

Neighbourhood Schemes

Improving health and wellbeing
of people over 50 in Calderdale

ILLINGWORTH AND BRADSHAW BULLETIN

October/November 2011

Here's the latest news for people over 50 in Illingworth and Bradshaw

The nights are drawing in and the days are getting colder, so we hope that rather than staying indoors, you'll keep active by coming out to some of our weekly activities, where you can have a cuppa and a laugh as well as learning something new. There are plenty of updates throughout this newsletter to keep you informed about what your local over 50s group is up to – enjoy!



AUTUMN ACTIVITY PROGRAMME

Craft group	Wednesdays 10 – 12	Illingworth Fire Station community room, Keighley Road	Cardmaking, knitting, crochet, patchwork, rug-making...bring your own or use our materials!
Watercolour painting	Thursdays 11.30 – 1	St John's Church Hall, Pavement Lane, Bradshaw	Professional tuition on alternate weeks. Suitable for all abilities! £2.50 per week.
Tai Chi	Thursdays 10 – 11	St John's Church Hall, Pavement Lane, Bradshaw	Gentle exercises to improve strength, balance and flexibility. Suitable for all. Can be done standing or seated. £2.50.
'Next Steps' computer class	Wednesdays 10 – 11.30	'The Zone', Whitehill School, Occupation Lane	***BOOKING ESSENTIAL*** A basic course covering word processing, internet searching/shopping and email. Starts 9 th November. £17.50 for 7 week course.
Keep fit	Tuesdays 10 – 11	Illingworth Moor Methodist Church	Not too hard...but not too easy! An aerobic class where you can push yourself as hard as you wish. All welcome. £2.50. STARTS 8th NOVEMBER
Please phone the Neighbourhood Schemes team on 01422 393794 for term dates and more information about these activities			

Did you know...?

A group of local people meet every few weeks to talk about how things are going and to plan future activities for you. We have been working hard to make our activities self-sustaining, so that they can carry on running into the future.

We have to make difficult decisions about some of our activities. Some are expensive to run and make a loss, meaning that we have to think about using cheaper venues, or tweaking them in other ways to ensure they can keep running. We know that not everyone will like it when changes are made, but we hope that you'll understand that we are trying to find ways to continue the things you enjoy.

NEXT TWO MEETINGS

Thursdays 3rd and 17th November, 2.30 til 4ish, Illingworth Fire Station community room, Keighley Road

ALL WELCOME!

Plans for the future

We've talked about evening activities and lots of other things, but for now your steering group are busy getting their heads around how things will run in the future. **Please don't think we've forgotten anything** – it all takes time.

We are in the middle of discussions about having a 'collective', where representatives from each activity group will get together frequently to share information and plan joint social events. Watch this space for more information and developments...

Want to learn CHESS?



We've been approached by an enthusiastic volunteer chess teacher who would love to start a class and teach you how to play this fascinating game.

Interested? Let us know!

Phone Beth on 01422 393794

Why have some things changed?

You may have noticed a couple of activities have changed!

Keep fit – we were having problems with a slippery floor at Whitehill School (!) and have also learned that lots of people couldn't come on a Friday. So we've changed the venue and the day to see if this encourages more to come along.

Painting class – sadly, the figures just weren't adding up and we couldn't afford to keep running the painting class at Bradshaw. The fire station room is free, greatly reducing our costs.

Doing your bit

We are always on the lookout for people who want to get involved, whether by joining the steering group, helping with publicity, or just by helping out at activities. Lots of you muck in with teas, coffees, washing up, registers and collecting money, which is a huge help – thank you!

Stay up-to-date

If you're on the internet, you can find out our news on the Neighbourhood Schemes website:

www.neighbourhoodschemes.org.uk

Neighbourhood Schemes Team

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