



JANUARY 2018

# "THE VOICE"

THE QUARTERLY NEWSLETTER OF HARROGATE DISTRICT OVER 50s FORUM

Welcome to 2018 and our new look newsletter.

This year, the theme for our meetings is Health & Wellbeing, as you will see in the 'Dates for your diary' section. As usual, we have information about our forthcoming meetings, day trips and the lunch club. However, in this issue we are also trying to include more pictures and news items – please let us know your views on this. Talking of expressing your views, don't miss the exclusive invitation to Forum members on page 3.

## **MARCH FORUM MEETING AND AGM.**

THURSDAY 22nd March 2018, 2pm—4pm

St. Paul's Church, Victoria Avenue, (*opposite Harrogate Library*)

### **"THE HISTORY OF HARLOW CARR"**

The AGM will take place at the beginning of the meeting. There will then be a tea break and raffle. After that we will be having a talk about Harlow Carr by Andrew Willocks, Team leader in the Horticultural Group. Andrew will talk on the history of Harlow Carr and bring us up to date with what is happening now.

Admission is £2 which includes refreshments and a raffle ticket.

## **MAY FORUM MEETING**

THURSDAY 24th MAY 2018 2pm—4pm,

St. Paul's Church, Victoria Avenue, (*opposite Harrogate Library*)

### **"THE ROLE OF THE PHARMACIST" and "SEPSIS"**

As our theme this year is 'Health and Wellbeing', the first presentation of this meeting, by Steve Collins (Community Pharmacist), will focus on the expanding role of the pharmacist including treating minor ailments, medicine reviews etc. This will be followed by a presentation on the risk and recognition of sepsis by Dr David Earl (Harrogate Hospital).

Admission is £2 which includes refreshments and a raffle ticket.

## LUNCH CLUB.

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

**Please book early as numbers are rising;** if you are subsequently unable to attend on the day, please contact the organiser in fairness to the restaurant and other members.

We look forward to your joining us at the following venues:-

### 13th FEBRUARY 2018 - 'ISTANBUL'

Victoria Avenue

*(opposite Waitrose car park exit).*

We have been invited by the manager to return for another of his special lunches (and whatever else transpires!!)



Please contact Pat Lawson:  
on 01423 391437 to book a place.

### 13th MARCH 2018 - 'GRAVELEYS'

8 - 12 Cheltenham Parade.

Some people missed the last visit to Graveley's as they went to Arley Hall & in March we will probably still be glad of comfort food!

Senior Citizen Menu *(includes tea/orange juice - coffee 50p extra)*

2 courses £9.50

3 courses £11.50



Please contact Tania Brightmore:  
on 01423 862290 to book a place.

### 10th April 2018 - 'ALL BAR ONE'

19 Parliament Street, Harrogate.

An extensive international menu with something for everyone.



Please contact Tania Brightmore:  
on 01423 862290 to book a place.

### 8th May 2018 - 'THE DOWER HOUSE'

Bond End, Knaresborough.

An excellent meal last year, enjoyed by 28 people (our largest attendance).

We suggest that the bus stops at the bottom of Knaresborough High Street might be more convenient for some than the Henshaws & Mother Shipton's ones.



Please contact Margaret Smith:  
on 01423 522005 to book a place.

## Have you ever visited the Pump Room Museum?



Forum members have received an invitation from May Catt, Curator, Harrogate Museums and Arts, to visit the Pump Room on March 7th 10am to 11.30am.

We will have exclusive free access to the museum with tours of the wells. This will be followed by tea/coffee and cake, and an informal discussion around the proposed plans for improving the museum as a visitor attraction.

This will be an excellent opportunity to explore one of Harrogate's most famous historic features and influence how it can be enhanced for the future.

To book a place, please contact:

Ann Hill on 01423 861795



## Can you help the Forum Committee?

Do you have suggestions for social events, destinations for trips, subjects for Forum meetings, venues for the Lunch Club and so on?

All suggestions are welcome.

Would you like to become a Committee member and help with our organisation (you could try it out for a while if you wish)?

We also need a Minutes Secretary to record the bi-monthly Committee meetings. Again, you could try it for a while.

Please e-mail the forum for further details: [mail@hgdover50sforum.org.uk](mailto:mail@hgdover50sforum.org.uk) or contact Ann Hill





## February Trip

**Thursday 15th February 2018, Boundary Mills, Colne.**

**£19 per person**

The coach will depart York Place, Knaresborough at 9.30am and Harrogate Library, Harrogate at 9.45am. Returning about 4.30pm.



Enjoy a pleasant, country ride, (60 - 75 mins) to Boundary Mill at Colne; two huge floors of discounted everything - women's, men's, children's fashions, footwear, kitchenware, glass, china, lighting, soft furnishings, books, craft supplies, luggage.

Also there is a clearance sale and the offer of a group discount of 10%! M&S and NEXT outlets and more.

To sustain you there is a choice of eateries - 'Bannisters' fully licensed walk-in restaurant has been relocated in a new extension on the ground floor, while BB's coffee shop upstairs has been enlarged for soups, hot meals, jacket potatoes and sandwiches.

Even if you are not a shopaholic, come along for the ride and lunch!

If you would like to book a place for yourself or friends, fill in the **green slip** on the back page and send to:

Ann Hill, 14 Bond End, Knaresborough, HG5 9AQ (Telephone 01423 861795 for enquiries)

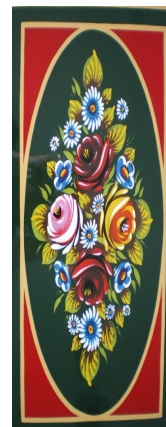
*Cheques made out to HDOFF only. Please note that no tickets are issued for any Forum events and there are no refunds for non-attendance.*

## April Trip

**Wednesday, 18th April 2018, Skipton Canal Cruise and Lunch**

£29 per person which includes coach, 3 hour cruise and lunch.

The coach will depart York Place, Knaresborough at 9.30am and Harrogate Library, Harrogate at 9.45am. Returning about 5.00pm.



By popular request we are returning to Skipton for a canal cruise and lunch.

It is 3 years since we had a trip there. For those who travelled with us, I think, you will agree it was a lovely day out.

I thought trying a Spring excursion this time would give us a different view of the canal instead of the Autumn ones we have done before. The cruise takes 3 hours and lunch is served while we journey along the canal. It is a lovely peaceful way to travel, so come along and join us. After the cruise we will go into Skipton for a little time to look around.

If you would like to book a place for yourself and friends, fill in the **blue slip** on the back page and send to:

Ann Hill, 14 Bond End, Knaresborough, HG5 9AQ (Telephone 01423 861795 for enquiries)

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Information about the Forum and its activities, and so much more, is available on our website:

**[www.hgdover50sforum.org.uk](http://www.hgdover50sforum.org.uk)** or search for 'Harrogate over 50s'

## Dates for your Diaries:

Thursday 15 February 2018	Trip to Boundary Mills, Colne
Wednesday 7 March 2018	Exclusive invitation to visit Harrogate Pump Room Museum
Thursday 22 March 2018	Forum meeting, AGM and talk on Harlow Carr by Andrew Willcocks, 2-4pm
Wednesday 18 April 2018	Skipton Canal trip and Lunch
Thursday 24 May 2018	Forum meeting, 'Role of the Pharmacist' a talk by Steve Collins, and 'Sepsis' a talk by Dr David Earl, Harrogate Hospital. 2-4pm
June Trip	To be arranged
Thursday 26 July 2018	Forum meeting, 'Who's Keeping Us Safe?' 2-4pm
August Trip	To be arranged
Thursday 27 September 2018	Open meeting, 'Fashion Show' <b>note</b> different venue, St John's Hub, Knaresborough. 2-4pm <i>(if anyone would be willing to be a model, no training needed!!! - I've offered!!!)</i>
October Trip	Ampleforth College, Apple time!
Tuesday 2nd October 2018	The Older People's Tea Party
Thursday 29 November 2018	'Safeguarding the interests of Older People'.
Christmas Trip	To be arranged
Christmas Lunch	To be arranged

**Please note all Forum Meetings are held at St Paul's Church Hall, except our September Fashion Show which is at St John's Hub, Knaresborough, providing more space for the event.**

CONTACTS - HDOFF Committee		
Chair and social events	Ann Hill	01423 861795
Vice Chair and catering	Susan Hobbs	01937 581947
Secretary	Vacant	
Treasurer	John Dorman	01423 507051
Membership Secretary	Rev. Trevor Dixon	01423 560441
Raffles	Michael Ellenor	01423 880549
Lunch club	Tania Brightmore	01423 862290
Website Manager	Jane Malster	michelemalster@hotmail.com
	Forum e-mail	mail@hgdover50sforum.org.uk
	Forum website	www.hgdover50sforum.org.uk
	Twitter	@hgdover50sforum



# News Items

## 'Freeze on Fraud'

North Yorkshire Police, have launched their **Freeze on Fraud** campaign to raise awareness of online fraud and help reduce the risk of people falling victim to this ever increasing type of crime. Over the next few weeks, they will be releasing a series of short videos about fraud, featuring top tips from DI Hodgeon, Head of Fraud at NYP, and also some real life victim stories.



You can watch these videos and read a host of information on their dedicated webpage <https://northyorkshire.police.uk/staying-safe/safer-online/freeze-on-fraud/> Please visit the webpage and spread the word – it is really important that you are aware of the different threats posed by fraudsters and understand the preventative steps you can take to prevent falling victim. The campaign will feature on their social media platforms throughout January and also on ATMs across the county'.

## If there's a power cut, who do you call?

Unless you very organised, when there's a power cut, there's a mild panic whilst trying to find a torch or source of light. Then you think, what's the electricity company's number? Where can I find it? Well, help is at hand, if you experience a power cut just **CALL 105** which is the emergency service information line. The call is free and you will be transferred to an operator who can offer help and advice. For further information, visit the Forum website.



## HARROGATE DISTRICT OVER 50s FORUM

## BOOKING FORM FOR SOCIAL EVENTS

### FEBRUARY TRIP

Name of event: **Boundary Mills, Colne** Date: **Thursday 15th February 2018** Cost: **£19 per person**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Number of places: \_\_\_\_\_ Total price: £ \_\_\_\_\_

**Pick up town:** \_\_\_\_\_ *(I need this so I can check everyone is there)*

Cheques made out to 'HDOFF' only. **Please note** that no tickets are issued for any Forum events and there are no refunds for non-attendance.

Please enclose this form with your cheque for the full amount for the places requested and post to:

Ann Hill, 14 Bond End, Knaresborough, HG5 9AQ. Tel: 01423 861795



## HARROGATE DISTRICT OVER 50s FORUM

## BOOKING FORM FOR SOCIAL EVENTS

### APRIL TRIP

Name of event: **Skipton Canal Cruise and Lunch** Date: **Wednesday 18th April 2018** Cost: **£29 per person**

Could you please choose one option from the three I have put down as your preferred choice of lunch, as I have to pre-book lunch one week before we travel.

Lakeland Ham ☐ Pork Pie ☐ Vegetarian Quiche ☐

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Number of places: \_\_\_\_\_ Total price: £ \_\_\_\_\_

**Pick up town:** \_\_\_\_\_ *(I need this so I can check everyone is there)*

Cheques made out to 'HDOFF' only. **Please note** that no tickets are issued for any Forum events and there are no refunds for non-attendance.

Please enclose this form with your cheque for the full amount for the places requested and post to:

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