

OPEN FORUM

The monthly newsletter of
Calderdale Forum 50 Plus



You can sign-up for our email newsletter via our website:
calderdaleforum50plus.com

Is Your Eyesight Roadworthy?

West Yorkshire Police will be conducting voluntary roadside vision checks between 27 February – 12 March 2023 as part of a nationwide initiative to remind motorists they have a legal responsibility to ensure their vision is roadworthy every time they get behind the wheel.

Regular eye tests, every two years (unless advised otherwise by your optometrist), will help stop your eyesight becoming a road safety hazard that puts you and other road users at risk. If you're found to be driving with vision that falls below the minimum standards, you face up to a £1,000 fine, 3 points on your licence and potential disqualification.

Cost Of Living Support

Many more people than ever before are experiencing money worries with the increased cost of living. Calderdale Council's Money & Wellbeing web pages are updated regularly and cover all money related matters. Whether you are looking for help with bills, budgeting tips, benefits calculators or information about Government schemes, you can find it all here in one place. Call 01422 288005 for more information.

Keeping utilities simple!

Whilst we don't generally endorse commercial products and services, we like to highlight particularly useful aspects of some.

Utility Warehouse's main benefit is that they can provide a range of those "must-have" services, like power (gas and electric), phone (landline, mobile and broadband) and insurance. They work to keep you on competitive rates on all services and, most importantly, you only pay one bill and have one point of contact.

For those of us who want simpler lives and who find the process of constantly monitoring our utility providers exhausting, this has many attractions. It's also an attractive option if you have a relative you provide care for and want to keep an eye on their utilities. To find out more about the Utility Warehouse service, Kay Hoyle, who is one of their Calderdale agents is available on 07507 683 057 to discuss their services and how they might help you.

DIARY DATES

Calderdale Music's Senior Citizens' Orchestra

Calderdale Music's Senior Citizens' Orchestra rehearse every Tuesday afternoon 2pm-3pm at St Jude's Church, Halifax. They play a wide variety of music and hold concerts. Membership fees are £20 per term. To find out if the Senior Citizens' Orchestra is for you then come and give it a try! Please sign up first by calling 01422 401260

Luddendenfoot Cafe

Enjoy Community Hub is based at Tenterfields Business Park, Luddendenfoot (postcode HX2 6EQ) where there is a Community Cafe open on Wednesdays 2-4pm. They offer teas, coffee, hot chocolate, cake etc. They also have a wonderful space filled with crafting materials, a library, foodbank and crafts/gifts shop. All very well worth a visit, whether you fancy a brew or not!

"Tod in a Teacup"

Todmorden Library's "Tod in a Teacup" Coffee Mornings are a new weekly event on Mondays at Todmorden Library. Join them anytime between 10.00-12.00 in the Reading Room for coffee, cake and a chat.

Sponsored Dog Walk

Calderdale homeless charity, Happy Days, are running a sponsored dog walk at Norland park on 1st May, raising money for their charitable and social enterprise activities. Register by calling them on 01422 381316

Tips for communicating with someone with a hearing impairment

The RNID (Royal National Institute For The Deaf) have some tips for communicating with a person who is deaf or who has hearing impairment. Not every tip below will be appropriate for every person who is deaf or has hearing loss.

- Re-phrase what you said: If someone doesn't understand you, repeat or phrase it differently, use plain language.
- Face the person you're speaking to: Make sure you are facing the person you are talking to and speak clearly – avoid shouting, speaking too fast or unnecessarily slow.
- Always ask for the person's communication preferences: E.g if someone's using a hearing aid, ask if they need to lipread you.
- Use an interpreter: You should always follow the advice of the person with communication needs. If that's booking an interpreter or speaking to a friend or relative.
- Write it down: Use pen on paper, text on device screens, or whiteboards to write what you want to say.
- Get their full attention: Use simple gestures such as pointing or waving to get someone's attention.
- Reduce background noise: In a noisy place, move to a quieter area if possible. For longer chats, find a place to talk with good lighting, away from noise and distractions.
- Speak at an appropriate volume: It can be uncomfortable for a hearing aid user if you shout: it can look and feel aggressive.
- Make it easy for people to lipread: Don't cover your mouth when speaking.

Act FAST – Stroke Awareness

Stroke is a medical emergency and anyone experiencing symptoms should seek urgent help. Early treatment not only saves lives but results in a greater chance of a better recovery, as well as a likely reduction in permanent disability from stroke. The key is to think and act FAST. The signs of stroke are:

- Face – has their face fallen on one side? Can they smile?
- Arms – can they raise both their arms and keep them there?
- Speech – is their speech slurred?
- Time – time to call 999

Free NHS Mental Health Therapies

The IAPT service, which stands for Improving Access to Psychological Therapies, is a free NHS service that can provide support for common mental health issues such as stress, anxiety, low mood, or sleep problems. Calderdale NHS are trying to get more older people to access the service as there is evidence that older people who do access IAPT benefit more so than working age adults. If you think you'd benefit from some support to improve your wellbeing, please let them know. To book an initial assessment, please call 01484 343 700 to chat to their friendly admin team.

DIARY DATES

Meet Up With Wakefield's Scooter Social Group

This group is aimed at anybody who uses a mobility scooter or motorised wheelchair. Every first Saturday of the month they will be meeting at Thornes Park in Wakefield to enjoy the seasonal changes and local wildlife, as well as a picnic break and of course a café stop afterwards.

They welcome anybody new to give it a go. There are accessible parking and toilet facilities within the park. For bookings and enquiries call Ella on 07426 716677.

Hebden Bridge Local History Society: Upcoming

Talks are held on Wednesdays, unless stated, at 7.30pm, at the Methodist Church, Market Street, Hebden Bridge HX7 6AA. The next talk is on 22nd March and is titled: "The 1922 General Election and the Calder Valley: the challenge of Labour, by Alan Fowler."

Halifax Film Society

The Society's winter 2022-23 season still has a couple of showings left to go, with "After Love" on 2nd April and "Hit the Road" (Jeddeh Khaki) Persian with English subtitles on 23rd April. Guest tickets are £5 (season tickets are available at the start of next season). Films are shown at 7.30pm at the Maurice Jagger Centre, Lister Street, Halifax HX1 1UZ. Contact Neil McDonald (07506 565182) for more information or visit www.halifaxfilm.org.uk

Calderdale Forum 50 Plus is the online newspaper for people over the age of 50 and their families & friends.

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