

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome to our January 2022 newsletter and a happy new year from the team at the Forum!

2021 was another challenging year and just as many community groups and support organisations which serve the over 50s reopened face-to-face contact last Autumn, COVID-19 returned to dominate the headlines in November. As the Omicron variant spread rapidly across the country, the Government put maximum effort behind the booster vaccine programme.

As we await the full impact of the holiday period on hospitalisation rates in Calderdale, we report on a number of over-50 groups and events planned for the next three months. As we received these updates just before Christmas, it is worth checking with each organiser to see if in-person events are still going ahead.

New Year courses starting at the University Centre Calderdale College

It's not too late to make a change and start something new! Why not start 2022 the right way with one of the University Centre Calderdale College courses starting in January. Both accredited learning and further education courses are available. [Search Calderdale College on our website to see the course list.](#)

Halifax memory game for people with dementia: Our Time and Place

Our Time and Place Halifax is a board game for people with memory loss or dementia. It is ideal for playing in small groups at social gatherings and companionship cafes or at home with family and friends. [You can purchase a copy from Phoenix Radio - more details on our website.](#)

Health, Wellbeing & Fitness classes

As well as our In Touch directory of clubs and groups, we now have a growing list of over-50-friendly health, wellbeing and fitness classes taking place at venues across Calderdale. [You will find them on our website under the drop-down Events heading.](#)

Get access to bottled water in an emergency with Yorkshire Water's Priority Services Register

By signing up to the Priority Services Register, you can get quicker access to bottled water, in case of flooding or supply stoppages this winter. The Register is free to sign-up to and supports older customers or those who may be in 'vulnerable' circumstances, whether these circumstances are temporary or permanent. [It's easy to sign up by calling Yorkshire Water on 0800 138 7878 or search Yorkshire Water on our website.](#)

PELLON Over 50's Luncheon Club meetings restart on 6 January

The "Over 50's Luncheon Club" organised by Halifax & District Irish Society is restarting with fortnightly meetings at The Pellon Social Club, Moor End Road, Halifax including live entertainment. [More details on our website events section.](#)

New Year programme of wellbeing walks from Healthy Minds

Healthy Minds has released a full programme of walks for the new year, starting on 5 January and running through to March. Their walks take place at various locations across Calderdale and are opportunities to get out, do some gentle exercise and chat to others in a relaxed environment for around two hours. [More details on our website events news pages.](#)

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New drop-in support groups and workshops for the new year

Healthy Minds has launched its programme of free Calderdale groups and activities for the new year to help you feel well or improve your mental health. Some support groups are delivered in-person and others on Zoom. Workshops include online digital skills, anger management, building emotional strength, lantern making and more. [Search Healthy Minds on our website for the programme.](#)

CREW – Exercise & Rehab In Calderdale

CREW is a voluntary organisation based in Calderdale which provides Cardiac Rehabilitation exercise classes for people with heart problems or conditions that mean they could be at risk in the future. They offer fitness classes and walking group activities to continue fitness levels commensurate to the NHS and Better Living Team phase 3-4 cardiac Rehabilitation programmes. [Search CREW on our website to find out more.](#)

More antivirals to help fight COVID ordered for major trial

Millions more cutting-edge antiviral treatments for COVID-19 have been secured for NHS patients as the UK government signs 2 new contracts to help tackle Omicron. The significant new deals have been accelerated following the emergence of the Omicron variant to protect vulnerable people over the coming months. The move will help reduce hospitalisations and ease pressures on the NHS.

Optometrists Association provide advice on safe driving this winter

The Association of Optometrists are reminding motorists to take extra care by sharing winter driving advice as latest research reveals most optometrists continue to see patients whose vision falls below the legal standard, with over half reporting that they've seen more patients driving without an up-to-date prescription after delaying their sight test during the pandemic.

The British Medical Journal Looks At The Omicron Variant

The SARS-CoV-2 omicron variant, first detected in South Africa on 24 November, has now been found in 57 countries. Elisabeth Mahase of the BMJ (British Medical Journal) website looks at what we know about it so far, including how well treatments and vaccines work. [Search latest news on our website.](#)

Care home residents now allowed only three visitors

Just before Christmas, the Department of Health introduced new safety measures for care home residents which only allow three visitors and a designated carer "to balance the current Covid-19 risk and the need to keep people safe".

Male Menopause: It's not what you think

You've probably heard of the menopause in women, but did you know men go through a similar hormonal change as they age? For some older men, the onset of male menopause can be a difficult time, with different symptoms beginning to affect their well-being, male menopause can have an even bigger impact on their mental health. [Read more in our health & wellbeing news section on our website.](#)

Energy tips: save up to £250 per year

On our website are some easy to achieve energy efficiency measures that, combined, could save you hundreds of pounds per year. Our friends at Citizens Advice Calderdale compiled this list and kindly shared it with us. [Search energy saving on our website to find out more or contact Citizen's Advice direct.](#)

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