

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome to our February newsletter!

This month we report on the worrying news announced by the Government on 3 February, that the energy regulator's new price cap – the maximum amount suppliers can charge customers for each unit of energy will add hundreds of pounds onto the annual bill for 22 million homes. Age UK has been campaigning for more support for older households to cope with rising costs and a package of support was also announced by the Chancellor. Read more below.

We now have a date for our postponed AGM, which will be held on Tuesday 5 April at 2pm at the Shay Stadium, Shaw Hill, Halifax. All who have an interest in our over 50 community in Calderdale are welcome to attend. Please reply to info@calderdaleforum50plus.com so we can plan numbers.

Calderdale Council newsletter: budget proposal open to view

Calderdale Council's latest newsletter has been published announcing support for COVID- hit businesses as well as a public consultation on their "robust and balanced" budget proposal for the financial year 2022/23. The consultation is open until 13 February. [Read the newsletter on our website.](#)

Beekeeping – Looking for volunteering that will give you a buzz!

Bees are essential for our survival. They pollinate much of what we eat and play a critical role in sustaining ecosystems around the world. But the last decade has been devastating for insect populations, and bees have been hit hard – with populations shrinking by a third in the UK. Interested? Please get in touch with Park Pollinators: neil.davidson@regen.org.uk

How Yorkshire Water can help you with their Priority Services Register

Yorkshire Water has now released a really helpful (and short) video explaining the benefits of their Priority Services Register. If you haven't signed up already we recommend you take a look. Anyone aged over 65 or who is in vulnerable circumstances can sign up. [Contact 0800 1 38 78 78 to sign up.](#)

Working in Wood Exhibition comes to Calderdale Industrial Museum

A new exhibition featuring the amazing wood carvings of Ripponden-based Anthony Griffiths, opened at the Calderdale Industrial Museum on Saturday 29th January and runs until April 23rd.

News from Riverside Cafe Ripponden

Riverside Cafe was set up to benefit the local community in Ripponden by providing a place where people who are alone, feel isolated, as well as those with dementia and their carers can meet together. They meet fortnightly on Wed afternoons. See our website for exact dates.

See winter wildlife at Cromwell Bottom Nature Reserve

Loved Winter Watch on the BBC? Then why not take some time out to visit Cromwell Bottom, your local nature reserve and enjoy Calderdale's wildlife up close. The reserve is just outside Brighouse on the A6025 and is run by an enthusiastic band of volunteers!

Calderdale Forum 50 Plus aims to represent and promote the collective voice of people over the age of 50 in Calderdale by: Communication, Campaigning, Influencing, Encouraging and Empowering.

NEWS, ADVICE, SUPPORT, CARE

TOGETHER WE CAN CHOOSE WELL

SELF CARE

MANY MINOR ISSUES LIKE COUGHS, GRAZES AND SORE THROATS CAN BE TREATED AT HOME



PHARMACY

MEDICAL ADVICE AND TREATMENTS FOR THINGS LIKE COLDS, TUMMY TROUBLES, RASHES, ACHES & PAINS



NHS 111

VISIT [111.NHS.UK](https://111.nhs.uk) OR CALL 111 IF YOU NEED MEDICAL HELP QUICKLY. 24/7



MENTAL HEALTH

CALL 0800 183 0558 FOR FREE, CONFIDENTIAL HELP, SUPPORT INFORMATION & GUIDANCE



GP

GP PRACTICES PROVIDE ADVICE & SUPPORT ON A RANGE OF HEALTH CONCERNS- SEVEN DAYS A WEEK



A&E

FOR LIFE-THREATENING EMERGENCIES LIKE HEART ATTACKS. 24/7



TOGETHER WE CAN STAY HEALTHY

Together We Can – Which NHS Service do I need?

Winter sees all our health services under a lot of pressure. To help the NHS, we all need to know which service is best suited to our medical needs. From when to get out our first aid box to when to visit A&E, their quick and easy guide (above) will help you and your families make the right choice...and help ease the strain on the NHS. [Visit our website for more info.](#)

Build a winning mindset: new “Offload” workshop for men comes to Calderdale

A new workshop called Offload, lead by past and current rugby league players will equip you with tips and tools to reduce depression and anxiety and build mental fitness. Run by Calderdale’s OSCA Foundation, the workshops start this Monday 7th February at 6pm and run to Monday 14th March. A background in rugby is not required.

Award winning physio practice offers pilates classes for all

Keep doing the things you love with support from Plus Health Pilates! This friendly and professional team of chartered physiotherapists, based in central Halifax deliver a range of Plus Pilates classes for people of all ages, which are also physiotherapist-led so you can be sure to be in the best hands.

Bounce Back: Men’s Mental Health Project

Calder Community Squash is running a new ‘Bounce Back’ project, designed for men who are accessing mental health services. It will run from the beginning of February every Thursday afternoon (12pm – 1.30pm) in Halifax for twelve months.

Households face big increases in energy costs from April

The Government announced Thursday 3 February that the energy regulator’s new price cap – the maximum amount suppliers can charge customers for each unit of energy will add an average £693 onto the annual bill for 22 million homes. Age UK has been campaigning for help with the cost of living for older people for some time now and a package of financial support has also been announced for those most affected.

Older workers are the future!

New research from the Centre For Ageing Better finds that the latest increase in the state pension age (SPA) from 65 to 66 – which took place gradually between late 2018 and late 2020 – has significantly boosted the employment of both men and women, leading to 55,000 more 65-year-olds in paid work. Their short video on our website explains more.

Cut prescription costs with ‘Season ticket’

Do you use over 12 prescriptions a year? Consider a ‘season ticket’ to cut costs. Pay for a prescription in England and it costs £9.35 a time. Yet 100,000s could save with an NHS prepay ‘season ticket’, where you can pay £10.81/mth over 10 months for ALL annual prescriptions. [Search money & finance news for more.](#)

Calderdale Forum 50 Plus aims to represent and promote the collective voice of people over the age of 50 in Calderdale by: Communication, Campaigning, Influencing, Encouraging and Empowering.