Hello Friends and colleagues
As I write these notes it’s still not Christmas, but I know they will not be published until after the New Year has arrived. So I hope you all had a wonderful Christmas and may I wish one and all a very Happy and Healthy New Year!
I’d like to thank my fellow committee members for all their hard work throughout the year in helping to run all our activities and events, our tutors and teachers, and all the individuals who help with refreshments, food and venues, particularly the Fire Service, Whitehill Community Academy and Illingworth Moor Methodist Church.
Besides our weekly activities we’ve had a series of Games mornings and afternoons, although they haven’t pulled in huge crowds they have been very well received by those who have attended and we will continue to organise more in the New Year. We have held a summer and Christmas Dinner, the first at the Moorlands Inn and the second at Halifax Golf Club. I hope everyone who attended these larger functions enjoyed meeting people from other activities and the food and drink provided by our hosts. We also enjoyed a fabulous outing on the Haworth Haddock Train Special, thanks to Roger Merriman for suggesting this outing; a great night was had by all those who attended. We also had a very well received outing to Eden Camp near Malton, to see the only museum of its kind in the world, and to say the weather wasn’t kind that day was an understatement, but we battled through the rain and it did finally clear up on the way home.
As an organisation the LA Group is now over 18 months old, and I’d like to take this opportunity to remind ourselves of why we started in the beginning. With help from the local Neighbourhood Schemes Team, we were formed to help alleviate the isolation and loneliness felt by some of our community, to promote both the physical and mental well-being and welfare of the over 50’s in Illingworth and Bradshaw and surrounding areas. We realise we can’t please all of the people all of the time, but hope that the majority of our members find it a beneficial experience and worth the £5 annual membership, and the session fees for each of the activities.
We already have plans for the New Year, we have provisionally booked a date for the next Games Session. We are planning a spring time Ceilidh on 10 May and have secured the services of a local group and caller and are planning a pie and pea supper at the Rugby Club in Ovenden, there will be lots more information about this nearer the time. We are always looking at ideas for other outings or activities either for small groups or for the whole group together, so contact a Committee member if you have any ideas you’d like us to discuss at Committee.
So, have fun but stay safe; Happy New Year to you all!

Jean Butler
Chair
TAI CHI ...... the key to a happy old age

According to a medical study, Tai Chi exercise can lift depression, raise energy levels and even improve memory. Psychiatrists at the University of California say that the over 65’s are six times more likely to suffer from depression than the general population (particularly if living in a care home) but by adding a weekly Tai Chi class for ten weeks to their activities, it can make a significant difference to their lives. Researcher, Dr. Helen Lavretsky said: “This is the first study to demonstrate the benefits of Tai Chi in the management of late-life depression. This may suggest that we can treat them without exposing them to additional medications.”

The above information was taken from Tai Chi Tigers Newsletter which can be viewed from our website.

As a ‘Thank You’ to Whitehill Community Academy for the free use of the School Hall for the Tai Chi classes throughout another year the Committee asked the school what they would like and a bench was purchased for the playground with the following inscription:

Presented to Whitehill Community Academy on the Diamond Jubilee – 2013

By the LA Group

Why not look on the LA Group’s website -
www.illingsworthandbradshaw.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.

For our Ceildah (pronounced kay-lee)
On Saturday, 10th May 2014
we have engaged the services of the
Zig Zag Folk Jazz Band

Who play Folk Music from all over the World! Well, not quite the whole world, but quite a few countries are represented. Dances ranging from English traditional to Eastern European, from the Isle of Man to the Isle of Dogs and some from further afield than that...

The Band is a Four Piece and Comes
Complete with Caller/PA and Lots of Great Music

Dave - Bass
Niomi - Fiddle
Max - Accordion
Tony - Guitar, mandolin and more
Darryl - Your friendly neighbourhood caller

The Committee will be putting on a supper of Pie and Peas. The venue for the Ceildah is Halifax RUFC, Ovenden Park. More information and tickets later but please put the date in your diary and get your friends and family involved in coming along too!

In the meantime don’t forget that other activities are running each and every week. Why not have a try at one of the following:

TUESDAYS
At Illingworth Moor Methodist Church
KEEP FIT
from 10 am to 11 am  £2.50
This is a fun aerobic exercise class to get you fit and healthy
NEW AGE KURLING from 11.15 am – 12.15 pm  £2.00
Both the above activities are suitable for a range of abilities

WEDNESDAYS
At Illingworth Moor Methodist Church
CRAFTY CLUB
from 10 am – 12 noon  £2
Join the friendly group for knitting, card making and other crafts (some materials provided) plus hand massage or just a brew and a natter

THURSDAYS
At Whitehill Community Academy (in the School Hall)
TAI CHI
from 10.00 am – 11.00 am  £2.50
Suitable for all abilities – can be done standing or seated

ART CLASS
At Illingworth Moor Methodist Church
from 10.30 am – 12.30 pm  £3.00
Professional Tutor. Suitable for all levels – beginners are more than welcome. Materials provided.