

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome

This month's newsletter brings you details of lots of "over 50" groups and activities that have recently restarted their meetings. From coffee mornings at local churches and community centres to New Age Kurling and table tennis, there is something for everyone.

Here at Calderdale Forum 50 Plus, we have also restarted our monthly committee meetings and plan to hold our delayed Annual General Meeting (AGM) in November. If you are interested in attending the next meeting, please email us at info@calderdaleforum50plus.com

Halifax bus station - service changes during redevelopment

Following the partial closure of Halifax Bus Station last month to enable construction work to start on a new £17.7m facility, the next stage of the scheme began on Saturday 2 October. There has been some bus stand changes within the station and we have updated our web page with the most up-to-date links to the most relevant West Yorkshire Metro web pages. [Search Halifax bus station on our website.](#)

Calderdale Council supports International Day of Older Persons

The 31st International Day of Older Persons took place on Friday 1 October. With Calderdale Council aiming to join the UK Age Friendly Communities Network, we are looking forward to increased opportunities for older people in Calderdale to help shape the region. Transport, housing, outdoor spaces, volunteering, employment opportunities and leisure & community facilities need to be designed, built and developed around the needs of older as well as younger people.

Calderdale's sport and fitness centres up and running

With Calderdale's sport and fitness centres now fully back up and running, if you haven't done so already, now's the perfect time to sign up for a fitness membership and get back to doing what you love.

Calderdale Libraries update

Most of our region's libraries are now open with extended opening hours and welcoming visitors- both old and new! Book reservations are still free of charge and the Select & Collect service and home delivery service for people who can't leave home easily is still available.

Special award win for local homecare firm

Home Instead Calderdale has received a prestigious award by a national reviews website, having been named one of the top 20 home care companies in Yorkshire and the Humber. They have made it onto the impressive list out of 796 home care companies in the region and this is the third time they have won this award.

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. [More details on our website.](#)

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'Sing for Fun' is looking for new female singers

'Sing for Fun' is the ideal way to 'kick-start' the week, singing well-known songs, unusual melodies and a great way to make new friends on Monday evenings. No prior singing experience required and a chance to take part in occasional charity events. [To find out more contact Ann on 01422 200334 or email \[info@thestudiorooms.com\]\(mailto:info@thestudiorooms.com\)](#)

Over 60s Keep Fit Hour

Halifax Boxing, Sports & Fitness Club has started a fitness hour, designed specially for the over 60s and for all levels. Sessions run every Tuesday and involve a variety of activities to help you build fitness. [Email \[L.Kaung@outlook.com\]\(mailto:L.Kaung@outlook.com\) to find out more.](#)

Brighouse Third Age group reopens Monday 11 October

Brighouse Third Age group reopens on Monday 11 October, providing a wide variety of activities and classes from Waring Green Community Centre. Whether its table tennis, flower arranging, French Conversation, beginner's bridge, tap dance or art, there is something for everyone. [Call Mike Halliwell on 01484 715944 to find out how to get involved.](#)

Young at Heart Club is back

The club is meeting again on Thursdays from 2 to 4pm at the Shay Stadium. This large and diverse group for the over 50s welcomes new visitors and runs table top games, ten pin bowling, new age kurling and more. [Email \[andyakowheels@gmail.com\]\(mailto:andyakowheels@gmail.com\) for more info.](#)

New friendship groups restarting

As the reopening up after COVID continues, we are starting to gather together a list of friendship groups, coffee mornings and lunch clubs across Calderdale but we need your help to list them all. If you know of a club or group that you'd like to add, do get in touch with us at info@calderdaleforum50plus.com

[For information on more 50 plus friendly groups and activities in Calderdale search In Touch on our website or see the button on the homepage.](#)

The Viaduct Theatre welcomes group bookings

The Viaduct is back with a great Autumn and Winter programme. If you are looking to organise an outing for a group of friends or a club, then Kat at the Viaduct Theatre is available to help you plan a Theatre Trip.

New Every Mind Matters campaign to improve people's mental health

A new campaign has been launched by the Government to help people with their mental wellbeing after half of adults in England say Covid has impacted their mental health.

Dice game rolls back the years

A new Reminiscence Dice Game has been purposely designed to enable people to re-live the greatest memories of their lives, using creative and fun methods. Whilst this resource has wide appeal, it will be particularly life-enhancing for people living with dementia and older individuals.

Help from Citizens Advice Bureau to keep warm during winter

With high and increasing energy prices as well as the imminent reduction of Universal Credit, many people may be forced to choose between paying their rent, buying food and keeping warm. Citizen's Advice can help with both guidance on reducing energy bills and identifying further support options.

New contact details for Calderdale Forum 50 Plus

Due to changes as a result of the last year of lockdowns, we are no longer based at the Threeways Centre. [New contact details are on our website.](#)

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