



LA Group

Local Activities Group in
Illingworth and Bradshaw

*Improving the health and wellbeing
of people over 50 in Calderdale*

NEW YEAR
NEWSLETTER

NO. 6

2014

Letter from the Chair

Hello Friends and colleagues

As I write these notes it's still not Christmas, but I know they will not be published until after the New Year has arrived. So I hope you all had a wonderful Christmas and may I wish one and all a very Happy and Healthy New Year!

I'd like to thank my fellow committee members for all their hard work throughout the year in helping to run all our activities and events, our tutors and teachers, and all the individuals who help with refreshments, food and venues, particularly the Fire Service, Whitehill Community Academy and Illingworth Moor Methodist Church.

Besides our weekly activities we've had a series of Games mornings and afternoons, although they haven't pulled in huge crowds they have been very well received by those who have attended and we will continue to organise more in the New Year. We have held a summer and Christmas Dinner, the first at the Moorlands Inn and the second at Halifax Golf Club. I hope everyone who attended these larger functions enjoyed meeting people from other activities and the food and drink provided by our hosts. We also enjoyed a fabulous outing on the Haworth Haddock Train Special, thanks to Roger Merriman for suggesting this outing; a great night was had by all those who attended. We also had a very well received outing to Eden Camp near Malton, to see the only museum of its kind in the world, and to say the weather wasn't kind that day was an understatement, but we battled through the rain and it did finally clear up on the way home.

As an organisation the LA Group is now over 18 months old, and I'd like to take this opportunity to remind ourselves of why we started in the

beginning. With help from the local Neighbourhood Schemes Team, we were formed to help alleviate the isolation and loneliness felt by some of our community, to promote both the physical and mental well-being and welfare of the over 50's in Illingworth and Bradshaw and surrounding areas. We realise we can't please all of the people all of the time, but hope that the majority of our members find it a beneficial experience and worth the £5 annual membership, and the session fees for each of the activities.

We already have plans for the New Year, we have provisionally booked a date for the next Games Session. We are planning a spring time Ceilidh on 10 May and have secured the services of a local group and caller and are planning a pie and pea supper at the Rugby Club in Ovenden, there will be lots more information about this nearer the time. We are always looking at ideas for other outings or activities either for small groups or for the whole group together, so contact a Committee member if you have any ideas you'd like us to discuss at Committee.

So, have fun but stay safe; Happy New Year to you all!

*Jean Butler
Chair*

Diets

*Cream cakes can be so delicious
Most enjoyable but not so nutritious
Trifles are another thing
That really makes your taste buds sing.
Carrots and celery
Sadly don't really appeal to me
Bowls of fruit salad are ok
If you want the calories out of the way.
But what I really think is a must
Is thick butter and cheese on a granary crust
Lovely rich sauces made with cream
Apple pie and custard, what a dream
Crossed up bacon, a nice runny egg
Tomatoes and mushrooms, a slice of fried bread.
Why is it foods that you really like
Take revenge, as if just for spite?
As soon as they have passed your lips
They travel south, straight to your hips.
Well I can't wait for the day
When scientists have something to say
All the foods that are bad for me
Are now delicious and calorie free
Big bellowing knickers, a thing of the past
I'll be lean, mean and thinner at last.*

*Joan Taylor
Committee Member*

GAMES AFTERNOON

At Illingworth Moor Methodist Church

Tuesday, 11th March 2014

2 pm — 4 pm

**Admission £1 includes Tea & Biscuits
Table Tennis, Cards, Chess, Dominoes
and Kurling**

Just come along!

The LA Group Tai Chi Class in action.

The class takes place every Thursday from 10 am to 11 am at Whitehill Community Academy. Our Tutor is Marsha from Tai Chi Tigers.



TAI CHI the key to a happy old age

According to a medical study, Tai Chi exercise can lift depression, raise energy levels and even improve memory. Psychiatrists at the University of California say that the over 65's are six times more likely to suffer from depression than the general population (particularly if living in a care home) but by adding a weekly Tai Chi class for ten weeks to their activities, it can make a significant difference to their lives. Researcher, Dr. Helen Lavretsky said: *"This is the first study to demonstrate the benefits of Tai Chi in the management of late-life depression. This may suggest that we can treat them without exposing them to additional medications."*

The above information was taken from Tai Chi Tigers Newsletter which can be viewed from our website.

As a **'Thank You'** to Whitehill Community Academy for the free use of the School Hall for the Tai Chi classes throughout another year the Committee asked the school what they would like and a bench was purchased for the playground with the following inscription:

**Presented to Whitehill Community Academy
on the Diamond Jubilee – 2013
By the LA Group**

**Why not look on the LA Group's website -
www.illingworthandbradshaw.btck.co.uk**

**The website is updated frequently so if you want to
keep up to date with the LA Group there is no better
place to look.**

**To contact us our email address is
lagroup50@hotmail.co.uk**

or to speak to the Secretary ring Halifax 249070.

For our Ceildah (*pronounced kay-lee*)

On Saturday, 10th May 2014

**we have engaged the services of the
Zig Zag Folk Jazz Band**

Who play Folk Music from all over the World! Well, not quite the whole world, but quite a few countries are represented. Dances ranging from English traditional to Eastern European, from the Isle of Man to the Isle of Dogs and some from further afield than that...

The Band is a Four Piece and Comes

Complete with Caller/PA and Lots of Great Music

Dave - Bass

Niomi - Fiddle

Max - Accordion

Tony - Guitar, mandolin and more

Darryl - Your friendly neighbourhood caller

The Committee will be putting on a supper of Pie and Peas. The venue for the Ceildah is Halifax RUF, Ovenden Park. More information and tickets later but please put the date in your diary and get your friends and family involved in coming along too!

In the meantime don't forget that other activities are running each and every week. Why not have a try at one of the following:

TUESDAYS

**At Illingworth Moor Methodist Church
KEEP FIT**

from 10 am to 11 am £2.50

This is a fun aerobic exercise class to get you fit and healthy

NEW AGE KURLING from 11.15 am – 12.15 pm £2.00

Both the above activities are suitable for a range of abilities

WEDNESDAYS

**At Illingworth Fire Station Community Room
CRAFTY CLUB**

from 10 am - 12 noon £2

Join the friendly group for knitting, card making and other crafts (*some materials provided*) plus hand massage or just a brew and a natter

THURSDAYS

**At Whitehill Community Academy (in the School Hall)
TAI CHI**

from 10.00 am – 11.00 am £2.50

Suitable for all abilities – can be done standing or seated

ART CLASS

**At Illingworth Fire Station Community Room
from 10.30 am – 12.30 pm £3.00**

Professional Tutor. Suitable for all levels – beginners are more than welcome. Materials provided.