



Improving the health and well being of people over 50 in this area of Halifax

Notes from the Secretary

At our Seventh Annual General Meeting on the 18th September we said 'Goodbye and Thanks' to Sue Merriman who had served as a Committee member for four years and we welcomed Martin Cruft who is a member of our Art Class.

I am pleased to report that our Chairman is again Anne Lees, Vice Chair is Brian Sinnett, Rita Parkin is Treasurer, Anne Robinson is Membership Secretary and Irene Mulhall is Secretary. Martin Cruft is taking on the job of Safeguarding Officer. Our other Committee members are Jan Hancock, Julian Patrick, Lilian Rawnsley.



As I am sure all members know by now, we are holding our Christmas celebrations once again in the Marquee at The Moorlands at Ogden on **Wednesday, 5th December** with people arriving from 5 pm and sitting down to eat at 5.30 pm. This year we are having a well known local comedian to entertain us and afterwards there will be music for dancing. The cost to both members and friends is £17 for the two course meal with coffee and mince pies or an additional £4 if you wish to have a dessert, which must be pre-ordered. This year instead of subsidising the meal the cost of the evening's entertainment is coming out of club funds. All members should have received the order forms for the meal and these should be back to the person who takes your register at class **no later than Thursday, 8th November**. Definitely there can be no bookings taken after that date. We do hope that many of you will join us on the 5th December as it is always a lovely evening. If anyone would like to donate a raffle prize that would be very welcome.

With the installation of the lift at Illingworth Moor Methodist Church our Art Class is now using the upstairs room which has more space to take additional budding artists if you care to give it a try. We have a professional tutor, Annette Duncan, and the cost for the two hour lesson is £5 with some materials being supplied.

Huge Congratulations to two of our Kurling members — Kathleen & Lawrence Ackroyd who, earlier this month, celebrated their 70th wedding anniversary.

New members joining the LA Group since the AGM up until the end of 2018 are now paying £3 for their membership as we start again on the 1st April with next year's membership. Anyone who joins us in January 2019 will pay £5 for a membership which will run until the end of March 2020.

Our Chairman and Secretary are on the North Halifax Staying Well Steering Group which has started the **Daisy Chain Café** at Halifax Rugby Union Club, Ovenden Park, HX2 8AR, and now meets on the second Wednesday each month. The aim is to make the north of Halifax Dementia friendly. If you feel you could volunteer to spend two hours once a month at the Café please offer your help. The Café is next open on the **14th November** and then the **12th December** from **1 pm to 3 pm**.

On the **8th November** there is a **new initiative** in the north of **Halifax Men's Activities Networking Event**. The North Halifax Staying Well Steering Group and Phoenix Shed (Men in Sheds) invite you to a Men's Activities Networking Event **from 1 pm - 4 pm** at Threeways Centre, Nursery Lane, Ovenden. The event will focus on activities that get men talking, socialising and doing things to improve their wellbeing. There will be a variety of workshops, demonstrations and talks on the agenda from some local groups such as Men in Sheds, Andy's Man Club, Men United, DadsRUs, Halifax Rugby League Foundation and also the LA Group who are already reaching men with significant success.

And finally - we are having a two week closure at Christmas so that the last activities will be on Thursday, 20th December and we will start classes again on Tuesday, 8th January 2019.

PLEASE LET US KNOW IF YOU CHANGE YOUR ADDRESS OR PHONE NUMBER OR IF YOU NOW HAVE AN EMAIL ADDRESS

Do you look on the LA Group's website?

The website is updated regularly so if you want to keep up to date with the LA Group there is no better place to look than our website which is www.illingworthandbradshaw.btck.co.uk and our email address is LAGroup50@hotmail.co.uk

Also you can see us on our Facebook page which is: Illingworth & Bradshaw Local Activities Group
If you need any more information please ring the Secretary, Irene Mulhall, on Halifax 249070