

## FORUM MEETING - THURSDAY 23 JULY

2.00-4.00p.m. at ST PAUL'S CHURCH HALL (*Opposite the Library*).

### **A Guide to Exploring the Internet Safely"**

We've probably all heard about the internet, but do we all fully understand its possible uses? Some people view it with suspicion while many see it as one of the greatest advances of the modern age.



At this meeting we will discover and explore how the internet can enhance our lives – searching for information, doing some shopping and so much more. We will also find out how to use the internet safely and to great advantage.

So, come and listen to Peter Morris from Oxford University and the Barclays Eagles who will explore and explain the possibilities of the internet

Even if you don't use the internet at the moment, this presentation will help you to understand what it is, what you can do and who knows – you may be tempted to try it.

FOR INFORMATION ABOUT LOCAL EVENTS AND ADVICE ON ISSUES AFFECTING PEOPLE OVER 50, VISIT OUR WEBSITE: [www.hdgover50sforum.org.uk](http://www.hdgover50sforum.org.uk) or email at : [mail@hdgover50sform.org.uk](mailto:mail@hdgover50sform.org.uk)

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## FORUM MEETING 24<sup>th</sup> September 2015 "TALKING ABOUT DEMENTIA"

St. Paul's Church Hall, Victoria Avenue, opposite the Library.

Do you want to know about Dementia? Perhaps you are caring for someone living with Dementia. Do you want to know how we can help to make Harrogate District a supportive and friendly place for Dementia sufferers?

We can all do something to help people living with Dementia - to help them to hold on to their lives and the people and things they love, to take up new interests and gain new experiences. Come along to this Forum meeting and hear from Dementia Forward and the Alzheimer's Society about the work they are doing, the people they help and how you might be able to help.

A pink speech bubble with a white outline, containing the text 'Let's talk about dementia' in a white, sans-serif font.

Let's talk  
about  
dementia

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### CHANGES TO THE VOICE

*For the last year and more this newsletter, The Voice, has been prepared and edited by Pat Booth. However, due to personal circumstances, Pat has had to resign from this very important role. We will endeavour to maintain the full range of information that Pat did so much to develop, but the next editions of The Voice may look very different, at least for the time being. I know everyone would wish to thank Pat for her contribution to the Forum over the last year and for the excellent quality of the newsletter she produced.*

*Ann Hill, Chairperson, HDOFF Committee*

## HARROGATE DISTRICT OVER 50s FORUM TRIPS

### BURTON AGNES HOUSE AND GARDENS SATURDAY, 8 AUGUST 2015



As requested by our members, we are returning to Burton Agnes Hall and Gardens to see the Summer Gardens and visit the Hall. We visited Burton Agnes to see the snowdrops in February which was a very successful trip. There is a café at the Garden and also a woodland walk.

The cost will be £21.00 which includes travel and entry to the Hall and Garden. Also, when we leave Burton Agnes, we will travel to Wold Village Restaurant for afternoon tea which is not included in the price.

We aim to arrive back at about 5.30pm.

#### **Pickup times**

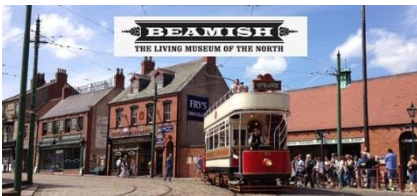
Harrogate Library, Victoria Avenue: 9.30am:

Knaresborough Coach Park, York Place: 9.45am

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### BEAMISH MUSEUM

WEDNESDAY 9<sup>TH</sup> SEPTEMBER 2015



This is a day trip to Beamish Museum, the Living Museum of the North, to take a stroll back into the past. I am sure this will be an interesting trip.

The cost will be £28.00 which includes travel and entry to the Museum.

#### **Pickup times:**

Harrogate Library, Victoria Avenue: 9.0am :

Knaresborough Coach Park, York Place; 9.15am.

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### SKIPTON CANAL TRIP AND LUNCH

WEDNESDAY, 14<sup>TH</sup> OCTOBER 2015



By popular request, we are taking a trip to Skipton for a ride on a Canal Barge including Lunch. This proved to be very popular last year with our members who enjoyed this slow and peaceful trip.

The cost will be £28.50 including travel and lunch and tea or coffee.

#### **Pickup times:**

Knaresborough Coach Park, York Place: 9.30am:

Harrogate Library, Victoria Avenue: 9.45am

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For any further information about these three trips please contact Ann Hill, 01423, 861795.

***Please use the Booking Forms enclosed with this Newsletter. Please make cheques out to HDOFF and send them with the booking form to 14, Bond End, Knaresborough, HG5 9AQ or give them to me at our next Forum meeting.***

***Thank you for supporting HDOFF on our trips.***

***Ann Hill***

## ADVANCE NOTICE: More Forum Events!

**Wednesday, 30<sup>TH</sup> September:** We will be celebrating INTERNATIONAL OLDER PEOPLE'S DAY with **An Afternoon Tea Party** from 2.30 to 4.45pm in St. Paul's Church Hall, Victoria Avenue.

Everyone over the age of 50 is warmly invited to come and join us, enjoy meeting friends and celebrating the contribution older people make to our community – and enjoy a good afternoon tea.



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## FORUM MEETING, Thursday, 26<sup>th</sup> November – “TRASH TO TREASURE.”

Further details of this intriguing meeting will be in the next edition of The Voice.

\*Also in NOVEMBER, (date to be confirmed):

A CHRISTMAS TRIP TO CHATSWORTH HOUSE; last year the trip to Castle Howard was a great success so we're repeating it to a different venue. Further details in our next issue.



## TUESDAY 8<sup>TH</sup> DECEMBER: CHRISTMAS LUNCH at ASCOT HOUSE HOTEL



Yes already! Menus and booking arrangements will follow in The Voice and will be announced at Forum events.

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## RECENT EVENTS

### Election Meeting April 21<sup>st</sup>.

A good audience of 80 members gathered in St. Paul's Church Hall to meet the 5 candidates for the Harrogate and District Constituency, and put their questions. Each candidate made a brief opening statement then for an hour, questions came on possible coalition partnerships, proportional representation, discrimination against older people and so on. The second part of the meeting was more of a social meeting with refreshments. All the candidates stayed to talk to many members and hear their opinions.



This hustings meeting was very successful; many people felt they had had a good insight into the issues and the individual candidates. All the candidates complimented the forum on a lively, worthwhile and enjoyable meeting. Perhaps we'll repeat it next time....!

### May 21<sup>ST</sup>. Forum Meeting on “Safety and Security”

Representatives of the Fire Service, the Police Service, Trading Standards and Harrogate Safer Communities Project all came to talk about issues relating to the general concern for greater safety and security for older people. In a very busy and lively meeting we heard a tremendous range of advice to make people aware of 'traditional' crimes as well as newer threats such as phone call and postal scams and particularly doorstep crimes. It was reassuring to hear that the Harrogate District has one the lowest figures in the country for criminal activity. Nonetheless, we must all be on our guard and not hesitate to call the police (tel: 101 for non-emergency matters)

## CARERS WEEK June 2015

Harrogate District Forum joined up with Carers Time Off and Carers Resource to highlight the challenges faced by carers and to recognise and celebrate the contribution they make to families and communities throughout the UK. The focus this year was on building Carer Friendly Communities and all three organisations held an information stand in Harrogate Library. Carers Time Off was also in Sainsbury's café where Carers were invited to join the team for a free coffee. Carers Time Off also held a tea party and information event in Community House, kindly sponsored by Harrogate Lions.

For more information, contact Christine Boxall at 01423 813094 or email; [carerstimeoff@harcvs.org.uk](mailto:carerstimeoff@harcvs.org.uk)

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## FOOD AND FRIENDSHIP FOR OLDER PEOPLE – Forward Together.

The Wesley Centre, in partnership with Supporting Older People and Harrogate Easier Living Project, is offering a varied social programme of talks and activities along with morning refreshments (£1) and a three course hot lunch (£3).

As before, Forward Together will take place every Thursday, opening at 10am with lunch at 12noon. Every alternate week there will now be an activity or talk on offer which will start at 10.45am. There is no need to book; just turn up on the day and enjoy yourself in friendly company.

Wesley Chapel, Oxford Street, Harrogate, HG1 1PP

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**DRIVING FORCE** –the new voluntary car driver service for Harrogate, Knaresborough and surrounding villages.

Funding for this new project has been received from NYCC so the Project is looking to recruit volunteer drivers. Full information and details about the Scheme are available from:

Anna Woollven, Project Development Officer, Tel: 01423 504074  
or by email to [Anna@harcvs.org.uk](mailto:Anna@harcvs.org.uk)



Full information is also on HDOFF website: [www.hgdover50sforum.org.uk](http://www.hgdover50sforum.org.uk)

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## HELP !!

**As you know, the Forum has grown very quickly.** Whilst this is a very encouraging, the demand is increasing for greater activity, more and varied social events and Forum meetings. We really do need willing volunteers if we are going to maintain the present Forum activities and to help the Forum to develop. If you could help with any events, social or "serious," or with the newsletter, please contact Ann Hill, Chairperson, or talk to any of the current Committee. (Note: it would not be necessary to be a Committee member).

Someone who would volunteer to be a minutes secretary for the committee would be especially welcome!

**HDOFF COMMITTEE 2015-2016:** Ann Hill, *Chairperson*, Susan Hobbs, *Vice Chair*, Rev. Trevor Dixon, Christine Boxall, Tania Brightmore, John Dorman, *Treasurer*, Michael Ellenor, Jane Malster, *Web Site Manager*, Christine Schofield.

