

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome to our July Newsletter

Our regular committee meetings are now held face-to-face and in June we welcomed two new members to the team as well as visitors from Stonewater UK, Calderdale Dementia Hub and the Upper Valley Social Work team to discuss the work of the Forum, the issues affecting the over 50s in Calderdale and how we might respond to these through the information and advice on our website.

We would like to see more Calderdale residents at our meetings and if you are interested in getting involved then you are warmly invited to join us on Tuesday 23rd August at 10.30am at Copley Mill House, Copley HX3 0UY. If you're interested in helping to improve Calderdale for older people, why not come along and have your say!

Award For Memory Lane Cafe Stalwart

Memory Lane Cafe Calderdale's June Harvey has been named as one of 490 Platinum Jubilee Champions by the Royal Voluntary Service. June was one of 70 people who were selected to be invited to attend the Platinum Jubilee Party at the Palace followed by the Big Jubilee Lunch with the Duchess of Cornwall at The Oval.

Older Person's Information Fairs

Calderdale Forum 50 Plus attended a free older person's information event, organised by Craig Whittaker MP on Friday 10th June at the Central Methodist Church in Brighouse. There were 80 stalls and a great turn-out as local people came to find out more about what's on offer for older people in Calderdale. The next event takes place on Friday 14th October from 10am to 2pm at Todmorden Town Hall.

Find out more about volunteering in Calderdale

Many people over the age of 50 or in the early stages of retirement decide to volunteer. It can be a hugely valuable and rewarding experience for the volunteers and the communities they support and there are plenty of opportunities available in Calderdale. We have now created a new Volunteering page on our website to help you connect with local charities and find opportunities to suit you.

Latest news from Calderdale Council

Calderdale Council's latest newsletter includes an update on the plans to improve Halifax Railway Station, the Countryside volunteers Growing Sphagnum Moss project to help restore our moorlands and plans to transform travel in Todmorden.

Carers' "Message in a Bottle" Initiative

Health leaders in West Yorkshire are encouraging unpaid carers to make contingency plans for the person they look after in the event of an emergency. 'Message in a Bottle' is a simple and effective way for people to share their basic personal and medical details in an emergency. This written information is kept in a bottle in a common location in the home – the fridge.

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Fitness for the Over 50s – from 7th July in Elland

A new fun and sociable 45 min class starts at the Bankfield Social Club on Thursdays at 10.15am. Low impact, nice and easy aerobics with strength building, flexibility and a stretching set to an uplifting soundtrack from the 60s, 70s & 80s. £5 per session. To find out more call Vicky on 07817 861290.

Mytholmroyd Community Centre Over 45's Walking Football

At Mytholmroyd Community Centre you can now enjoy Over 45's Walking Football – a slower version of the beautiful game. All you need is a pair of trainers, a bottle of water and maybe your favourite footie top. Sessions run on Wednesdays from 6pm-7pm £4 (First session free). Everyone welcome!

Table Tennis in Tod

A Table Tennis group has started on Tuesdays at 10am to 12pm at Todmorden Learning Centre and Community Hub, Burnley Road. All are welcome and bats and balls are available to use.

The cost is £5 or £2.50 for concessions.

Free activity classes for people 75 and over in Calderdale

If you are aged 75 or over and would like to connect with other older people and take part in activities such as tai chi, chair yoga, dance or light exercise then you can now register for some new activity groups, launching across West Yorkshire through the Re-engage charity. Face-to-face classes have started in Heptonstall and more locations are coming soon. **To find out more, contact Deb Meynell on 0113 322 4771.**

Health & Wellbeing Hub pages updated

We have now updated our Health & Wellbeing website pages to provide you with more essential links to the information you need as we continue to live with Covid-19 and in response to the continued pressure on our health services. Included is a link to Healthwatch Calderdale, a voluntary organisation that gathers and represents the views of people living or using services in Calderdale. If you have concerns about the service you are receiving from local healthcare providers, then they want to hear from you.

You can contact them on 01422 412 141.

Need help to apply for the Council Tax energy rebate?

Anyone who doesn't pay their council tax through direct debit will need to apply for their £150 rebate through the council website or call the Council or **you can request a face-to-face appointment by calling 01422 288001.**

It's a 10 from Len on 'Pension Credit – Day of Action'

Former Strictly Come Dancing Judge Len Goodman and Minister for Pensions Guy Opperman joined forces in the ballroom in a video to help promote Pension Credit. Wednesday 15 June was the second annual Day of Action, with the aim of encouraging pensioners to check their eligibility for Pension Credit and claim.

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.

News, advice, support, care: www.calderdaleforum50plus.com