



NEWSLETTER NO. 12

SPRING 2017



*Improving the health and wellbeing of people over 50 in the North of Halifax*  
**All sessions will run as normal over the Easter period.**

As we look forward to Spring there is much to tell members about so here we go with our 12th Newsletter.

Firstly, those of you at the AGM last September will remember that, rather disappointingly, we didn't manage to appoint a **Chairman**. However, at the November Committee Meeting we were without a Vice Chair also and so Anne Lees was persuaded to take the Chair for that meeting and she did such a good job that, at the close of that meeting, she agreed to take on the role of Chairman of the group at least until the next AGM. We are very grateful to Anne for taking on this job.

**Membership** falls due on the 1st April and again this year it is £5 per member. Renewal forms are being emailed out with this Newsletter to those with that facility otherwise paper copies will be available at each session during the remainder of March.

The Committee and our paid Tutors have undertaken **Safeguarding** training and also DBS checks and this is almost completed now. We are sorry to learn that this evening (10th March) Sheila Hilson, who has been our Safeguarding Officer, has passed away. She has worked so hard during her serious illness to get the Committee through this training. We send our sincere condolences to her partner and her two sons.

Three of our Committee members have attended an interesting session on **Dementia Awareness** and have now become 'Dementia Friends'.

For those of our members who are interested in **Crown Green Bowling** the season will start at the beginning of April and so membership of Holmfield Bowling Club will be due then. That entitles you to play on the green any time there isn't a match taking place. The LA Group Bowlers play together on a Monday from 10 am to 12 noon as well as at other times.

The Committee are happy that all our activities are so very popular and several of our members have also joined the **Walking Netball** on a Tuesday evening at 7.15 pm for an hour which the Minister at Illingworth Moor, Rev Paul Welch, has started running and which again is very popular.

At the instigation of the LA Group Committee, Illingworth Moor Methodist Church are going to purchase a **Defibrillator** which we will be making a generous contribution towards. As we have so many physical activities at the Church we think it is a sensible move to get one for everyone's benefit. We hope our members will agree.

**If you change your address or get an email address please let us know.**

The Committee are looking at taking a coach trip to Hull in the summer during Hull's Year of Culture. More information later but we would be delighted to learn if people are interested in the trip.

The Committee have booked a talk by a member of West Yorkshire Trading Standards **SAFER Project** which will be giving an overview of the different Scam mail, telephone calls and emails targeting our communities, as well as giving out FREE information packs and advice on how you can protect yourself. You are invited to bring along any potential scam correspondence that you have received. This event will follow Line Dancing on **Tuesday, 16th May** starting at **3.15 pm**. Tea/coffee and biscuits will be available from 3 pm. This free event will be open to everyone as it is of general interest and will be advertised widely leading up to the date.

The Committee have booked to have our **Christmas Celebrations** again in the Marquee at The Moorlands but this time a lot nearer to Christmas—it will be on **Wednesday, 20th December** starting at the same time—arrival from 5 pm to eat at 5.30 pm. This time we are having a DJ who will play the sort of music we ask him to play. **PLEASE BOOK THIS DATE IN YOUR DIARY.**

Finally, due to the recent accident in the Church car park, the Secretary has reviewed the **Health Questionnaire Forms** which also include your contact details in case of an emergency. Some of these forms were completed over four years ago and details may need updating. Attached with this Newsletter is a blank Health Questionnaire which we ask that you complete. These will be held in a secure place at the Church so that they can be referred to in an emergency.

**We do need to have a completed, up to date, form for everyone attending our activities.**

Why not look on the LA Group's website - [www.illingworthandbradshaw.btck.co.uk](http://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.

Why not join our Facebook page—Illingworth & Bradshaw Local Activities Group

To contact us our email address is [lagroup50@hotmail.co.uk](mailto:lagroup50@hotmail.co.uk) or to speak to the Secretary ring Halifax 249070.