



LA Group

Local Activities Group in
Illingworth and Bradshaw

NEWSLETTER

NO. 5

2013



Improving the health and wellbeing of people over 50 in Calderdale

Letter from the Chair

Happy Birthday to you all. Yes, the LA Group is now one year old, and what a year it's been.

We now have six regular established classes running every week with over 80 people on average taking part in these activities. We had a total of 120 members at the end of March 2013. We've had various social get-togethers, and a few outings, we've taken a swipe at various new activities some have been really successful others not so much, but we learn as we go along. New Age Kurling is the latest craze to take Halifax by storm and although we might not play by the official rules, we really enjoy our own version of play.

As I write these notes, the sun is trying to shine and it feels like the temperature may be trying to creep away from freezing, which will make getting out and about a whole lot easier for everyone. It also heralds the start of the Crown Green Bowling season, and I hear that those who tried bowling last year as a Taster, and want to have another go, are able to renew their membership for this year at Bradshaw Park Bowling Club.

Everyone is looking forward to our summer outing, the "**Haworth Haddock**" in June. At the time of writing there is one seat remaining at a cost of £18. Check with Irene Mulhall if you'd like to join us.

We're also going to organise another "games" session, next month, this time it will be at Illingworth Moor Methodist Church, see details below and flyers that will be distributed soon.

On a personal note can I mention the walks that I lead, which happen on the 2nd and 4th Mondays of every month, (except Bank Holidays) they start and finish outside Keighley Road Surgery, last about one and a half hours, and kick off at 1 o'clock. The walks are part of the Healthy Halifax, Walk-It Together programme and there is no charge. Further details are available on our website, in the Doctors' Surgery, or contact me directly.

Now can I remind everyone that it is time to renew your membership if you haven't done so already, it's the best fiver you'll spend this year! Renewal forms are available at all the sessions and on the website.

Jean Butler
Chair

News from the Crafty Club

If you haven't tried us yet, why not give it a go? Your first visit is free! What do we do?

Some of our ladies are knitting blankets and cardigans and other things for the Premature Baby Unit at the hospital. They also bring their own projects to work on making bags, quilts and many other items, including card-making. Now and again we try flower arranging. Also one member is a specialist in giving hand massages. There is always an abundant supply of tea and biscuits, or just sit and chat, or crochet, or any other crafts.

We've also had two outings. One to Donington Park in Leicestershire to a Craft and Cardmaking Fair, which was lots of fun and one to Preston for a shopping opportunity, a meal and then to Blackpool to see the lights. On both occasions we hired the Illingworth Moor Methodist Church Minibus. Our next trip is in the pipeline, date and destination yet to be decided on. We save a pound a week to cover the cost.

We are a friendly bunch and have lots of fun and laughter at our meetings. I personally have made a lot of friends at this group. We share our joys and sorrows and the funny and serious sides of life.

Now and then we have a party and all bring something to whet the appetite.

Newcomers are very welcome and are made to feel they belong. So please feel free to come along and give us a try, you won't regret it!

Audrey Reid
Committee Member



GAMES AFTERNOON

At Illingworth Moor Methodist Church - Tuesday, 21st May

2.30 — 4.30 PM

Admission £1 includes Tea & Biscuits

Table Tennis, Cards, Dominoes and Kurling

Tickets available at activities or just come along



CROWN GREEN BOWLING AT BRADSHAW PARK

Following Bradshaw Park Bowling Club's Annual General Meeting on the 27th March, an increase in membership fees was unanimously passed. The fees for 2013 will be £20.

It is interesting to learn that a staggering £12.25 per member goes to Calderdale for green upkeep etc.

From April 2014 it is proposed that the Club will take on responsibility for the Clubhouse, gardens and upkeep of the green but discussions are on-going with regards to this matter.

Members of the Bowling Club can of course play whenever the greens are available. It has been suggested that those LA members wishing to play bowls less than ten times per season could put £2 in the Honesty Box each time they play. A key holder would need to be present for access to the Clubhouse and use of spare bowls, jacks and mats etc.

The LA's Bowling Taster Sessions last summer proved very popular with everyone who took part and whilst there are Leagues and knock out competitions most people would be happy to turn up and have a game amongst ourselves. To this end (excuse the pun!) most Wednesday mornings and early afternoons are available.

I would be more than happy to forward anyone's membership fee (cash or cheque made payable to Bradshaw Park Bowling Club) and return their membership cards via Kurling or other LA activity.

Gordon Heron

Cutting Hedge Gardening Services

If you are over sixty or have a disability, need help with your garden and live within a six mile radius of central Halifax then the **Cutting Hedge Gardening Services** may be able to assist. **Cutting Hedge** is a horticultural training programme for adults who have learning disabilities and the people involved can help with:

lawn mowing and edging / strimming /
weeding and planting / general garden maintenance /
pruning / leaf clearance.

The charges are from £10 per session. The price will be quoted on the initial visit, and will be based on the amount of work involved. Contact: Helen Priestley on 01422 250833



Thanks to one of our members, who is a volunteer with the Worth Valley Railway, 50 members and friends are having an evening out on the 'Haworth Haddock' which will run on Saturday, 29th June. We ride on the train, have fish and chips and then finally there is a live band playing for dancing on the platform at Keighley Railway Station. Our journey starts from Oxenhope Station at 7.30 pm to where we return at 10.30 pm. Because there is a real ale bar on the train we have decided to have a coach to take us the short journey from Illingworth to Oxenhope so that everyone can let their hair down and have a really good evening. No doubt there will be many photos taken which might just find their way onto our website!



Something for everyone

*Don't feel downhearted, sad or alone,
Just look at our website, or pick up your phone.*

Find out what's happening where you live,

The LA groups have so much to give.

Even if you have not been there before,

Take yourself on to Illingworth Moor.

*Have a go at Kurling, or maybe Keep Fit,
Both these activities have proved a real hit.*

*Some groups are held at the fire station,
The community room is for our recreation.*

*Learn to play Bridge, or paint a fab picture,
Learning new skills will make your life richer.*

*Crafty club is very popular too, lots of different things
to do,*

You can knit, sew, make cards, or just have a brew.

At Whitehill School you can practice T'ai Chi,

Believe me this class is a vision to see.

*At Bradshaw Park we bowl on the green,
Our super talents really need to be seen.*

We have various socials throughout the year,

Their popularity is increasingly clear.

So please come along and have some fun,

There is something for everyone.

*Don't be afraid of trying something new,
There will always be someone to look after you.*

NEWS FROM THE



KURLING GROUP

Because the Kurling group all have so much fun together on a Tuesday morning we are hoping to organise a Saturday Night Social Event with a 60's / 70's theme at the 'Five Vintage Bistro' at Holmfield where we will have a two course meal and either a live band or DJ playing music from our era! We are looking at either the 4th or the 11th May for the event and the Secretary is taking names now.

Why not look on the LA Group's website - 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.

To contact us our email address is lagroup50@hotmail.co.uk

or to speak to the Secretary ring Halifax 249070.

*Joan Taylor
Committee Member*