

# "The Voice"

APRIL 2016

*The Quarterly Newsletter of Harrogate District Over 50s Forum*

Welcome to the latest edition of our quarterly newsletter. This is our main avenue of communication with all of our 260+ members. The Website, [hgdover50sforum.org.uk](http://hgdover50sforum.org.uk) always contains up to date information about all our events as well as lots of information about local events of all kinds. The local Newspapers also include notices in their 'Clubs and Societies' section. In addition, the names and contact details of Committee Members are included in this edition; they will be glad to help you if necessary.

Our next event is the **MAY FORUM MEETING** :

**19<sup>TH</sup> MAY, 2-4pm in St. Paul's Church Hall, (opposite the Library).**

## "FOOD GLORIOUS FOOD"

Everyone is interested in food to some extent and for all sorts of reasons. As we grow older, the quality, quantity and variety of what we eat becomes evermore important.

So for this Forum meeting we have engaged Vanessa Quarmby to talk to us about everything to do with eating. Vanessa is an experienced and well qualified dietician, who lives and works in Yorkshire as a Consultant with companies such as Boots, the NHS as well as private individuals and groups. Her talk will cover a wide range of issues especially for older people. After her talk Vanessa will be available for questions.

In the second part of the meeting, John Fraser from Wiltshire Farm Foods, will discuss the services his company offers and the meals that they prepare and distribute. There will be samples for members to taste and again, John will be available to talk to members.

We look forward to seeing you on 19<sup>th</sup> May at this fascinating and very relevant meeting.

**JULY FORUM MEETING 21<sup>ST</sup> JULY, 2 - 4pm in St Paul's Church Hall, (opposite the Library).**

## "BEST FOOT FORWARD"

As people get older they are arguably more prone to accidents. Slips, trips and falls are the commonest type and are often preventable. Contributing factors include poor mobility and loss of balance.

Facilitated by Gail McCracken, NYCC Falls Coordinator, this presentation will heighten your awareness of the risks of falls and highlight ways in which you can improve your safety

FOR YOUR DIARY: FUTURE FORUM MEETINGS

Thursday, 22<sup>nd</sup> SEPTEMBER; "Snug as a Bug in a Rug"

Thursday, 24<sup>th</sup> NOVEMBER; "Keep in Touch and Keep Safe"

Further details will be in July's edition of "The Voice"

## CHARGING FOR FORUM MEETINGS

Everyone will understand that HDOFF must cover its costs if it is to continue and grow. Our main income comes from a small grant from NYCC to cover the costs of the Newsletter and other communications; but.

we also have to pay for hire of premises, expenses of speakers, etc.

So far we have avoided charging for admission to Forum meetings. At a recent meeting, Ann Hill explained this concern and asked members present how they felt about a small charge of £2 per meeting. Everyone present agreed that this was very reasonable and was to be expected these days.

Therefore, at the May Meeting (see above), and all Forum meetings thereafter, there will be an entrance charge of £2 per person.

The GOOD news is that this charge will include FREE refreshments and a FREE Raffle!

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## SOCIAL EVENTS - from Ann Hill

WEDNESDAY 18<sup>TH</sup> JUNE 2016

Brodsworth Hall, (near Doncaster)

We are taking a trip to Brodsworth Hall on Wednesday 8th June 2016; it will take approx 1 hour on the coach. We should arrive about 11am in time for a coffee in the cafe. A private tour of the house is booked for 11.30am for those who would like an organised tour. The house does have 'free flow' tours after 1.00pm for those who would like to visit the gardens first. There are beautiful gardens to spend time walking around.

7<sup>TH</sup> JULY 2016

TEA PARTY

We are having a tea party this year in Knaresborough, at St Johns Hubb, St Johns Parish Church. The tea party we held last year in Harrogate was very successful, so book early as places are limited. People travelling from outside Knaresborough can take the 1a, 1b, or 1c bus to Knaresborough and either get off at Henshaws and cross over the road and walk up the slight hill, turn right into Church Lane and continue towards the Church. The hall is opposite the church. Or you could walk down the High Street from the bus station and turn into Vicarage Lane towards the church.

25<sup>TH</sup> AUGUST 2016      **MARKENFIELD HALL** The visit to Markenfield Hall, near Ripon, is arranged for 25<sup>th</sup> August, 2016. This will be an afternoon visit where we will have a conducted tour around the Hall and finish with afternoon tea and cake

A Special Invitation: The Forum has been invited to afternoon tea at the new Manor House Care Home, Stockwell Rd, Knaresborough. If you are interested, please contact Ann Hill (01423 861795). A date will be arranged depending on the response

### *Booking for Social Events*

*With this newsletter you will find a page of Booking Forms for these three events. It will be very helpful if you can send your bookings to arrive at least a week before the event. Please make your booking by cheque; if this is not possible, please contact Ann Hill as soon as you can.*

*Please note: because we have to pay upfront for coaches, entry fees etc. it is not possible for us to return bookings.*

### LUNCH CLUB

Over the next three months The Lunch Club will meet as follows:

10<sup>th</sup> MAY at SASSO, Prince's Square, Harrogate; *contact Pat Lawson, 01423 391437*

14<sup>th</sup> JUNE at LE D2, 7 Bower Rd, Harrogate: *contact Tania Brightmore 01423 862290*

12<sup>th</sup> July at THE TANNIN LEVEL, Raglan St, Harrogate; *contact Tania Brightmore. “ “*

*Recently the Lunch Club has enjoyed meals at:*

*Gravelly's Fish and Chip Restaurant,*

*Le Bistrot Pierre,*

*Six Poor Folk in Knaresborough*

*William and Victoria's.*

### RECENT FORUM MEETINGS

January, 2016 “Keep On Moving!”

Everyone enjoyed dancing the afternoon away under the cheerful and lively guidance of Jackie Terry-Schumann who runs several Dancing for Wellbeing groups in Harrogate.

We were also joined by Natalie Smith, Health and Active Lifestyle Officer from Harrogate Borough Council who talked about other things we can do to stay fit, mobile and independent.

This was a well attended event and thoroughly enjoyed by everyone. Perhaps one to be repeated?

17<sup>th</sup> March 2016 Annual General Meeting; Talk on National Trust.

Ann Hill, retiring Chairperson, outlined the numerous Social and Forum events of the last year. Membership continues to grow steadily and attendance at Forum meetings is encouraging; Social events are generally very popular and people find them interesting and varied. The Treasurer, John Dorman, sent apologies for his absence and provided a comprehensive report that showed that the Forum's finances are in sound shape. He advised however that the Forum could not rely on this continuing in these precarious times.

“Mighty Oaks from Little Acorns Grow!”

After the break, Glenda Hunter from The National Trust, gave a detailed and fascinating account of the growth of The National Trust from its beginnings in 1895 to the present day.

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## HARROGATE DISTRICT OVER 50S FORUM

### COMMITTEE MEMBERS APRIL 2016-MARCH 2017

| NAME              | main role                   | Contact                                                                               |
|-------------------|-----------------------------|---------------------------------------------------------------------------------------|
| Christine Boxall, | Secretary:                  | email: <a href="mailto:cboxall@carersresource.org">cboxall@carersresource.org</a>     |
| Tania Brightmore  | The Lunch Club              | 01423 862290 email: <a href="mailto:taniacb@icloud.com">taniacb@icloud.com</a>        |
| Rev.TrevorDixon,  | Membership                  | 01423 560441; mob. 07525332570                                                        |
| John Dorman       | Treasurer                   | 01423 507051                                                                          |
| Michael Ellenor   | Raffles                     | 01423880549                                                                           |
| Ann Hill          | Joint Chair, Social Events, | 01423 861795                                                                          |
| Susan Hobbs       | Refreshments                | 01937 581947                                                                          |
| Anthony Kerr      | Joint Chair, Newsletter,    | 01423 870199 mob. 07855268415                                                         |
| Jane Malster      | Website Manager             | email: <a href="mailto:mail@hgdoover50sforum.org.uk">mail@hgdoover50sforum.org.uk</a> |

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### ARE YOU INTERESTED IN VOLUNTEERING?

**Carers Time Off** needs volunteers to help Carers to have a short break. Christine Boxall who runs Carers Time Off says, "We need volunteers of all ages and varied experiences to give a little of their time to enable full-time carers to have a little time off. Our volunteers offer a variety of support- sitting with a person, going for walks, visiting a favourite café, museum or garden centre, going for a drive in the country and even cycling! If you could spare a couple of hours or so per week or fortnight we would love to hear from you. We pay all your travel expenses; you will not be asked to do any lifting or provide any personal care; we will provide thorough introduction, preparation and training if required".

If you are interested please contact Christine Boxall, Tel: 10423 500555  
Carers Time Off @ Carers Resource, 11 North Park Road, Harrogate, HG1 5P

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### Dementia and Alzheimer's Disease.

Many people are concerned about Dementia and Alzheimer's Disease. If you would like to understand more about these conditions please contact Dementia Forward at Community House, Allhallowgate, Ripon HG4 1LE. Tel: 01765 601224 or Alzheimers Society at: [Harrogate@alzheimers.org.uk](mailto:Harrogate@alzheimers.org.uk)

*With this Newsletter, you will find a questionnaire about the Forum and your views on its activities. This feedback from our members will help us to plan and organise our various events. Please fill it in and return it as shown. It is not necessary to include your name but do so if you wish – and thank you for your help*

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