

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your October newsletter

Welcome

This month we have news of several events celebrating the International Day of Older people, an initiative funded by Calderdale Council, where we have been able to offer a number of small grants to local organisations to hold celebration events where newcomers can come along, have some refreshments and experience what's on offer to regular attendees.

You can also come along and meet us at the Older Persons' Information Fair in Todmorden on 15th October (details below) or join us for our next meeting, scheduled for Tuesday 25 October, so save the date and join us at Copley Mill House, Copley, Halifax HX3 0UY, from 10.30 - 12.00 to hear more about our work and have your say on any issues you might have concerns about.

Young at Heart Group Take You "Back in the Day"

Celebrating the International Day of Older Persons, The Young At Heart Group are holding a 'Back in the day' event to engage older people with "back in the day" table top games with "music of the day" from the 40s, 50s and 60s. The event will be held on Thurs, 6th October from 2pm until 4pm at the Shay stadium, Shaw Hill, Halifax HX1 2YS. All are welcome.

Southowram Older People's Association Celebration Morning

Celebrating the International Day of Older Persons, this coffee morning, runs from 10 am to 12 noon at Southowram community centre and will showcase Southowram Older People's Association (SOFA). It will also be an opportunity for people to participate in some of their current activities such as New Age Kurling, art and Tai Chi. Wednesday, 19 October, from 10 am until 12 noon at Southowram Community Centre, off Law Lane, Southowram. Open to all SOFA members and others in the 50 plus age group within the community, their friends, family and carers. To book please contact Elizabeth Brook on 01422 342470.

Getting help from Calderdale Council's Customer First Service

Calderdale Council's Customer First Service is now open and operating from Halifax Central, Brighouse and Todmorden Libraries. If you need help with any council service or have a concern you wish to raise, then you can now drop into one of these three Customer First Service points (opening hours vary) or call and make an appointment to see an adviser on 01422 288011.

Mayor's Bus Fare Cuts Are Here

Great news – buses are getting cheaper! From the start of September, you've been able to travel for less thanks to the introduction of "Mayor's Fares" across the region, as the Mayor of West Yorkshire, Tracy Brabin, helps ease the cost of living crisis. For example, single journeys are capped at £2 and the MCard DaySaver is now £4.50, reduced from £5.50 – an almost 20% saving on the old price.

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Burglary Prevention Tips

There has been a slight rise in burglaries in Calderdale and West Yorkshire Police has a new initiative informing you how to make your home less attractive to burglars. Here are some simple tips to follow:

- **Lock your way out of trouble:** Unlocked doors and windows make for an easy day's work for a burglar on "Easy Street". Apparently 25% of burglaries in West Yorks are through unlocked doors & windows.
- **Gone for 5 mins!** Classic examples of when you leave doors open and when you "nip" to the shops for 5 minutes, or after coming home from work, or whilst you are in the garden.
- **Lock in and out:** The Police advise you get into the habit of locking windows and doors when arriving at or leaving home.
- **Are you in or not?** When you are out, try to make your house look occupied by leaving lights on, or by using a timer switch or fake LED TV simulator.
- **Don't help a thief:** Try viewing your home from an intruder's perspective. Things like ladders left lying around, can help burglars get into your home. Remove opportunities and make it harder to break in!

New Mental Health Service for Calderdale

A new mental health service has launched in Calderdale. Vita Health Group will work in partnership with the NHS to provide mental wellbeing services to support local residents. VitaMinds is a talking therapy service designed to support individuals by providing the tools needed to get things back on track. It's a free service.

They offer a range of short-term psychological therapies to adults 18-years and over, who live and are registered with a GP in Calderdale. Start now by calling their digital referral assistant. This will guide you through some questions and take up to 15 mins. Call them 0333 0153 494 from 8am – 8pm Mon to Fri and 9am – 12.30pm Sat.

Memory Lane Carers' Party

Memory Lane Cafe is celebrating International Day of Older Persons 2022 with a Carer's Party on 16th October at The Maurice Jagger Centre, Halifax from 1pm. A celebration of the work and dedication of senior (unpaid) carers who are looking after relatives with dementia. There are around 1700 such carers (65 and over) in Calderdale. To book contact June on 01422 706373 or 07920 549131.

Information Fair at Todmorden Town Hall: 14th October

This fair organised by Calder Valley MP Craig Whitaker, will bring a cross section of organisations together at Todmorden Town Hall from 10am to 2pm to give information, direction and ideas to older people in Calderdale.

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