

Welcome

DECEMBER 2022: In this month's Calderdale Forum 50 Plus newsletter, we have news of a traditional

Christmas concert, plus short features on making your home more secure; tackling antibiotic resistance; and on the wide range of activities open to residents of Pellon and Mount Tabour. From all the Calderdale forum 50 Plus Team, we'd like to wish you all a Merry Christmas and a very Happy New Year – see you in 2023!

Piece Hall – Halifax Minster Choir, Christmas Eve Concert

Celebrate Christmas Eve with a good old-fashioned sing along in the beautiful surroundings of The Piece Hall. Join the Halifax Minster Choir as they perform carols around the Christmas tree before their procession down to Halifax Minster for the Christingle Service. December 24 12:30 pm - 1:00 pm

More Warm Spaces And Warm Welcomes

- The Salvation Army, Brighouse (33 King St, Brighouse HD6 1NX) is the latest organisation to offer a Warm Welcome Space in Calderdale. They are open Wednesday 9.30am – 1pm offering hot drinks and activities throughout the morning. At midday a two-course hot lunch will be served. Everything is free.
- Warm Spaces are also available in Calderdale Libraries. They are welcoming anyone who needs a warm place to relax, rest or work, with places to charge your devices too. There will also be hot drinks available, activities for those looking for something to do and the usual range of books and newspapers.
- Fountain Head Inn, 45 Mount Pellon Road Halifax HX2 0EE is open 11am-11pm offering free Wi-Fi & device charging, Food/Drink for sale, Low-cost Tea/coffee
- Lindley Methodist Church 45 East Street Huddersfield HD3 3ND is open Thursday 10am-5pm with free Food/Drink, People to chat to etc.
- Christ Church, Wakefield Road Halifax HX3 8AA is running a 'Call in for coffee' weekdays 10am-12noon

What's On: Pellon & Mount Tabor Community Activities

Residents of Pellon and Mount Tabor have some great options for social activities. Highgate High Fivers @ Highgate Methodist Church, Stretchgate Lane, Pellon do singing, gentle exercise, Tai Chi, Kurling and Crafts please pre-book via highgatehighfivers@gmail.com if you wish to attend. St. Columba's Catholic Church Hall 52 Highroad Well Ln, have Brew & Chat 10.30am 2nd Monday of the month, Daisy Café 1.30pm 1st & 3rd Tuesday and Tai Chi (Beginners) 12.00pm Thursday— Call Marsha to book your place on 078100 94 395. Finally, Mount Tabor Methodist Church Hall has Pilates (no booking required) Tuesdays 2.15pm.

Calderdale Forum 50 Plus – the online newspaper for people over the age of 50 and their families & friends | www.calderdaleforum50plus.org | email info@calderdaleforum50plus.com

Making Your Home More Secure

West Yorkshire Police's Easy Street campaign is highlighting poor home security and offering some quick and simple tips to make your house more secure. Think about your own home. Is it inviting for all the wrong reasons? Follow this short check list to improve your home security:

- Insecure doors & windows - it's easy to forget to lock up when you're in a rush
- Protect your valuables inside your home by keeping them out of sight
- Check your doors and windows meet minimum security standards of PAS 24
- Improve security with defensive planting such as hardy bushes and shrubs
- Keeping an internal light on at night and external security lighting both reduce the risk of being burgled.

Pensions Upgrade

Last month's Autumn Statement from the Chancellor included a package of support for the most vulnerable. One headline was that pensioners in Great Britain will benefit from a 10.1% increase to their State Pension in April 2023 under the triple lock. This is worth over £870 next year on average. A full basic State Pension will increase from £141.85 to £156.20 per week, and the new State Pension will increase from £185.15 to £203.85. The Government will also protect 1.4 million of the poorest pensioners from rising prices by increasing Pension Credit by 10.1% in April 2023.

Taking Antibiotics Seriously

Antibiotics kill bacteria or prevent them from spreading, but because bacteria are adapting to survive them, these medicines are becoming less effective. The NHS is raising awareness of antibiotic resistance and how we can help to keep antibiotics working.

Antibiotics should only be used when we really need them. For example, colds, flu and most coughs are viral infections, and antibiotics can't treat those. Listen to your healthcare professional's advice. If you are given antibiotics, finish the full course, don't save them for future use, and never share them with others. If you do have any left over, take them back to the pharmacy so they can be disposed of safely.



CARE & SUPPORT
DELIVERED IN YOUR OWN HOME

CONTACT US NOW:
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Right
at
Home