



"THE VOICE"

APRIL 2017

THE QUARTERLY NEWSLETTER OF HARROGATE DISTRICT OVER 50s FORUM

First of all – an apology for the delay in sending you the Spring edition of The Voice. It has been held back a few days so that it could include information about the new Committee and the Officers for 2017-18

At the AGM, the co-Chair reported on the wide range of activities carried out by the Forum in the last year. Numerous trips and social events, managed and led by Ann Hill, were very well supported as were the 'Formal' meetings in St. Paul's Church Hall. These meetings were organised and run by several committee members with one person usually taking the lead. One of the great successes of last year has been the growth of the Lunch Club; organised by Tania Brightmore, Margaret Smith and Pat Lawson, the Lunch Club has met on the first Tuesday of every month in a variety of restaurants in Harrogate and Knaresborough. Applications to attend one of the lunches need to be made fairly early to ensure a place.

Most people will know by now that Christine Boxall will be leaving us as she is moving out of the area. Christine was the original driving force in reviving the former Forum, planning, publicising, organising and recording the original meetings from 2012 until in March 2013 the new Forum held its first AGM. Even then, though Christine had fulfilled her original remit, she stayed involved as an active volunteer, serving on the Committee, arranging Forum Meetings and for over the last two years acting as our secretary. Harrogate District Forum owes its existence and much of its success to Christine's enthusiasm, and hard work. We will all miss her very much but she leaves with our heartfelt thanks and appreciation for all she has done for us.

Perhaps we are entering a new phase in the development of the Forum. Already the eight members of the committee are hard pressed to keep up the range and quality of our current programme. There have been regular appeals for more involvement from members – especially on the Committee. Now we urgently need someone to take the minutes at our monthly Committee meetings. We also need more members to help with planning and organising meetings and events.

If you can offer any help and support whatever, please contact one of the Committee members listed below

*How you could help: **ideas** - for social events, destinations for trips, subjects for Forum meetings, venues for the Lunch Club and so on. All suggestions are welcome.*

***Become a Committee member** and help with our organisation (you could try it out for a while if you wish)*

***Minutes Secretary** to record the monthly Committee meetings. Again, you could try it for a while..*

HDOFF Committee 2017-18

Chair and Newsletter: Anthony Kerr Tel; 01423 870199

Vice-Chair and Catering: Susan Hobbs: Tel: 01937 581947

Secretary *Vacant*

Treasurer: John Dorman Tel: 014213 507051

Membership Secretary Rev. Trevor Dixon Tel 01423 560441

Website Manager Jane Malster: email: mail@hgdoover50sforum.org.uk

Raffles : Michael Ellenor Tel: 01423 880549

Trips and Social Events: Ann Hill Tel: 01423 861795

Lunch Club: Tania Brightmore Tel: 01423 862290

FORUM MEETINGS

THURSDAY 25TH MAY; 2-4PM, St Paul's Church Hall.

“Song and Dance”

A growing body of research is showing how dancing improves physical and emotional well-being in later years. Dancing for Well-Being can be done sitting or standing and you can move at any level that suits your abilities and limitations. You don't need a partner nor a good memory! This dancing is safe and gentle, great for company and friendship, relaxing and uplifting but most of all it is FUN!!

Jackie Terry-Schuhmann is a director of Dancing for Well-Being, a non-profit organisation with currently 5 groups in Harrogate District. Jackie led one of our Forum meetings about 15 months ago and her routines were very popular. Many people have asked for her return – so here she is. Jackie will use a mixture of music from all over the world and more familiar music that everyone can sing-a-long to while we dance. Some dances include props such as scarves, velvet elastic, hats and cheerleader pompoms which all add greatly to the fun. You can really let your hair down and be spontaneous; there are no right or wrong moves, only variations!

This is a different kind of forum meeting and it will be relaxed and informal, involving everybody having FUN! We look forward to enjoying this afternoon with you.

THURSDAY 27TH JULY; 2-4pm, St. Paul's Church Hall

“Getting around”

At this meeting we will be discussing public transport in the District and looking at ways of getting out and about. We hope to have representatives of the bus companies and the Transport Executive to talk to us. After the talks there will be a “Question Time” session to discuss all aspects of transport in the District.

Advance Notice –for your diary

THURSDAY 28th SEPTEMBER, “WHAT'S GOING ON”. Find out about local news and events in the District with help from Harrogate and Ripon Community Voluntary Services.

In early OCTOBER we celebrate International Older People's Day: Plans are being made to celebrate this day with a tea party at St. John the Baptist Church Hub, Church Lane, Knaresborough.

THURSDAY 23rd NOVEMBER, “A HEALTHY INTEREST”; a discussion about Health issues with members of Healthwatch and the local Clinical Commissioning Group (CCG)

More detailed information about these Forum Events will be in the July Newsletter.

LUNCH CLUB

The Lunch Club meets on the second Tuesday of each month at 12 noon for 12.30.

Please book early as numbers are rising; if you are unable to attend on the day, please let us know in fairness to the restaurant and other members.

Our next meetings are:

9th May, at ALL BAR ONE. This is a new restaurant at 19 Parliament Street offering a large variety of interesting dishes. Please contact Pat Lawson 01423 391437.

13th June at CÔTE BRASSERIE. This French restaurant at 5 Albert Street has a monthly changing menu.

Please contact Tania Brightmore 01423 862290.

11th July at SASSO. 8-10 Princess Square; a well-known Italian restaurant with traditional Italian food cooked to order. Please contact Margaret Smith 01423 25500.

8th August to be arranged. Please note that the trip to Arley Hall is also on this day (further information in the July newsletter).

STOP PRESS!!

Afternoon Tea Party on Thursday 5th October 2017, from 2.0pm to 4.0pm
in The Hub, St John the Baptist Church Hall, Church Lane, Knaresborough.

This event is to celebrate International Older People's Day.

There will be a raffle and some entertainment. A similar event held last year was a great success and well attended; it was a most enjoyable afternoon for everyone.

Full details including the cost will be in July's Newsletter.