



NEWSLETTER NO. 15

SUMMER 2018

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.

CANCELLATION OF SOME CLASSES

Please note the following cancellations to classes during the summer.

Tuesday, 31st July - Anne Louise, our Tutor, will be on holiday so there will be **NO KEEP FIT CLASS.**

Kurling and Line Dancing running just the same that day.

Wednesday, 1st August and Thursday, 2nd August

The Church is running the '**HOLIDAY AT HOME**' again this year and so the **CRAFTY CLUB** cannot meet on 1st August and there will be no **PILATES or ART** classes on Thursday, 2nd August.

At the moment there are no other cancellation of our activities.

Please put the date of our **CHRISTMAS PARTY** in your diary so you don't get double booked.

The date is **WEDNESDAY, 5TH DECEMBER**

As a special treat this year we have booked a well known

local comedian to entertain us and there will be music for dancing. The evening begins when we meet at 5 pm to sit down for our Early Bird Christmas Meal at 5.30 pm. Menu and further information will be out early October.

Donations of Raffle Prizes for this party would be very welcome.



ANNUAL GENERAL MEETING

The LA Group's Annual General Meeting will be taking place at Illingworth Moor Methodist Church Hall on Tuesday, 18th September (*this year the meeting will start at 3.15 pm when the Line Dancing class is over*). 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. This year we have asked two of our own members, Pat and Philip Moran, to speak about their very important work with Guide Dogs for the Blind.

To give new members a bit of history 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 at different venues in the Bradshaw and Illingworth area and the group was officially launched on Friday, 30th March 2012. Since then we have gradually concentrated all our activities at Illingworth Moor Methodist Church where facilities are very good and we have excellent terms for our rent.

What is of concern now to the present Committee is that several members are over 80 and some have been 'hands on' running the group since 2011. What we need are some new members coming forward to volunteer to come onto the Committee and not just to attend the once a month meeting but to actually take over some of the day to day running of our activities which would include being responsible for the security of the Church building on Tuesdays and Thursdays, while our activities are running, and the marking of registers, collecting money and paying our Tutors.

If you feel you could help please talk to the Secretary whose number is at the top of this Newsletter