

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome

With Spring just around the corner, we've got some great updates for you in this month's newsletter, with a mix of news, things to do and sources of help and support. Also, don't forget our 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 email info@calderdaleforum50plus.com so we can plan numbers.

Registering For The Emergency 999 Text Service

The emergencySMS (text) service lets deaf, hard of hearing and speech-impaired people send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard. You need to register your mobile phone before using the trial emergencySMS (text) service. This is best done before you need help. To register using text text messages you must:

- Send the word 'register' in a text message to 999
- You will then receive text messages about the service
- When you have read these text messages reply by sending 'yes' in an text message to 999
- You will receive a text message telling you that your mobile phone is registered or if there is a problem with your registration
- You can check your registration by sending the word 'register' in a text message to 999.

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Concert for the Young at Heart

Get your toes tapping and hands clapping at this year's Concert for the Young at Heart at the Victoria Theatre on 15 March! A few FREE tickets for senior citizens are still available for this annual Calderdale jamboree, sponsored by The Maurice Jagger Centre. The show returns to the Victoria Theatre after a break of two years during the pandemic.

Concert for the Young at Heart has been running for 18 years and is organised by Halifax's Stage Door Theatre Studio and relies on sponsorship, donations on the night and fundraising by the organisers. Entertainment is provided by local dance and singing groups all of which have a great time, giving them the chance to showcase their talents to a real, warm and appreciative audience on these special evenings.

To book a ticket email anne@concertfortheyoungatheart.co.uk or apply by post to Concert for the Young at Heart, c/o The Studio Rooms, 11, St James Street, Halifax HX1 5SU. Donations to the show also accepted at the above address.

Age UK Home Energy Checks

Keep warm and save money this winter. Book a FREE home energy check today and receive information about keeping warm and well and have free energy saving equipment installed in your home (conditions apply). Call and book today 01422 252040.

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TOGETHER WE CAN CHOOSE WELL **NHS**

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

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.

Stonecarving classes

Try the ancient craft of carving at a FREE introductory session with the West Riding Stonecarving Association! The Association brings the art of carving stone to the general public with this new FREE offer. They also provide a range of classes. The complete beginner can experience stonecarving at one of their regular day workshops and take home a carved Yorkshire rose for £60. Drop in to their premises at Shaw Lodge Mills, Halifax HX3 9ET for a look around, meet the team and see what is involved every Tuesday and Thursday from 10am to 9pm. To take up the FREE introductory offer and arrange your free workshop tour and practical session, call 07519 931784.

Mental Health Support

Wellbeing experts Absolute Specialists are offering three FREE confidential online sessions for people living in Calderdale who are struggling with their mental or emotional health. They teach you the tools and techniques that lift the mood and give a healthier perspective on life. They are reporting amazing results and clients feel significantly better, with symptoms of anxiety and low mood much improved. The one-to-one sessions with a trained practitioner are conducted over Zoom or by phone. Call, text or whatsapp Clare now to arrange your first session on 07984 115927.

Bus Station Update

Services at Halifax Bus Station changed in late February as work progresses on a new bus station. The station entrance, travel centre and bus stands have been relocated to the other side of the site, near the Sunday School Façade and Sainsbury's on Winding Road. Services 586 and 587, 226, 348 and 349 have moved to town centre bus stops. Most bus services will run from the town centre during the day with some evening services returning to the station from 7pm. A small number of services are remaining on site throughout. Passengers are being asked to call 0113 245 7676 for travel information. Information posters are displayed at the bus station, on buses, and on key buildings and bus stops in Halifax.

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

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