

Calderdale News & Events

*The newsletter for older people & their families & friends
from CALDERDALE FORUM 50 PLUS*



Welcome to Calderdale Forum 50 Plus's July 2026 Newsletter

Welcome to our JULY newsletter. As the Summer is now well underway, we have plenty of events for you as well as advice for staying cool in the warmer weather from Age Friendly Calderdale. You can find a full range of news, social groups and many more events for this month and July as well on our website at: www.calderdaleforum50plus.com/events-activities/

WHAT'S ON – JULY

5th | Sunday Piano Club at Dean Clough Mills, Halifax. Listen, perform, discuss at the monthly piano club at Dean Clough Mills. 10.30am to 12pm.

7th | Classic Film Screening with community lunch. The classic movie "Some Like it Hot" plus lunch at St. John's Community Hall, Gooder Lane, Brighouse HD6 1HN. 12pm for food / 1.30pm for the film.

8th | Halifax Civic Trust Visit to Hull Civic Society. A special summer visit to Hull, for a fascinating tour of this remarkable city. Meet outside Hull Paragon Station at 11:05am to begin the tour. All welcome.

8th | Parks4All Walk and Wheel event – Halifax. The charity Accessible Calderdale are holding a walk/wheel together at People's Park. Meet at the Kings Church Café, Park Road, Halifax HX1 2TS at 11am.

11th | "Feelin' Good" – A Summer Concert by the Cube Choir in Halifax Minster. A fabulously uplifting concert including popular contemporary songs plus more traditional songs from their repertoire. 7pm. Tickets from the Minster shop.

11th | Community Volunteer Fair – Todmorden. Local voluntary groups will be showcasing the amazing work they do for Todmorden – come along and find out more. 11am to 3pm at Todmorden Town Hall.

11th | Heptonstall Hilltoppers Summer Concert. A concert to support the dementia choir Shared Harmonies in a relaxed dementia-friendly atmosphere. St. James's Church, Heptonstall at 2.30pm.

18th | Halifax Borough Market's Makers Market. Explore stalls in the Albany Arcade showcasing the incredible talents of our local creatives, offering unique and handmade treasures.

26th | Calderdale Heritage Walk - Brynescoles Valley Hidden Histories. Exploring medieval and later histories of the area and its houses. Meet Mike Beecham at 2pm at the junction of Hedge Top Lane and Westercroft Lane, Northowram, HX3 7BE.

31st | A Taste of Todmorden: Incredible Edible Tour & Market Feast. Taste your way around Todmorden on this brand-new walking tour! Incredible Edible Todmorden have teamed up with Todmorden Markets to explore the growing spaces that changed how the world thinks about local food. 12pm from the Tod Market coffee bar. Tickets online – link in the event calendar on our website.

Thank you to our sponsors and partners



NEWS JULY 2026

Stay Cool. Stay Safe. Stay Well: Advice from Age Friendly Calderdale

While sunshine can lift our spirits, hot weather can pose serious health risks well before temperatures reach extreme levels, often beginning when temperatures rise above 25°C. Older adults and people living with long-term health conditions are particularly vulnerable. The good news? A few simple and practical steps can help keep you safe and well during hot weather.

1. Check your medication as some medicines can affect how your body responds to heat. Speak to your GP or pharmacist if you're unsure.
2. Keep your home cool by closing curtains, blinds, and windows during the day to keep heat out. Open windows at night when temperatures drop.
3. Stay hydrated. Don't wait until you're thirsty. Drink water regularly throughout the day and limit alcohol and excessive caffeine, which can contribute to dehydration.
4. Cool your body down. Use a damp cloth, splash cool water on your face and wrists, or take a cool shower to lower your body temperature.
5. Find a cool space. If you are out and about, or your home becomes too warm, spend time in air-conditioned or cooler public spaces such as libraries, community centres, shops, or cafés.
6. Know the warning signs. Dizziness, headaches, muscle cramps, nausea, confusion, or excessive tiredness can all be signs of heat-related illness. Move to a cool place, drink water, and seek medical advice if symptoms worsen.

Report: Unlocking the door to dementia diagnosis and treatments

Two new reports published by the Alzheimer's Society reveal that dementia patients routinely face prolonged delays to diagnosis, followed by gaps and stark inequalities in treatment and support – highlighting the need for the same focus and urgency seen in other major conditions. The reports examine the entire dementia diagnosis and treatment pathway revealing patients are not just delayed once, but are repeatedly missing opportunities for diagnosis, treatment and support at every stage. **The reports are available to read on the Alzheimer's Society website at:**
<https://www.alzheimers.org.uk/get-involved/our-campaigns/reports-briefings>

Places available on telephone befriending service

Older person's charity Re-engage have immediate vacancies available on their telephone befriending service, for people aged 75 plus. This service is free and is a weekly call from a friendly volunteer to help alleviate loneliness and isolation. Once registered, matching with a befriender will be quick as Re-engage say volunteers are ready and waiting. **Call 0800 716 083 to register.**

Get help to take control of your energy bills

Green Doctor Yorkshire offer free, impartial energy advice to help you save energy in your home, reduce your bills, and access other services and initiatives available. They only take online enquiries currently. **More information is available on their website at <https://www.groundwork.org.uk/yorkshire/get-support/>**

Make sure you don't miss a copy of our monthly newsletter. Sign up online at:
www.calderdaleforum50plus.com/about/newsletter-archive/ or contact us at:
info@calderdaleforum50plus.com

Thank you to our sponsors and partners

