

Calderdale Forum 50 Plus Newsletter – March 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.

WE LAUNCH MAJOR NEW HEALTH INITIATIVE

In partnership with the Women's' Activity centre (WAC) we are delivering a diabetes self-management programme to Urdu/Punjabi speaking BME community members who are suffering from Diabetes – [More Details](#)

LATEST NEWS & ADVICE ON OUR WEBSITE

[Choosing a Care Home](#): what to consider and who to turn to for reliable advice when choosing a care home for yourself or a relative/friend.

[Changing Energy Supplier](#): Citizens Advice are currently an excellent source of advice if you are looking to switch energy supplier, or looking for a more competitive price for your energy needs.

[Latest News](#): From using the internet to find health information, through to writing wills, getting better home insurance quotes and nutritional advice, our news section is constantly updated!

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 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

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 - Tel: 07870 434 492

Email: <mailto:calderdaleforum50plus@hotmail.com>



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