

Calderdale Forum 50 Plus Newsletter – May 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 FOR YOU ON OUR WEBSITE

- [Piece Hall Video](#) – view the re-build from the air and hear from experts on the archeology, history, stonework and on the excavation work itself. Absolutely fascinating!
- Walking in Calderdale – new schedules of walks are out from [Heritage Walks](#) and [Wildside Walks](#). Both very well organised & totally engaging experiences. Recommended!
- [Health News](#) – lots of topical news on health issues like hay fever, NHS health checks, dementia research, avoiding blood clots and slowing the ageing process.
- [Halifax & Huddersfield Hospitals Consultation](#) – news on where the final few meetings and consultations are. Plus how you can feed back online.

WHAT'S ON YOUR MIND?

We're always interested to hear what our readers' current concerns are. 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](#)

Advice: Good, basic advice on a number of key subjects

- [Reporting Abuse](#) – advice on safeguarding vulnerable adults
- [Choosing a Care Home](#) – where to look and what to consider.
- [How To Switch Energy Supplier](#) – help from Citizen's Advice.

CONTACT

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