

## Calderdale Forum 50 Plus Newsletter – February 2016

**Calderdale Forum 50 Plus** aims to support and represent people aged 50 and over in Calderdale and to promote a collective voice on issues that matter to them. We also highlight information and issues which are useful and important to this age group via our website.

### LATEST NEWS & ADVICE ON OUR WEBSITE

[Energy Supply](#): We look at how Citizens Advice is an excellent source of advice if you are looking to switch energy supplier, or looking for a more competitive price for your energy needs.

[Health News](#): We've recently increased the number of health-related stories and news items on our website. Follow the link above to read all the latest on health issues that might be relevant to you.

[Winter Health](#): How to stay fit and healthy during the colder months of the year. What your priorities should be!

### WHAT'S ON YOUR MIND?

We're always interested to hear what our readers' current concerns are, as we look to represent the over-fifty population of Calderdale. Whether it's personal health issues or wider points about the NHS, the floods, lack of local facilities or perhaps bus service problems, we'd like to know. Email us on [calderdaleforum50plus@hotmail.com](mailto:calderdaleforum50plus@hotmail.com) or leave a message on 07870 434 492. Your views will help us to draw up action plans for our organisation and add content to our website and newsletters.

### MORE FROM OUR WEBSITE

[Upcoming Events](#): We maintain a diverse diary of events and things to do, aimed at Calderdale's 50 plus population. We always welcome submissions to this diary and we're adding new listings all the time, so please come back regularly!

[Useful Links](#): These are websites we use and recommend ourselves:

- [Activities, Fitness and Recreation](#)
- [Arts and Entertainment](#)
- [Health and Wellbeing](#)
- [Community Groups and Local Interest](#)

### CONTACT

Web: [www.calderdaleforum50plus.com](http://www.calderdaleforum50plus.com) - Tel: 07870 434 492

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