

Later Life Matters

Tuesday 28th April 2015

Invitation

What services are available for older people in Nottingham?

This free event brings together solutions to many of the challenges that come with later life.

Seven expert speakers will explain how their organisation provides guidance and support.

The whole event lasts half a day; choose a morning or afternoon session, whichever suits you best.

And for those who only have their lunch hour, we offer a 'drop-in' session between 12.15 - 1.25 for you to visit the stands and ask questions.

- 26 stallholders offering guidance and support to older people.
- A mix of charities and businesses.
- Short talks running throughout the day.
- Friendly and relaxed.
- Free refreshments.
- Car parking discount.

Attendance to this event is free of charge.

Please reserve your place as soon as possible, as spaces are limited

To book a place or for more information, visit us at www.laterlifenottingham.co.uk

NOTTINGHAM PLAYHOUSE

Wellington Circus

Nottingham

NG1 5AF

Morning session: 9.00am - 12.15pm

Afternoon session: 1.00pm - 4.30pm

Lunchtime Drop-in: 12.15pm - 1.25pm

R.S.V.P. by email please to
guest@laterlifenottingham.co.uk

Please tell us: • Your name and contact details
• The session you would prefer
Morning, Drop-in or Afternoon?

Or ring 01728 605107

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Programme

Draft programme below - subject to change

MORNING SESSION 9.00am - 12.15pm

- 9.00 - 9.25am.....Welcome - Tea/Coffee
An opportunity to look at the stands and leaflets
- 9.25 - 9.30am.....Welcome address
- 9.30 - 9.45am.....Cancer Matters (Maggie's Nottingham)
- 9.45 - 10.00am.....Money Matters (Hudson Wealth Management)
- 10.00 - 10.20am.....Break to visit stands
- 10.20 - 10.35am.....Care at Home Matters (Home Instead Senior Care)
- 10.35 - 10.50am.....Full-time Care at Home Matters (Christies Care)
- 10.50 - 11.10am.....Break to visit stands
- 11.10 - 11.25amThe Law Matters (Geldards Solicitors)
- 11.25 - 11.40am.....Dementia Matters (Alzheimer's Society)
- 11.40 - 12.00pm.....Break to visit stands
- 12.00 - 12.15pm.....Information Matters (Age UK)
- 12.15 - 1.15pm.....Final Break 'drop-in' session starts

AFTERNOON SESSION 1.00pm - 4.30pm

- 1.00 - 1.25pm.....Welcome - Tea/Coffee plus 'drop-in' session continues
An opportunity to look at the stands and leaflets
- 1.25 - 1.30pm.....Welcome address
- 1.30 - 1.45pm.....Information Matters (Age UK)
- 1.45 - 2.00pm.....Money Matters (Hudson Wealth Management)
- 2.00 - 2.20pm.....Break to visit stands
- 2.20 - 2.35pm.....Care at Home Matters (Home Instead Senior Care)
- 2.35 - 2.50pm.....Full-time Care at Home Matters (Christies Care)
- 2.50 - 3.10pm.....Break to visit stands
- 3.10 - 3.25pm.....The Law Matters (Geldards Solicitors)
- 3.25 - 3.40pm.....Dementia Matters (Alzheimer's Society)
- 3.40 - 4.00pm.....Break to visit stands
- 4.00 - 4.15pm.....Cancer Matters (Maggie's Nottingham)
- 4.15 - 4.30pm.....Final Break & End of Session

LUNCHTIME SESSION 12.15PM - 1.25PM

ORGANISATIONS ATTENDING WITH STANDS AND LEAFLETS

Age UK, Home Instead Senior Care, Christies Care, Hudson Wealth Management, Maggie's Cancer Support, Geldards Solicitors, Alzheimer's Society, Vauxhall Motability, Handelsbanken, Treetops Hospice, Techsilver Wiltshire Farm Foods, The Arthritis Society, Stroke Association, Cornwater Club, Oddfellows, Sixty Plus, Nottingham Playhouse Golden Age, Rushcliffe & Nottingham Community Volunteer Service, TEMS Podiatrist, My Sight, Nottingham Oasis Breast Cancer Trust, Reflex Therapy & Equilibrium Reflexology, Manicurist.