



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



The LA Group's first Newsletter was published just before our Launch Party on Friday, 30th March and now this second Newsletter is ready for the Summer Social Event in The Loft at The Moorlands Inn on Wednesday, 20th June.

The Committee are hoping that this will be the first of many social events where people who take part in our regular, and now firmly established activities, can come together in a more social environment and make new friends.

Please let us know how you feel about such social gatherings and if you would like them to become a regular part of the LA Group's activities.

We want to hear what you think and how you are enjoying being a member of the LA Group. What can you suggest to improve the group and would you like to become involved in the running of the group?

It is worth listing the **Aims** of the LA Group which are in the Constitution:

1. To offer the older members of the community in Illingworth & Bradshaw and surrounding areas a range of activities and classes.
2. To offer members opportunities for/
to: a) Social interaction
b) Promote well being & good health
c) Share knowledge & skills.
3. To reach out to the older community and to be inclusive and accessible to all.

Our **Annual General Meeting** is booked for **Tuesday, 25th September 2012** starting at 2 pm in the Church Hall at Illingworth Moor Methodist Church. Refreshments will be served at the close of the official business.

We need all our members to attend the meeting and hear reports from the following members of the Management Committee:

Chairman (*Brian Sinnett*)
Treasurer (*Jean Coles*) and
Secretary (*Irene Mulhall*)

We need **YOU** to nominate people, or yourself, for the above posts and also people to serve on the Committee (*there can be between 3 & 10 people on the Committee*). There will be nomination forms available from now on at all our events. Could **you** volunteer to serve in the position of one of the Officers or as a Committee Member?

To make this group a success we do need people to come forward and share the load. We now have almost 90 members and so it should be possible to have a good turn up for the AGM and for some able and willing people to come forward to volunteer their services.

How about it?



Top photo taken at the official launch of the group.

Centre photo taken at the Halifax Neighbourhood Awards event when the LA Group won an award for their 'Contribution to the Older Generation'.



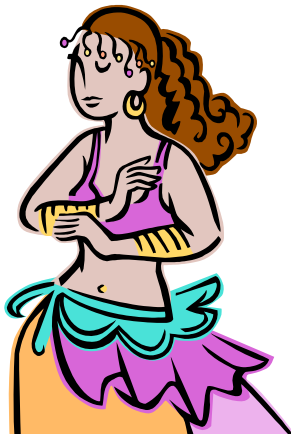
Bottom photo is the Crown Green Bowlers at Bradshaw Park Bowling Club.

Ideas for the future. We want YOUR ideas!

The Committee has already held one four week Taster session of Crown Green Bowling and this has been a huge success with between 15 and 20 people taking part. This activity has brought some men into the group, in some cases they have been husbands of members. It is a most welcome addition to the group having the involvement of more men.

Our second four week Taster Session starts on Monday, 18th June at 10.30 am and is a Fitness Training session at the Halifax Boxing Academy at Holmfield Mill. A gym instructor will be available to show us some self-defense moves followed by some light exercise using the machines.

After that we are looking at Taster sessions in Table Tennis, Dancing - even Belly Dancing is being considered by some! The Dance Mill at Holmfield will accommodate whatever we fancy doing!



- ♦ *What about having some lessons in improving your knowledge and use of your mobile phone?*

- ♦ *Would you like to learn more about Flower Arranging ?*
- ♦ *The other Neighbourhood Scheme Groups are very keen on New Age Kurling and we are due to borrow the Kurling equipment later in the year for a taster session to see how the LA Group takes to this very competitive game. It is just like*



Curling, which is played in the Winter Olympic Games, only Kurling is done without the ice!

The list can go on and on and we want your support

and involvement in taking the step to arrange such things.

The very popular weekly activities of Keep Fit, Crafty Club, Tai Chi and Watercolour Painting will still go on and we will try our best to arrange the Taster Sessions around these so as not to interfere with their popularity.

Do you look on the LA Group's website?

The website is updated almost every day so if you have a question about whether an activity is running on a certain day you can get that information straight away.

Our website address is www.illingworthandbradshaw.btck.co.uk

and our email address is LAGroup50@hotmail.co.uk

If you want any more information please phone Irene Mulhall on Halifax 249070