



"THE VOICE"

JANUARY 2017

THE QUARTERLY NEWSLETTER OF HARROGATE DISTRICT OVER 50s FORUM

A VERY HAPPY NEW YEAR TO ALL OUR MEMBERS

We hope that you all had a very enjoyable Christmas and New Year. Last year was very busy for the Forum with six major Forum Meetings in St. Paul's Church Hall, at least one Social Event every month, mostly either a coach trip or a tea party, and of course the regular monthly meetings of the flourishing Lunch Club. Then there is the quarterly Newsletter and the comprehensive HDOFF Website. All this has been almost entirely organised and presented by a very hard working Management Committee of eight members.

For 2017 we have planned another full programme of events. As requested this is included again on the back page. Also included is the list of members of the Committee; all of them will be eligible for re-appointment at the A.G.M. in March.

ANNUAL GENERAL MEETING; 23rd MARCH in St. Paul's Church Hall, 2pm – 4pm

The AGM will be from 2pm – 2.45pm; this is of course our annual "business" meeting which will include a full Financial Report from the Treasurer and a Chairperson's Report about the Forum's activities over the last year.

After the refreshments, **Dr. Rebecca Leigh** will talk about her role as Elderly Care Consultant in Harrogate Hospital.

Dr. Leigh works alongside orthopaedic surgeons to ensure compassionate, holistic care for patients who have suffered a hip fracture or other injury.

Dr. Leigh grew up and went to school in Harrogate; she did several jobs including working in Lascelles Ward of Royal Baths Hospital, doing a paper round, working on a fruit stall in the old indoor market and a bit of chambermaiding, before becoming a "Saturday girl" at a local pharmacy.

Dr. Leigh graduated in medicine from Newcastle University and worked as a junior doctor in the North East before realising her desire to return to Harrogate in 2009 where she now lives with her family

Dr. Leigh will be glad to answer questions and also talk about hospital issues in general.

SOCIAL EVENTS

WEDNESDAY, 1ST MARCH 2017

THE DEEP AT HULL

The Deep is one of the most spectacular aquariums in the world. It has won many awards as a Tourist Attraction and Conservation Area. With 3500 species of fish, including Sawfish (the only one in the UK, Sharks and Rays, and ocean drifters – octopus. You can also meet the VIPs – Very Important Penguins! There is a restaurant where you can buy lunch or just have coffee.

Cost: £27(including entry). *Please use the enclosed booking form*

Pick up times: Harrogate Library 9.15am Knaresborough York Place 9.30am.

THURSDAY, 20th APRIL

A TRIP TO THE BOWES MUSEUM AND BARNARD CASTLE.

The Bowes Museum houses one of the most important collections of European fine and decorative arts in the North of England. Come and discover the romantic history, beautiful settings and amazing collections, including some of the world's finest paintings by artists such as Canaletto, Goya, El Greco and Turner. These are complimented by iconic objects like the Silver Swan musical automaton, dresses, silver and metals, ceramics, furniture, toys and local history. You'll certainly find much of interest in this visit to Bowes Museum.

Cost: £24.50 including coach and entry. *Please use the enclosed booking form*

Pick up Times: Harrogate, 9.15 at the Library, Victoria Avenue;

Knaresborough, 9.30 at York Place, off York Road.

FRIDAY 26TH MAY:

TISSINGTON HALL AND WELL DRESSING.

Tissington Hall was built in 1609 by Francis Fitzherbert to replace the Norman Church of St. Mary in the centre of the village. For over 400 years the Hall has presided over this picturesque estate village in the Peak District

We will have a guided tour of the hall at 2.30. (The Hall is only open for groups like ours, not for the general public) and an opportunity to see inside a very historic and beautiful building.

Well Dressings

The origin of Well Dressing probably has its roots in pagan culture, later given a Christian meaning. One theory is that the custom grew after the Black Death in 1348-9. The wells, decorated with flowers, are throughout the village.

There is a café in the grounds of the Hall and a pub nearby.

Cost: £29 including coach hire, entry to the Hall and tour. *Please use the enclosed booking form.*

Pick Up times. Harrogate, 8.45 outside Library, Victoria Avenue.

Knaresborough, 9.00, York Place, off York Road.

LUNCH CLUB

Last year the Lunch Club enjoyed a variety of menus - English, Italian, Turkish/Greek, and Argentinian restaurants in Harrogate and Knaresborough plus various fish dishes at Gravelly's and the Castle tearooms in Ripley, via the No.36 bus (and free entry into the Castle grounds); a hot summer's day was a bonus. We intend to continue this variety in 2017.

The Lunch Club meets on the second Tuesday of each month from 12 noon for 12.30. The organisation of the venues is shared by Tania Brightmore, Patricia Lawson and Margaret Smith; thanks to their efforts the lunch club numbers continue to grow and it is wise to make your booking early. Our next venues are:

Tuesday, 14th February: by popular request we are returning to ISTANBUL, Victoria Avenue to enjoy Turkish hospitality, enthusiasm and great value for money. To book call Pat on 01423 391437.

Tuesday, 14th March: following several recommendations, a new Knaresborough venue - THE DOWER HOUSE where a light airy dining room overlooks the gardens; 2 courses will cost £12.95, 3 courses will cost £14.95. Any Knaresborough bus stops at Henshaws just before The Dower House and there is ample parking in the rear. To book call Tania on 01423 862290.

Tuesday, 11th April: This month we return to Le D2, Bower Road, Harrogate for French cuisine. To book call Margaret on 01423 522005.

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## Harrogate District Older People's Forum - Committee Members.

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|--------------------|----------------------------|
| Ann Hill,          | Co-chair, Social Secretary |
| Anthony Kerr,      | Co-Chair, newsletter       |
| Christine Boxall,  | Secretary                  |
| John Dorman,       | Treasurer                  |
| Tania Brightmore,  | Organiser of Lunch Club    |
| Rev. Trevor Dixon, | Membership Secretary       |
| Michael Ellenor,   | Raffle organiser           |
| Susan Hobbs,       | Catering                   |
| Jane Malster,      | Website manager.           |

As well as the responsibilities shown, all committee members take part in organising Forum meetings in St. Paul's Church Hall.

***CAN YOU HELP? We are looking for a pianist/keyboard player.***

***We'd like to arrange a "Sing Song and Tea Party" afternoon if we can find someone to play for us. If you are interested and willing to help, please contact Ann Hill 01423 861795 or Anthony Kerr 01423 870199.***

## CALENDAR OF FORUM EVENTS IN 2017

**FORUM MEETINGS** (usually in St.Paul's Church Hall, Belford Road, opposite the Library).

23<sup>rd</sup> March: A.G.M. Dr. Rebecca Leigh, Harrogate Hospital, on theme of Care and Older People (see page 1 of this Newsletter)

25<sup>th</sup> May: "Song and Dance;" Dancing for well-being and voice exercises/singing. (Further information in April Newsletter)

27<sup>th</sup> July: "Getting Around;" Transport Issues (further information in April Newsletter)

28<sup>th</sup> September: "What's Going On": Communication and Information; with the Library and Harrogate and Ripon Community Voluntary Services.

23<sup>rd</sup> November: "A Healthy Interest": Health Watch and the CCG.

## **SOCIAL EVENTS**

Wednesday, 1<sup>st</sup> March, "The Deep" Aquarium at Hull (see page 2 of this Newsletter)

Thursday April 20<sup>th</sup> 2017: Trip to Bowes Museum and Barnard Castle(see page 2 of this Newsletter)

Friday May 26<sup>th</sup> 2017 Tissington Well Dressing and Tour of Tissington Hall, Derbyshire. (see page 2 of this Newsletter)

Tuesday, August 8<sup>th</sup> 2017: Arley Hall and Gardens, Cheshire, includes a tour of the Hall.  
Price £29 (includes entry and tour of the Hall).

October: (date to be confirmed): To celebrate International Older People's Day; an Afternoon Tea Party in St.John the Baptist's Hub, Church Lane, Knaresborough.

## **LUNCH CLUB:**

Every second Tuesday of the month; details in Newsletters and on the Website.

## **DID YOU KNOW?**

**OVER TWO THIRDS OF ELIGIBLE COUPLES DO NOT CLAIM MARRIAGE ALLOWANCE!**

If you're married or in a civil partnership and you earn less than £11k, and your partner's income is below £43k, you are eligible for marriage allowance. This lets you transfer your personal tax allowance of £1100 to your partner, thereby reducing their income tax by £220.

If you were eligible for Marriage Allowance in the 2015/16 tax year, you can backdate your claim to 6<sup>th</sup> April 2015 and thus reduce the tax paid by £432.

Pensioners can also apply but if you or your partner was born before 6<sup>th</sup> April 1935 you might benefit more as a couple by applying for Married Couple's Allowance instead.

Further information and to apply contact <https://www.gov.uk/marriage-allowance>

