



NEWSLETTER NO. 18

SUMMER 2019

Improving the health and wellbeing of people over 50 in the North of Halifax

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.

Why not join our Facebook page—[Illingworth & Bradshaw Local Activities Group](#)

To contact us our email address is lagroup50@hotmail.co.uk or to speak to the Secretary ring Halifax 249070.

The Committee of the LA Group is sorry to have to tell you that a decision was taken not to continue with the idea of having another trip this year as things got more complicated with the trip we had in mind. We are sorry if any of you are disappointed but we will do some trips next year if we can attract some new members to join the Committee.

What is of concern now to the present Committee is that three members are over 80 and two other members are wanting to retire at the Annual General Meeting this year and the majority of the remaining members are in their 70's. Some have been 'hands on' running the group since 2012. What we need is some new blood, people with new, exciting ideas to move the LA Group forward and take over some of the running of the group and so help us to have more social outings. People conversant with IT skills would be very useful to type the registers and update the website and such things. **If you feel you could help please talk to the Secretary who is at the Tuesday & Thursday activities and whose number is at the top of this Newsletter.**

The **LA Group's Annual General Meeting** will take place at Illingworth Moor Methodist Church Hall on **Tuesday, 24th September** when the meeting will **start at 3.15 pm** following the Line Dancing class. The business part of the meeting only takes about 15 minutes so the Committee provide refreshments in the form of tea/coffee and fresh cream cakes to try to get a good number of members to attend as we know that AGM's in general are not very well attended. Over this last year we have had Guide Dogs for the Blind as our Charity and we have arranged for Pat & Philip Moran and Val Robinson, all of whom are LA Group members, to come and tell us how the money we have donated has been of benefit to the Guide Dogs for the Blind Association. Val will be bringing a guide dog with her who she will have staying with her for the time its owner is on holiday. There will also be a display of the paintings done in the Art Class and Craft items made by members of the Crafty Club.

If you feel able to spare one hour a month to attend a Committee Meeting and to help out at the Christmas Meal and on other occasions as may be necessary, then Nomination Forms for Committee membership will be available soon. You can nominate yourself or someone else (*providing they give their permission*). A group like the LA Group cannot run without a Committee and so we are appealing to you all, once more, to please give some serious consideration to offering your services to join the Committee.

To give new members an idea of the background of the LA Group, I can tell you that it was founded in 2011 by Calderdale Neighbourhood Scheme (*they are now known as the Staying Well Project*). Initially several activities were tried by them at different venues in the Bradshaw and Illingworth area and the group was officially launched, for a Committee to run it, on Friday, 30th March 2012. Since then we have gradually concentrated all our activities at Illingworth Moor Methodist Church where facilities are very good.

At the AGM we choose our Charity for the coming year and whilst we have had Guide Dogs for the Blind for this last year, and the previous year it was Overgate Hospice, the Committee have come up with some more ideas for this coming year and you will have chance, at the AGM, to vote on which one you would like us to support for the 2019/20 year.

Please put the date of our **CHRISTMAS PARTY** in your diary so you don't get double booked. The date is **THURSDAY, 5TH DECEMBER 2019** and the event will be held in The Marquee at The Moorlands Inn at Ogden. The evening begins when we meet at 5 pm to sit down for our Early Bird Christmas Meal at 5.30 pm. We have now received the menu from The Moorlands so at the AGM the Christmas meal order forms will be available and will be emailed to members and paper copies available at each group. This year we have booked Rob Mason who will be bringing 'Northern Humour and Song' to entertain us. Our Christmas Party has always been very popular and so we do hope that many of you will come along and bring friends with you. Your orders must be handed in to members of the LA Group Committee no later than Friday, 1st November as the Moorlands want final numbers by the end of the first week in November.

