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calderdaleforum50plus.com

Debt Advice

Debt can happen to anyone and for all sorts of reasons. In the current cost of living crisis, it is becoming increasingly common. If you – or somebody you know – are struggling with debt, it's important to remember that help is available and you are not alone. Older persons' charity, Independent Age, has an excellent Helpline service, where you can speak to one their friendly advisers, who will be able to direct you towards debt help and other support. You can also call their Helpline for a benefits check or advice on how to apply for benefits – call **0800 319 6789**.

Spring Covid-19 Booster

People aged 75 years and older, residents in care homes for older people, and those aged 5 years and over with a weakened immune system will be offered a booster of coronavirus (COVID-19) vaccine this spring. You should be offered an appointment between April and June, with those at highest risk being called in first. You will be invited to have your booster around 6 months from your last dose but you can have it from 3 months. If you are turning 75 years of age between April and June, you will be called for vaccination during the campaign, you do not have to wait for your birthday.

Healthwatch Calderdale

Healthwatch Calderdale provides an information, signposting and advice service for the people of Calderdale. The aim of that service is to help you to navigate your way through any difficulties you are having with health and social care services. People contact them for many different reasons: They might be struggling to get access to a service they need or to get an appointment; they might have heard some information about a service they use and how that is changing, and they want to make sure that they have got the right information; they might want to make a complaint because they have received a poor service but they are not sure where to start. If you need some help with a concern, question, or complaint about health and social care services, please do not hesitate to get in touch with them on **01422 412 141**. If they can't answer the phone, please leave a message and they will get back to you.

DIARY DATES

New WOW Guide Out

Home care company, Home Instead, has published its Spring & Summer 2023 What's On Where (WOW) Guide, which is aimed at helping older people find things to do this summer in Calderdale. It contains a huge variety of activities and social opportunities taking place across all of Calderdale.

The WOW guide is available from: The Discover Halifax Hub and the Age UK Mobility Shop in the Halifax Woolshops, The Maurice Jagger Centre Halifax, Brighthouse Rest Centre and all libraries in Calderdale. You can also send an A5 or A4 size stamped addressed envelope to Home Instead, 14-16 Southgate, Elland HX5 0BW.

Shibden Scooter Social

On Friday 2nd June at 2pm Disability Partnership Calderdale are hosting a social event at Shibden Park for people who use a mobility scooter or wheelchair. There will be a gentle meander around the flat lower park and lakeside before finishing with a drink & snack at the Mereside cafe. The meeting point is the Mereside Centre, Shibden Park, Halifax HX3 6XG. **Text 07716122897 to book a place.**

Brighthouse Rest Centre

Brighthouse Rest Centre is a community facility run for older people by volunteers. The Centre is open Monday to Saturday, for breakfast and/or mid-morning refreshments from 10am till 12 and also for lunch on Wednesdays (10am – 1pm). It is based in Park Row, Brighthouse HD6 1AB, directly opposite the back entrance to the Overgate Hospice Furniture Shop. Volunteers also welcome.

Safe Ear Wax Removal

A 2022 Royal National Institute for the Deaf survey found that people are using all sorts of risky methods to remove ear wax, including hairgrips, paper clips and toothpicks. 1 in 10 of those who used DIY methods said their symptoms got worse, or they caused themselves an injury that required medical attention. The consumer magazine Which? recently published advice on what can you use, and what should you avoid. Here is a short summary of their advice:

- 1/ Don't use any small objects or implements to try to remove the wax under any circumstances.
- 2/ Ear drops can work by softening the wax. If your ear wax isn't clearing, try ear drops for 3–5 days initially, unless you've got a suspected perforation in your eardrum. Speak to your pharmacist for more advice on ear drops.
- 3/ DIY options include medical-grade olive or almond oil drops. Research on which method is best – or whether water or salt water (saline) works as well – is inconclusive.

The NHS recommends using a dropper while lying your head on one side for a few minutes to let the oil work its way through your ear canal. You may find it easier to do this first thing in the morning, and again just before you go to sleep. However, you might find the drops cause their own discomfort, such as making your hearing worse or irritating your ear. As ever, seek medical advice if you are in any doubt.

Overgate Hospice Launch Hubs

Overgate Hospice is aiming to make its care more accessible to people who need it by bringing their services closer to the homes of Calderdale residents. As a result, they have launched five Overgate Hubs in various locations where those living with a progressive, life-limiting illness are invited to attend with their carer to gain support, advice, education, and signposting from Overgate's dedicated team of experts. There is no referral needed to attend the sessions at any of the current Hubs, simply drop in between 10am-3pm (except at Valley Medical Centre, where you should pre-book) and see if they're for you! **Feel free to call them on 01422 379151 for more information.**

- Valley Medical Centre. First Wednesday of the month (please call to pre-book a slot). Valley Rd, Hebden Bridge, HX7 7BZ
- Ryburn Football Club, 3rd Wednesday of every month. 98 Halifax Rd, Ripponden, Sowerby Bridge, HX6 4AG
- Old Brodleians Rugby Club, 2nd Wednesday of every month, Woodhead/Denholme Gate Rd, Halifax, HX3 8HX
- The Kings Centre, Halifax, 1st Monday of every month. Park Road, Halifax, HX1 2TS
- OSCA Foundation Community Sports Hub, Ovenden, 4th Wednesday of every month. Cousin Lane, Halifax HX2 8AD.

DIARY DATES

Stroke Support Walking Group

Calderdale Stroke Support Group run a monthly walk designed to stimulate and help recover the parts of your brain and body which have been affected by the stroke. Walks take place 10.30am till noon on the following dates: 26 April, 31 May, 28 June, 26 July, 30 August. The venue is the Mereside Café, Shibden Park, HX3 6XG

For more details of the walks and the group's other activities, which include a monthly support group meeting at the Maurice Jagger Centre, call **Calderdale Stroke Support Group Chair, Renny Taylor, on 07971 442 780.**

Can You Help Us?

Our 2023 AGM is being held at 10.30am on Tuesday 16th May at the Shay Stadium, Shaw Hill, Halifax HX1 2YS.

At the meeting we will discuss progress over the last year and our plans for the next 12 months. We'll also be sharing the findings of our recent Accessibility Survey. Everyone with an interest in older people in Calderdale is welcome to attend and join the discussions which follow the official business of the meeting. We are also looking for two new members to join our committee. Why not come along and have an informal chat with members of our team and find out more?

ABOUT US

Calderdale Forum 50 Plus is the online newspaper for people over the age of 50 and their families & friends. We run a busy website, full of up to date news and events, plus monthly newsletters to help you keep in touch!

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