



LA Group

Local Activities Group in
Illingworth and Bradshaw

No. 1

Newsletter

Spring 2012

Our website www.illingworthandbradshaw.btck.co.uk will keep you up to date with the many activities of the group. If you have any suggestions on how we can improve things in the community & in our group you can email us on - LAGroup50@hotmail.co.uk

Improving the health and wellbeing of people over 50 in Calderdale
Reminder that Membership for the year April 1st 2012 to March 31st 2013 is now due.

KEEP FIT

Tuesdays, 10 – 11 am - £2.50 - At Illingworth Moor Methodist Church

Not too hard, but not too easy! This is a fun aerobic exercise class to get you fit and healthy. Suitable for a range of abilities. The Keep Fit group is now well established and we are pleased to report that every week 20+ people are taking part in this class. We are grateful to Illingworth Moor Methodist Church for allowing us to use the Church Hall free for six months to enable the group to become established when we leave the support of Calderdale Neighbourhood Scheme.

CRAFTY CLUB

Wednesdays, 10 – 12 noon - £2 - At Illingworth Fire Station Community Room (round the back)

Join our friendly group for knitting, card making and other crafts (materials provided), hand massage or just a brew and a natter. This group is a thriving arm of our LA Group and often has 20+ sharing and learning new skills in handicrafts as well as putting the world to rights over a cuppa. We are indebted to the Fire Service for providing the Community Room free of charge for this group, the Bridge Class as well as the LA Group to hold Committee Meetings.

BRIDGE CLASSES

Wednesdays from 1 – 3 pm for 10 – 12 weeks initially - the class is taken by a member of the Halifax Bridge Club.

This latest venture which started on Wednesday, 7th March attracted eleven people on the first afternoon.

There is still room for new people who would be made very welcome. The cost is only £1.

For this Beginners Class you do not need to be over 50 to join.

Again this is held in **Illingworth Fire Station Community Room**

The Halifax Courier gave us some great publicity following the first class and included some excellent photos.

TAI CHI

Thursdays, 10.15 – 11.15 am £2.50

Suitable for all abilities – can be done standing or seated

Again this is another thriving section of the LA Group with over 30 people registered.

We are indebted to **Whitehill Community Academy's** Headteacher, Mr. R. Hepplestone, and his staff for allowing us the use of the Hall completely free of charge. We hope that in some small way, we as a community group, will feel able to offer our services by volunteering to work with some of the children, in school, in return for their generosity to us.

If you feel able to give an hour or two of your time why not contact the school?

WATERCOLOUR PAINTING

Thursdays, 11.30 am – 1.30 pm - £2.50

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

Again at **Whitehill Community Academy** where the group has the use of a lovely room which comfortably houses the 15+ local artists.

At the end of March Calderdale Neighbourhood Schemes' financial support for the LA Group comes to an end.

To launch the group and its activities into the Community we are having a

Launch Party on Friday, 30th March from 2 to 5 pm

To be held in the Community Room at Illingworth Fire Station. Everyone in the local community is invited to come along during the afternoon to partake of our Cheese and Wine. We are having a Raffle and invite friends to donate a raffle prize. Proceeds from the Raffle will be divided between the Firefighter's Charity & Overgate Hospice.

The Committee of the LA Group is delighted to report that their Bid for a grant has been favourably received by Calderdale Council's Small Grants Committee.

And finally, to the Group's great surprise, the LA Group Committee has won an award! The Committee was nominated for the North Halifax Neighbourhood Awards in the category of '**Contribution to the Older Generation**' and we've won! The awards are organised by the North Halifax Partnership. The award will be presented at a ceremony on Friday, 30th March at Trinity Academy and the event will be attended by many local people. It's a great thing for a new community group to be honoured in such a way and it will bring us some great publicity.

