

Welcome

JANUARY 2023: Welcome to our January newsletter and a very happy New Year to all our readers. We look forward to bringing you our familiar mix of news, features, information, events and social opportunities in our monthly newsletter during 2023.

As ever, you can access the very latest information on our website at any time. You can also tell us about events that you've got planned, or news that you'd like to share with us, by sending details to info@calderdaleforum50plus.com - we are always happy to spread the word about anything relevant to the over-50 population of Calderdale and their families and friends.

Halifax Scientific Society

The Halifax Scientific Society meets on the second Tuesday of the month (10 Jan and 14 Feb are the next two) at the Calderdale Industrial Museum, Square Rd, Halifax, HX1 1QG. Meetings are 7.15pm for a 7.30pm start & usually comprise of a guest speaker covering a wide range of Natural History/Geology subjects. Meetings are open to non-members.

Winter Healthcare Choices

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. Here is a quick and easy guide to getting help from the right place:

- **Self Care At Home:** Many minor issues like coughs, grazes and sore throats can be treated at home. Keep a well stocked medicine cabinet and first aid kit and be familiar with what's in it and how to use it.
- **Pharmacy:** The local pharmacy/chemist is great for medical advice and treatment for things like colds, tummy troubles, rashes, aches and pains.
- **NHS111:** Visit the NHS 111 website or call 111 if you need medical help quickly, 24/7. They are a great place to start, if you are unsure what to do with someone who is unwell or anxious about their current health.
- **Mental Health:** Call 0800 183 0558 for free, confidential, help, support, information and guidance.
- **Doctors:** GP practices provide advice and support on a range of health concerns. Seven days a week.
- **A&E:** Accident and Emergency departments at hospitals are strictly for life threatening emergencies like heart attacks, strokes and serious injuries.

Warm Spaces And Warm Welcomes In Calderdale

Warm Spaces are 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. Here are some more Warm Spaces:

- 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
- Lee Mount Baptist Church (18 Melbourne St, Halifax HX3 5DF) from Wednesday 4th January 2023 and after that every Wednesday – 12:00 until 14:00: Tea/Coffee & Biscuits, Warm Space, Table Top Games etc
- 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.

Cromwell Bottom – The Accessible Nature Reserve

For those who don't know where Cromwell Bottom Nature Reserve is or want to know exactly what to expect before visiting, Cromwell Bottom Wildlife Group have created two self-guided walking booklets.

Maintained by a group of committed volunteers, the 74-acre site, between Brighouse and Elland, is home to flower meadows, dry and wet woodland, a lagoon, ponds and numerous bird viewing areas.

It's also one of the most accessible nature reserves in the area and almost the whole site can be accessed by wheelchair. The car park is at HD6 2RG and the visitor centre and café are open Tuesdays, Thursdays and Sundays 10-4pm.



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CONTACT US NOW:
01422 652292

Right
at
Home