I encourage as many residents as possible to attend. Thank you to everyone who has helped make my 4th Fair possible today. Our key partners are Lockheed Martin, Portsmouth Water, Fat Face and South Western Railway and I am 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. SGN and Connect to Support Hampshire 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 Katie at The Beacon and Rob at the Meridian Centre for their help with my Fair.

Finally, thank you to all the exhibitors and local residents who are at the heart of today's Fair. 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



**Get support
Get advice
Get connected**

**Connect to
Support
Hampshire**

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-  Practical online help to regain or maintain your independence and get the support you need



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- Support for carers
- Managing at home
- Living with disability
- Equipment and aids
- Finding, arranging and paying for care
- Care providers and care homes

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www.ConnectToSupportHampshire.org.uk

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!



Locking cooker valve

The simple safety device is fitted to existing gas cooker pipework. When the valve is locked, the gas supply to the cooker is stopped. This eliminates the risk of the cooker being unintentionally turned on or left on. The carer or relative can easily turn the valve on and off when the cooker is required.



Our free safety device keeps people, such as those with Alzheimer's or autism, gas safe in their own homes

We manage the network that distributes natural and green gas to over 5.9 million homes and businesses across the south of England and Scotland.

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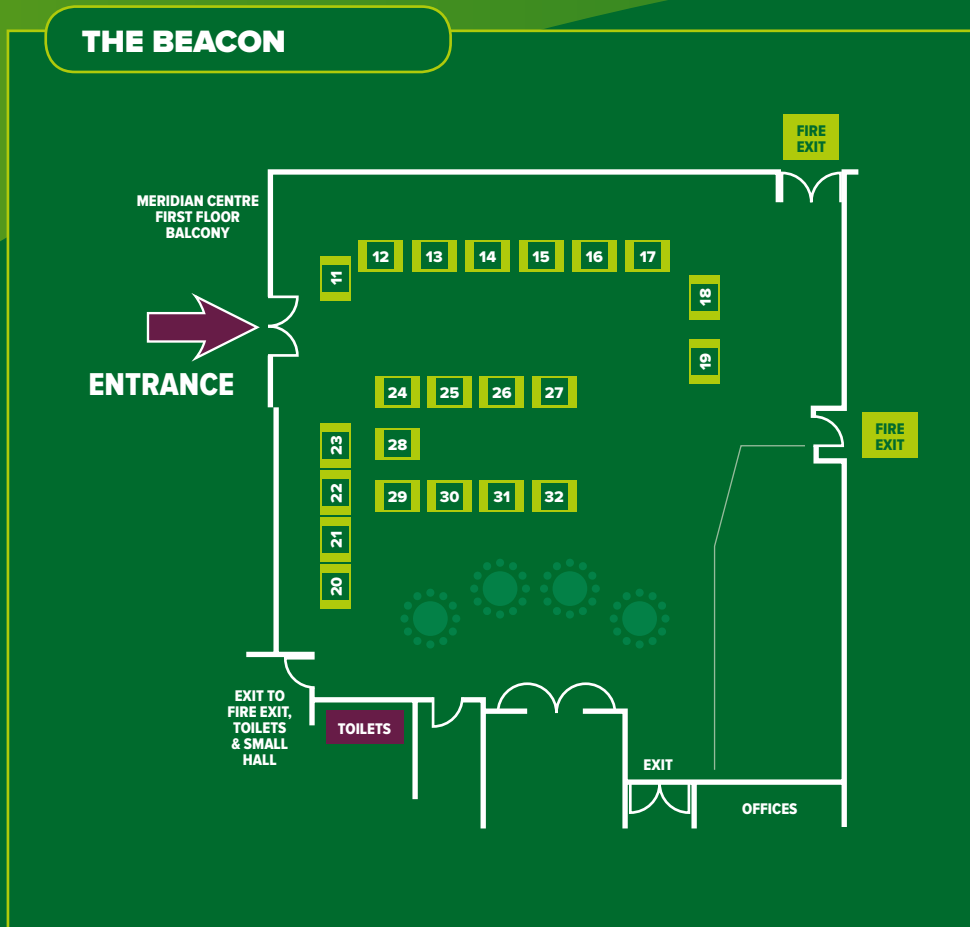
 locking.valve@sgn.co.uk

 sgn.co.uk/LCV



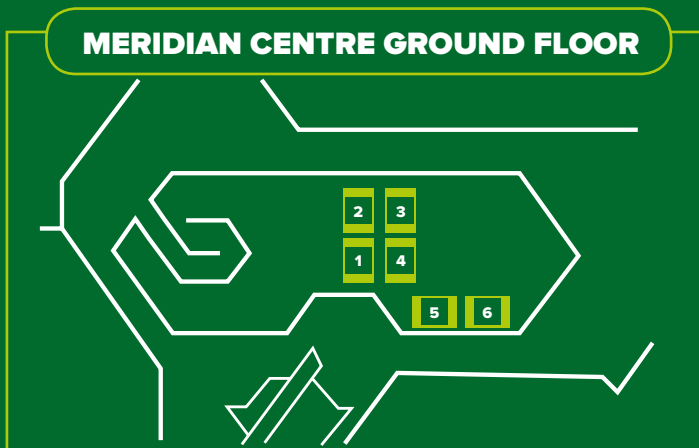
SGN
Your gas. Our network.

THE BEACON

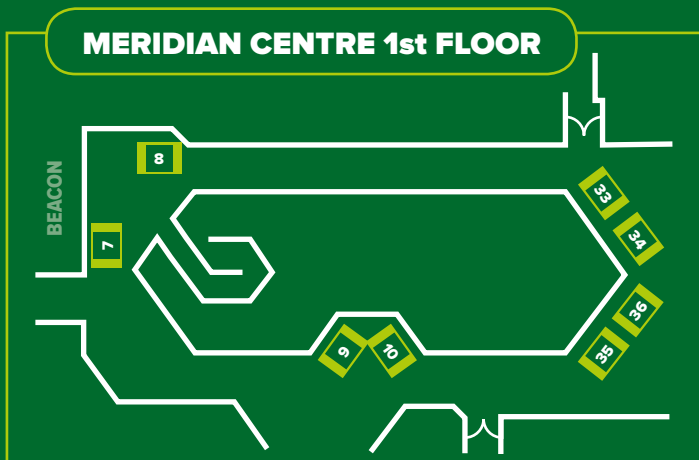


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|---|---|
| 1 Age UK | 11 CHS Health Care |
| 2 Barclays Digital Eagles | 12 SGN |
| 3 Rowans Living Well Centre | 13 Portsmouth Water |
| 4 Citizens Advice Bureau Havant | 14 Macular Society |
| 5 BH Live | 15 Trefoil Guild |
| 6 Princess Royal Trust for Carers in Hampshire | 16 Churchers Solicitors |
| 7 My Speech | 17 Warblington and Denvilles Residents Association |
| 8 Diabetes Research and Wellness Foundation | 18 Sisterly Care |
| 9 The YOU Trust | 19 italk |
| 10 The Hayling Island Choir | 20 Denvilles Women's Institute |

MERIDIAN CENTRE GROUND FLOOR



MERIDIAN CENTRE 1st FLOOR



- | | |
|---|---|
| 21 Havant Talking Newspaper | 30 Right at Home |
| 22 Methodist Housing Association Living at Home Havant | 31 Havant and Leigh Park Good Neighbours |
| 23 U3A | 32 Get Up and Go! - Havant Borough Council |
| 24 Alzheimers Society | 33 Bedhampton Community Hall |
| 25 Argenti - Hampshire County Council | 34 Police and Crime Commissioner |
| 26 Connect to Support Hampshire | 35 Home Instead |
| 27 Hampshire Library Service | 36 Action on Hearing Loss |
| 28 Diabetes UK | |
| 29 Solent Male Voice Choir | |

EXHIBITOR CONTACT NUMBERS

The You Trust

t: 01329 825930

**Diabetes Research and Wellness
Foundation**

t: 02392 637808

SGN

t: 0800 9121700

**Hampshire County Council -
Connect to Support Hampshire**

t: 01962 847539

Macular Society

t: 02392 465692

Hampshire Library Service

t: 0300 5551375

Diabetes UK

t: 0345 1232399

Denvilles WI

t: 02380 616712

BH Live

t: 02393 200401

Hayling Island Choir

t: 02392 462592

Age UK Portsmouth

t: 02392 862121

Portsmouth Water

t: 02392 499888

Hampshire East Trefoil Guild

t: 0207 8346242

Citizens Advice Havant

t: 02392 476013

Police and Crime Commissioner

t: 01962 871595

Home Instead Senior Care

t: 02393 190091

Bedhampton Community Hall

t: 02392 480654

**Princess Royal Trust for Carers
in Hampshire**

t: 01264 835246

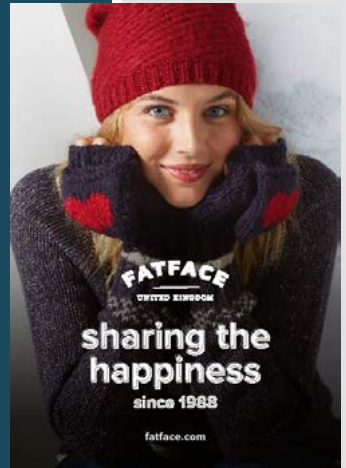
FATFACE

UNITED KINGDOM

It all began in 1988... with two guys enjoying life on the slopes in the French Alps, trying to avoid working for a living. With money running out, they made a plan; print some sweatshirts and t-shirts, sell them at night and ski during the day. With that simple formula, the FatFace brand was born.



Past forward 29 years and today, we produce quality clothing and accessories for men, women and kids, all designed in-house at our home in Hampshire. You can find us in over 200 stores across the UK and online at fatface.com.



We built our New DC in Havant to protect our workforce and to continue our business growth. We are supporting our local community and local business.



Nothing Moves without Infrastructure

EXHIBITOR CONTACT NUMBERS

Churchers Solicitors

t: 02392 210170

Warblington and Denvilles Residents Association

t: 02392 474341

Alzheimers Society

t: 03303 330804

My Speech

t: 07721 658554

CHS Health Care

t: 01213 628846

Havant Borough Council - Get Up and Go Project

t: 02392 446019

Action on Hearing Loss

t: 08088 080123

Havant and Leigh Park Good Neighbours

t: 07908 435657

Solent Male Voice Choir

t: 02392 453634

Rowans Living Well Centre

t: 02392 248011

Barclays Digital Eagles

t: 0800 400100

Sisterly Care

t: 02392 45422

Argenti Hampshire County Council

t: 01962 847095

Havant Borough Talking Newspaper

t: 02392 480101

MHA Havant Methodist Church Living at Home

t: 07483 112137

Right at Home

t: 02393 878777

italk

t: 02380 383920

Havant U3A

t: 023 9261 1350

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



023 9286 2121

The Bradbury Centre
16-18 Kingston Road
Portsmouth PO1 5RZ

www.ageuk.org.uk/portsmouth



Registered charity number 1059945



Free Independent Advice

Visit us at our Advice Centre in Leigh Park Community Centre or outreaches in Waterlooville Library, Havant Plaza and Hayling Island Community Centre

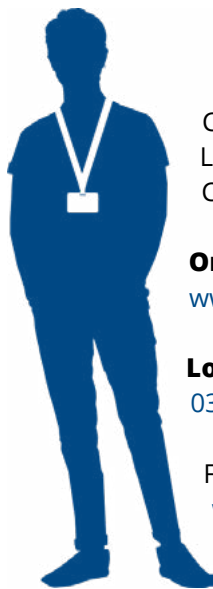
Online advice with webchat

www.citizensadvice.org.uk

Local Telephone Adviceline

03444 111 306

For all our opening times and locations go to www.citizensadvicehavant.org





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