

"THE VOICE"

OCTOBER 2016

THE QUARTERLY NEWSLETTER OF HARROGATE DISTRICT OVER 50s FORUM

Autumn is with us now and so far has been quite pleasant most of the time. It's also that time of year for the joys of Hallowe'en and Guy Fawkes - dressing up, 'trick or treat', bonfires, fireworks, parkin cake and so on. And then Christmas preparations will be upon us - where does the year go!

We hope that this Autumn edition of The Voice is interesting and encourages you to join us in our various events. The Committee has drafted a programme for 2017 for you to note in your diary. We look forward to meeting you again.

FORUM MEETINGS

Our last Forum meeting of this year is:

Thursday 24th November: "Keep In Touch and Keep Safe"

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 many different types of "scam", how to avoid them and how to report them in order to safeguard others – and to help catch the villains. Jane will also advise about using social media and communicating safely with other people.

This is an important matter and we should all be aware of the dangers and protect ourselves.

The first meeting in the new Year is:

Thursday 26th January:– "Benefits Matters"

Do you know what benefits and allowances are available to older or disabled people or people who need care? Do you know that not all benefits are means tested? It is said that there are many people who don't claim their entitlements because they don't know about them. At this meeting, Jeanette Bovo, from Craven and District Citizen's Advice Bureau, will explain all about benefits and allowances and guide us through the maze of what may be available to us.

FORUM SOCIAL EVENTS

FRIDAY 2 DECEMBER 201

DURHAM CHRISTMAS FESTIVAL AND MARKET Price: £21

The Christmas Festival is based around the Cathedral, Castle and other city centre locations. It provides excellent Christmas shopping opportunities alongside festive entertainment. The gift and craft marquee on Palace Green will feature over 190 stalls plus 30 regional food and drink producers and will be in the cloisters of Durham Cathedral (on the same site). There will be a range of entertainment including Carol Services in the Cathedral for you to attend.

Pick up times: Harrogate Library 9.00am Knaresborough, York Place 9.15am

Return (depending on traffic) approx. 6.00pm

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### WEDNESDAY, 1<sup>ST</sup> MARCH 2017

#### **THE DEEP AT HULL** Price £27(including entry)

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 the UKs only Sawfish, Sharks and Rays, including 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.

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

(This is the February trip but has been moved back a bit because of refurbishment of the Aquarium.)

*NOTE: A booking form for each of these trips enclosed with this Newsletter. Please complete the form and send it with a cheque for payment to Ann Hill.*

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A message from Ann Hill, Social Secretary and Joint Chair.

I try to keep the cost of the trips down but coach hire goes up every year. I do look at companies doing the same thing and find that we are always cheaper. We do not make a profit on our tours, in fact we sometimes make a small loss. I hope you like the tours I have arranged (with suggestions from members). I would welcome any other ideas.

LUNCH CLUB

Our next meetings are:

TUESDAY 8 NOVEMBER 2016: Meeting at **CAU**, another new venue, on the corner of Station Parade and Raglan Street, Harrogate. To reserve your place, please call PAT on 01423 391437.

MONDAY 12 DECEMBER 2016 - CHRISTMAS LUNCH

We hope you will join us in the newly refurbished restaurant at **CEDAR COURT HOTEL**, Park Parade, Harrogate for a 3 course lunch with tea or coffee and mini mince pie. The hotel has ample car parking and there is a bus stop nearby on North Park Road.

The cost of the lunch is £21.00 per person (to include gratuity). Please use the attached menu/booking form to book your place and either bring it to the next meeting or post to me, to arrive by 24 NOVEMBER 2016:

TANIA BRIGHTMORE, 3 THE BUNGALOWS, CALCUTT, KNARESBOROUGH, HG5 8JQ.
TEL 01423 862290

Cheques for £21.00 per person should be made payable to HDOFF and are non-refundable.

TUESDAY 10 JANUARY 2017: We begin the New Year by revisiting **LE BISTRÔT PIERRE**, 15 Cheltenham Parade, Harrogate. To reserve your place, please call MARGARET on 01423 522005.

The Lunch Club is proving to be a great success for the Forum thanks to the efforts of Tania Pat and Margaret. It continues to grow and attract more and more members. It might be wise to book your place early to avoid disappointment.

CALENDAR OF FORUM EVENTS IN 2017

We are regularly asked for dates of forthcoming events and so we planned the following programme for next year. We have included suggestions from some of our members and we are always glad to get more ideas.

We don't anticipate any changes to these dates and events but if necessary we will always inform you well in advance through the website and this Newsletter.

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

26^h January: "Benefit Matters" (see notice on page

1)

23rd March: A.G.M. Speaker from Harrogate Hospital on theme of Care and Older People.

25th May: "Song and Dance;" Dancing for well-being and voice exercises/singing

27th July: "Getting Around;" Transport Issues

28th September: "What's Going On": Communication and Information; with the Library

and Harrogate and Ripon Community Voluntary Services.

23rd November: "A Healthy Interest": Health Watch and the CCG.

SOCIAL EVENTS

Thursday April 20th 2017: Trip to Bowes Museum and Barnard Castle. Cost: £25 (includes entry to Museum).

Friday May 26th 2017 Tissington Well Dressing and Tour of Tissington Hall, Derbyshire.

Cost: £29 (including entry and tour of the Hall).

Tuesday, August 8th 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

December: Christmas Lunch (to be arranged by the Lunch Club).