

# "The Voice"

# JULY 2016

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

*This is our summer edition which we hope you find helpful and informative. Our next issue will be at the end of October; in the meantime we wish you all a very happy, warm and sunny summertime.*

## **FORUM EVENTS – COMING UP IN THE NEXT FEW MONTHS:**

**Thursday 22<sup>ND</sup> SEPTEMBER – FORUM MEETING “Snug as a Bug in a Rug” and “Switch to Save.”** 2-4pm as usual in St. Paul’s Church Hall opposite the Library. **Cost £2 admission.**

Looking after oneself is very important to us all so we are revisiting this topic. Our speaker this time will be Helen Brown who is not only the NEA representative for the Harrogate District but also the Lead Officer for the Health and Social Care Liaison Development Team. She is an excellent person to provide guidance and information about the latest and best ways of keeping warm and snug during the winter both inside and outside the house. In the second part of the meeting, Helen will talk about the advantages (and disadvantages?) of switching our utilities provider; most people can make considerable savings by shopping around. This will be an interesting talk and we hope to learn new ways of keeping warm and well.

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**OLDER PEOPLE’S DAY:** this year we are joining Supporting Older People in their celebration on **Thursday, 6<sup>th</sup> OCTOBER at WESLEYAN CENTRE**, Oxford Street. (See Social Events below)

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**Thursday 24<sup>th</sup> NOVEMBER “KEEP IN TOUCH AND KEEP SAFE”** at St. Paul’s Church Hall, (opposite the Library). 2-4pm as usual; £2 admission. How can we stay safe both at home and when we are out and about? How can we avoid being victims of a ‘scam?’ At this meeting, Jane Malster who runs the Forum website will consider and explain the different types of ‘scam’, how to avoid them and how to report them in order to safeguard others and catch the villains. Jane will also advise about using social media and communicating safely with other people.

This is an important subject which affects everyone.

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**A NOTE FOR YOUR NEW YEAR’S DIARY!** **Thursday 26th January**, Forum Meeting - **“Taxing Matters”** will look at benefits, allowances and all matters to do with taxation. Further information will be in the October Newsletter

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## **SOCIAL TRIPS AND EVENTS**

### **Thursday 25<sup>th</sup> August - Trip to Markenfield Hall.**

"One of the most astonishing and romantic of Yorkshire's medieval houses. Built defensively in 1310 by Edward 2's Chancellor of the Exchequer, John de Markenfield, it is still completely moated." (Historic Houses Association). An intriguing house and garden - and not very far away.

To book a place on this visit contact Ann Hill, 14 Bond End, Knaresborough, HG5 9AQ; tel; 01423 861795

**Thursday 6<sup>th</sup> OCTOBER - CELEBRATING OLDER PEOPLE'S DAY.** This year we are joining with Supporting Older People in a celebration at **WESLEY CENTRE**, Oxford St. The day starts with a Service of Celebration (optional) in Wesley Chapel at 11.0am, followed at about 12.30 by a 3 course lunch (cost £3.50). In the afternoon, from about 1.30pm there will be entertainment in Wesley Chapel with music and verse. The afternoon will conclude with tea and biscuits at about 3.30pm. Everyone is welcome; just turn up on the day.

**FRIDAY 2<sup>nd</sup> DECEMBER: DURHAM CHRISTMAS MARKET.** Full details and booking arrangements for this popular outing will be in the next Newsletter.

**ADVANCE NOTICE - CHRISTMAS LUNCH MONDAY 12<sup>TH</sup> DECEMBER AT CEDAR COURT.** Further information, menu and booking forms will be in the next Newsletter in October.

## **LUNCH CLUB**

**Tuesday 9<sup>TH</sup> AUGUST at ISTANBUL**, Victoria Avenue (opposite the car park exit from Waitrose). Nothing too hot or spicy and reasonably priced. (Belly dancing and plate smashing optional). 12.0 for 12.30 as usual. To reserve a place, please contact PAT on 01423 391437

**Tuesday 13<sup>TH</sup> SEPTEMBER - in THE TEA ROOMS at RIPLEY CASTLE.** As there is free entrance to the grounds of the castle this year we hope you might like to take a ride out on the No. 36 bus to Ripley and combine lunch with a little walk if you wish. Car sharing for Knaresborough members might be possible. 12 for 12.30 as usual

To reserve a place please ring TANIA on 01423 862290 by 6<sup>th</sup> of September

**Tuesday 11 OCTOBER - we return to WILLIAM AND VICTORIA** on Cold Bath Road. To book a place, contact MARGARET on 01423 522005

**Tuesday 8 NOVEMBER:** We will visit CAU, a new restaurant in the new building on corner of Raglan St. and Station Parade. Book a place from PAT on 01423 391437.

**Other events :**

**Tuesday 4<sup>th</sup> October, 2pm – 4pm; Tea Dance at Cairn Hotel:** dancing from 2 – 4.30pm; afternoon tea served at 3pm. Cost £7.50 of which £2.50 will be donated to British Heart Foundation To book a place, phone Events Office 01423 504005

**Allotment Show:** Sun Pavilion and Valley Gardens; Sunday **21 August, 11.0am – 4.0pm.** This event is run in support of HELP (Harrogate Easier Living Project). Admission Free and there is a raffle.

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***NEXT YEAR'S FORUM MEETINGS AND SOCIAL EVENTS***

*Very soon we will be putting together a calendar of activities for the Forum for 2017. We need to plan well ahead! This is your chance to help us to plan our events so that we can attract as many of our members as possible.*

*What sort of topics would you like to see included in the Forum meetings in St. Paul's Church Hall? Where would you like to go on outings and visits? What sort of social meetings (including the Lunch Club) would you enjoy? All ideas are welcome; please contact one of the Committee members, below, with your suggestions.*

**COMMITTEE MEMBERS APRIL 2016-MARCH 2017**

| <b>NAME</b>              | <b>MAIN ROLE</b>                   | <b>CONTACT</b>                                                                               |
|--------------------------|------------------------------------|----------------------------------------------------------------------------------------------|
| <u>Christine Boxall,</u> | <u>Secretary:</u>                  | <u>email: <a href="mailto:cboxall@carersresource.org">cboxall@carersresource.org</a></u>     |
| <u>Tania Brightmore</u>  | <u>The Lunch Club</u>              | <u>01423 862290. email: <a href="mailto:taniacb@icloud.com">taniacb@icloud.com</a></u>       |
| <u>Rev.Trevor Dixon,</u> | <u>Membership</u>                  | <u>01423 560441. mob. 07525332570</u>                                                        |
| <u>John Dorman</u>       | <u>Treasurer</u>                   | <u>01423 507051.</u>                                                                         |
| <u>Michael Ellenor</u>   | <u>Raffles</u>                     | <u>01423880549.</u>                                                                          |
| <u>Ann Hill</u>          | <u>Joint Chair, Social Events,</u> | <u>01423 861795.</u>                                                                         |
| <u>Susan Hobbs</u>       | <u>vice-chair, Refreshments</u>    | <u>01937 581947.</u>                                                                         |
| <u>Anthony Kerr</u>      | <u>Joint Chair, Newsletter,</u>    | <u>01423 870199. Email: <a href="mailto:ajkkerr@gmail.com">ajkkerr@gmail.com</a></u>         |
| <u>Jane Malster</u>      | <u>Website Manager</u>             | <u>email: <a href="mailto:mail@hgdoover50sforum.org.uk">mail@hgdoover50sforum.org.uk</a></u> |

**Our membership is still growing**

Our membership continues to grow. We now have over 300 members on our mailing list and new members come along every month. Interest in our Forum meetings, the Lunch Club and most of the social events is growing; a greater number of members are taking part in our activities.

Whilst we are obviously very pleased that the Forum is flourishing, it does make problems for our very small committee. Since the Forum was revived in 2012 the committee has lost half the original members but we have recruited 3 more very active members.

**BUT WE NEED MORE PEOPLE TO HELP WITH OUR EVENTS.**

Could you spare a little time and energy to help us to continue and grow? If you are interested please talk to any of the Committee who can tell you what might be involved.

## Care Data.

### Who is reading your personal medical records?

After 3 years of delays and problems, the Government's highly controversial "care.data NHS information sharing scheme" has been abandoned. Leaks of personal data led to grave concerns about the security of personal medical details; the failure to implement the opportunity to opt out contributed to concerns about the project's integrity, security and viability. Many patients were prepared to allow their data to be shared with regard to their healthcare and possible research, but release to commercial companies caused patients to question who had access to their data and why and for what purpose.

The revelation that one hospital trust shared nearly 1.6million patient records with Google-owned Deep Mind highlighted concerns about commercial enterprises having access to medical records without the patient's explicit consent.

Following the report "Review of Data Security, Consent and Opt Outs," NHS England closed the care.data project. However, the Government remains committed to information sharing, so it is vitally important that the general public responds to the latest request for patients' views about sharing personal information and how opting out will work so that data is only shared with patient's consent. See our "**Have Your Say**" on our website ([hgdoover50sforum.org.uk](http://hgdoover50sforum.org.uk)) for further details or go to the Health Watch website (<http://www.healthwatch.co.uk/news/patient-data-nhs>). The Consultation ends on 7<sup>th</sup> September 2016.

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### **Carers Resource and Carers Time Off:**

*This award winning charity gives support and information to unpaid carers and those in need of care. All CTO supporters are volunteers who give their time freely to enable full time carers to have a very welcome break from their commitments. This can be anything from one to four hours a time on a regular or occasional basis. Carers Time Off urgently needs more volunteers; for example at the moment, we need a male person to spend some time with a very outgoing and humorous man who has a brain injury following an accident. He enjoys a bit of banter and loves sport but his mobility is limited. You could be good company for him and enable his wife to have a regular break from caring for him. There are many similar examples of carers that we want to support.*

*To find out more, ring Christine Boxall on 01423 500555, or at 11 North Park Road, HG1 5PD or by email on [cboxall@carersresource](mailto:cboxall@carersresource).*

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**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 **Alzheimer's Society** at; [Harrogate@alzheimers.org.uk](mailto:Harrogate@alzheimers.org.uk)

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