

## Calderdale Forum 50 Plus Newsletter

### Summer Health Special May-June 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. This month, we are highlighting some of the health news and advice on our website that's topical now that we are entering summer.

#### HEALTH NEWS ON OUR WEBSITE

- [ADVICE: Splinters](#) – how to remove them quickly and safely:
- [INFO: bunions](#) – the causes and treatment:
- [INFO: Blood clots](#) – who is at risk and when?
- [PREVENTION: Diet](#) - Why a Mediterranean diet is good for you:
- [PREVENTION: Exercise](#) - A complete range of exercises for older people:
- [INFO Dementia:](#) - Your dementia questions answered:
- [PREVENTION: Health](#) - Why you should get your free NHS health-check:
- [ADVICE: Health](#) - How to deal with hay fever:
- [INFO: Menopause](#) - The menopause. Facts and advice:
- [PREVENTION: Eyes](#) - Why getting your eye's checked can help with your general health:

#### 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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