

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome

As we write this the feelgood factor is returning and the hoped-for resumption of most aspects of normal life appears very likely to happen on 19 July. Crowds have returned to national events including the European Football Championships at Wembley and the tennis at Wimbledon. While we continue to report on COVID-19 and its impact in Calderdale, we have plenty of positive news for you this month including the return of activities and events to Calderdale. Also news of two important Civic Trust awards for Halifax and more courses from Calderdale Adult Learning.

Cornavirus News

England remains in Step 3

With the Prime Minister saying life will return to close to normal on 19 July (the new step 4), we have published a reminder of the current guidance on restrictions and the changes that were made on 21 June to weddings, funerals and commemorative events.

Vaccination Clinics near you

If you have missed your first or second COVID-19 jabs, then there is still time to get vaccinated. In addition to pre-booked appointment sessions, the NHS in Calderdale continue to run regular walk-in vaccination clinics where you do not need to book in advance.

Video: How to do a rapid test at home

If you need to get tested because you have come into contact with someone who has COVID or for an event, find out how to do a COVID-19 rapid test at home for yourself (or someone else) and report the results. Rapid tests are only for people who do not have symptoms of COVID-19.

You can read more on all three stories on our website by searching coronavirus news.

Award for innovation and heritage in Halifax

Two innovative landmarks in Halifax have been honoured with the top prize in the Halifax Civic Trust Awards. The Duke of Wellington's Regimental Memorial and Trinity Sixth Form Academy were announced as the winning projects at the Halifax Civic Trust's recent virtual annual general meeting.

Calderdale's Adult Learning course update

Calderdale Adult Learning have released an online brochure of part-time and short courses for adults. The range on offer is very varied and inspiring – from practical skills to digital know-how, there's something for everyone.

Arch-Way Project Resumes

The Arch-way project for people with mental health, dementia or experiencing extreme loneliness has restarted activities on Mondays and Tuesdays as well as a pilates class on Thursdays. To find out more search Arch-Way on our website.

Grow Calderdale Summer Newsletter

Now we have escaped from the cold, wet spring, vegetable gardens are producing crops and flower borders are moving towards their summer best. A great time to be outdoors and make the most of your garden with tips and ideas on our website from Grow Calderdale.

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In Touch - social groups in Calderdale

While some social and activity groups are now meeting again, many are waiting for the final lifting of lockdown restrictions and we will update our website as we get more details. This newsletter lists two groups that have restarted and are welcoming new enquiries. More details in our In Touch directory online.

Calderdale Heritage Walks return

Calderdale Heritage Walks take people around historic parts of Calderdale, usually Sunday afternoons for about 2 hours. Walks began again on 27 June and more walks are planned throughout July. Numbers are restricted to 22 and pre-booking is required.

Courses and workshops in stonecarving

The West Riding Stonecarving Association brings the art of carving stone to the general public and they offer classes, workshops and a weekend course. Why not try your hand at something different and carve a Yorkshire Rose!

2 Wheel Tod Cycling Festival – 22 August

An event for cyclists and non-cyclists of all ages and abilities has been organised for 22 August including Stunt Cycle Displays, Static Cycle Fitness Classes, a Slow Cycle Challenge Course and much more. Tickets are available from Todmorden Information Centre.

New Menopause support group – every Monday

Thanks to the recent Davina McCall programme: Sex, Myths and Menopause, a new support group is meeting every Monday in Lee Mount to enable women in Calderdale to connect with other women experiencing the menopause.

Government want you to claim pension credit

The Government want eligible older people to proactively claim Pension Credit, therefore in June, The Department for Work and Pensions (DWP), Age UK and the BBC collaborated for a Pension Credit Day of Action.

When your parents have memory loss: What next?

It's normal to occasionally forget where you kept some items such as your keys or an acquaintance's name. Still, memory loss resulting from ageing is quite different and more frustrating. When you get the news that your parents have memory loss, it's not only heartbreaking but frightening because you might not know how to deal with the situation. Read our online blog to find out more.

Staying Well: Help for lonely & isolated people

Staying Well are based in Halifax and work with individuals and communities to help people feel less lonely and isolated. They link people together and help everyone live happier and healthier lives; for longer. If you know someone who is lonely or isolated, you can easily make a referral to Staying Well.

Get help paying your bills with Yorkshire Water's special tariffs

Yorkshire Water have made a number of different tariffs available to support householders on low incomes, people with a disability, medical condition or serious illness and those who are struggling to pay their water bills, possibly due to temporary circumstances, such as the current COVID-19 pandemic. Our online blog gives full details of the money saving options available and is well worth a read. Or call 0800 1 38 78 78 to find out more.

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