



North Herts 50 Plus

Newsletter: Edition 1

KEEP ACTIVE HAVE INFLUENCE BE INVOLVED

Welcome

Welcome to edition 1 of the North Herts 50 Plus newsletter. We will now be producing a bi-quarterly newsletter to keep you informed about the developments of our Forum along with other relevant news.

AGM Update

On Thursday 18th June, we celebrated our fifth Annual General Meeting. The committee sends special thanks to Lorna Kercher for her positive contribution as Chair of the Forum and congratulations to Sam Thakur who has now been appointed in the role. The following members have been reappointed in the committee: Sheila Hogan - Vice Chair, Sally Smith - Secretary, Marilyn Kirkland, David Wakelin, Lorna Kercher and a warm welcome to our newest committee member, Seema Dahad.

Future East Open Meeting

10am to 3pm on Tuesday 14th July at Stevenage Borough Council Offices

We hope you will be able to join us at the Future East Open Meeting. It will be a chance to meet other organisations that support people who are over 50 and hear from expert speakers including:

- Susie Helliwel, Hertfordshire County Council Trading Standards on how to avoid scams
- Neil Clurow and Alan Mutton, Tax Volunteers on delivering tax support
- Vanessa Perkins, Crossroads Care Hertfordshire North on their new 'Helping You Care' Service.

Lunch will be provided. **To RSVP call calling 07858 456946.**

Open Forum Events

Crime Prevention

From 2pm to 4pm on Thursday 16th July at Baldock Community Centre

Do you have concerns about crime within your local neighbourhood? Asian households in North Hertfordshire have been increasingly identified as being at a greater risk of theft. Crime Prevention Officer, Stephanie Frankish will discuss her involvement with the Asian gold initiative and give information on how to protect yourself in your own home, as well as general crime prevention advice.

Benefits and Money matters

From 2pm to 4pm on Thursday 17th September at Christchurch, Hitchin

Barbara Alexander from the Money Advice Unit at Hertfordshire County Council will give advice on benefits and changes to the state retirement. If there is a particular issue or topic that you would like to be covered in the session please let us know in advance. Call **01462 689400** or email **info@nh50plus.org.uk**

Open forum events are held from 2pm to 4pm on the third Thursday of the month and feature a variety of guest speakers. They are also an opportunity to speak out about any issues you would like us to campaign about.

Entry is free for members and £3 for non-members. Friends and family are always welcome.



North Herts 50 Plus

Newsletter: Edition 1

KEEP ACTIVE HAVE INFLUENCE BE INVOLVED

Helping Hand Service

North Herts CVS has launched its Helping Hand Service to support local residents and enable them to stay safe and independent in their homes. The Service responds to requests from patients, carers, family or professionals in North Herts and Stevenage and will take on jobs that can be completed in 2 hours or less. All jobs and tasks are carefully assessed before any work is started. Some of the jobs carried out include installing grab rails, stair rails and phone extensions, help with safety and security as well as general help including moving and assembling furniture, minor repairs and much more.

For more information contact the Helping Hand Service.

Website: helpinghandservice.org

Telephone: **07469 211954**

Email: hhs@nhcvs.org.uk



Heatwave: Be Prepared

Summer is upon us. It is important to be aware that when it is too hot there are associated health risks. To help you be prepared here are some top tips for keeping cool:

- Make sure you stay hydrated and drink plenty of fluids even if you don't feel thirsty
- Look out for friends and neighbours. If they live alone consider visiting them to check how they are and make sure they are keeping cool
- Try to stay in the coolest part of your home
- Avoid sitting outside for long in hot weather conditions
- Wear light loose clothing
- Maintain a balanced diet and try eating cold foods such as fruits and salads
- Keep up to date with local weather reports and temperature warnings
- Place a thermometer in your main living room and bedroom to keep a check on the temperature
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat

Exercise: 'Feel better and enjoy life more'

Our exercise class runs from 9.30am to 10.30am each Tuesday at Jackmans Community Centre in Letchworth. The class is taught at a beginner's level and encourages you to keep healthy, improve your fitness and socialise with other members. The cost is £4 for members and £5 for non-members. A professional sports expert says, "Most older people don't get enough physical activity. Exercise can help older people feel better and enjoy life more. No one is too old or too out of shape to be more active."

FUNDED BY

COMIC RELIEF

www.nh50plus.org.uk

info@nh50plus.org.uk