



Improving the health and well being of people over 50 in Calderdale

Notes from the Chair - Oct '12

Hello everyone, friends and fellow members,

It gives me great pleasure to be writing my first "Notes from the Chair" for our Newsletter and website.

Thank you, to everyone who attended the AGM and helped us all on the Committee establish the validity of the LA Group. A special thank you to all our guests, particularly Councillor Bob Metcalfe and Beth Maiden; and special thanks to Audrey Reid who made all the delicious cakes and buns for the event.

We had our first "taster session" of New Age Kurling on 2nd October, which seems to have been well received; at least everyone who attended didn't seem to stop laughing.

We held the Social Evening and Pie and Pea Supper with Quiz at Bradshaw Cricket Club on 6th October. Much hilarity was caused by Peter's game of "heads or tails" which was won by Craft Group member, Merlyn Byrnes, and after some communal efforts in some quarters the quiz was won by a member of the Art Group, Steve Ellis. The pies and peas went down well, even seconds were consumed by some. Special thanks to Rita Parkin, for organising the pies and to Peter Taylor for compiling the quiz and everyone else who helped with the mammoth washing up and pan scrubbing after the peas!

At the Committee Meeting on the 4th October we discussed all the suggestions for new activities received at the AGM and you can read about these on the reverse page. I hope you'll all find what you are looking for, whether it's with the LA Group or other organisations locally.

Could I appeal to anyone with any special interests with talents to match, that you make yourself known to either myself or any of the committee, with a view to helping to organise taster sessions. If we have to "buy in" expertise it can become prohibitively expensive trying new ideas.

Lastly, can I ask that you all consider the flyer that is being handed out at the moment for the planned Christmas Celebrations at The Loft at The Moorlands, on Wednesday 5th December, and get your menu choices and deposits back to your activity representative as soon as possible, and then full payment before the 9th November.

Regards

Jean Butler, Chair, LA Group



Pictured above are eleven members of the thirteen strong Committee.

From left to right they are: Anne Lees, Rose Grant, Joan Taylor, Audrey Reid, Jean Butler (*Chair*), Brian Sinnett, Sylvia Drake, Jean Coles, (*Treasurer*), Irene Patterson, Irene Mulhall (*Secretary*) and Rita Parkin.
(missing are Marjorie Mukasiej and Frances Prince)

Do you look on the LA Group's website?

The website is updated almost every day 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

If you need any more information please ring the Secretary, Irene Mulhall, on Halifax 249070

Joan Taylor's poem reflecting her thoughts on the LA Group



The wonderful selection of food for sale at the Bridge Group's Macmillan Coffee Morning held in the Community Room at the Fire Station which raised £176.20.

I picked up a leaflet in church one day,
I thought I'd read what it had to say.
It advertised taster sessions in art and keep-fit,
Also tai chi and craft, to try for a bit.
I was a bit apprehensive, but went along,
I wasn't sure if I'd feel "I belong".
It's always hard to try something new,
Especially when you feel that "you haven't a clue".
All the people I met were friendly and kind,
To try out new skills was on everyone's mind.
We set up a committee, to help run the classes,
At meetings we're equipped with pens, paper and glasses.
Lots of opinions and loads of ideas,
About what we should offer in forthcoming years.
Fast forward a year; we've had so much success,
It's because we've all tried so hard, I guess.
I'm so glad I read the leaflet, that day,
To be honest I nearly threw it away.
My groups and new friends give me so much pleasure,
A new lease of life and memories to treasure.
Joan Taylor



One of our displays at Beechwood Road Library Open Day.



Pictured left is Merlyn Byrnes with her prize for winning the "Heads & Tails" Game at Bradshaw Cricket Club. Pictured right is a scene from the first New Age Kurling Taster Session. Clearly it's a very competitive game!



PLEASE LET US KNOW IF YOU CHANGE YOUR ADDRESS OR PHONE NUMBER

What's next for the LA Group?

Suggestions received from members which were discussed by Committee

- Ballroom & Sequence Dancing** - Modern/Sequence Dance Group on Tuesday & Thursdays from 1.45 - 4 pm at Forest Cottage, Cousin Lane. Ring Frank Foulds on 346488. Also Afternoon Dances are held occasionally at Square Chapel (349422).
- Book Club** - There is a Book Club already running on the first Thursday of each month starting at 11 am at Beechwood Road Library and three of the LA Group already attend this.
- Debating Society** - The Committee would like to suggest that the person who put this idea forward would offer to join the Committee where plenty of debating goes on!
- Flower Arranging** - The Committee will organise a Flower Arranging class in the Spring of 2013. Anyone who could teach a class please offer your services.
- Games Afternoons** - The Committee is going to arrange a trial Whist/Cards/Dominoes Afternoon - perhaps using the Community Room at the Fire Station—flyers will be sent round when date arranged.
- Indoor Bowling** - The member who suggested this has kindly agreed to obtain more details about Indoor Bowling which takes place at North Bridge Leisure Centre. This will go ahead when we have more information and flyers will be circulated to all members.
- Table Tennis** - Taster Sessions will be arranged with Alan Dickinson at the Halifax Table Tennis Centre in Club Lane to take place perhaps in February 2013.
- Tracing Your Ancestors** - We have a volunteer from one of our members to run a class giving details on how to get started Tracing Your Ancestors. Let a Committee member know if you are interested?
- Train Journey - The 'Haworth Haddock'** - How about joining a special Saturday evening steam-hauled train departing 7.30 pm from Oxenhope Station on the Keighley & Worth Valley Railway for a leisurely trip along the line and a fish and chip supper? Each train will have a full bar. Once dates are announced for 2013 the information will be sent to everyone.
- Walks** - Jean Butler (Chair) already leads walks in the area so anyone interested could join one of these - details will be posted on our website and leaflets available at activities.
- Yoga** - Enquiries show that classes have been held locally but they have closed due to lack of interest. If the person wishing to do Yoga could get at least eighteen others to join, the Committee would be willing to run such a class but they cannot run anything which is not viable.