



The Pulse

SEPTEMBER 2016 BULLETIN



Connecting people who care
with local causes that matter

Registered Charity Number 1163338

Affiliated to the British Heart Foundation as a Heart Support Group

FUN AFTERNOON

About 30 people attended the fun afternoon at NBLC on the 14th September.

Gorgeous cakes were provided and unlimited tea/coffee.

The quiz consisted of sample questions for people who to become British Citizens; nearly half of those present are due to be deported as they failed to get 75% correct.

A few left much richer than when they came after winning either £15 (house) or £10 (line) on the HOY games.

The first AGM of the CREW CIO was held at 4.00pm on 14th September at North Bridge Leisure Centre.

Trustees elected were: Teresa Kinsey; Julie Stott; Michelle Kinsey; Jeremy Stott; Ann Tudor; John Tudor; Peter Fletcher; Stephen Riley; Barbara Gregson; Tony Gregson; Peter Fordham; Warren Nichols.

OUR NEXT EVENT

Is the CHRISTMAS LUNCH at the MOORLANDS

on MONDAY 12th DECEMBER.

Very soon we will be getting the booking forms out to you.

This year we will be choosing from the Christmas Menu only

Wainstalls Health Walk

Mike Barnett, who usually leads short walks in Ovenden, is leading a 2 mile walk on **Wednesday 5th October**, starting at 10.05 from the bus terminus in Wainstalls.

This is a slow paced Health Walk.

The 513 bus leaves Halifax Bus station at 9.45, goes via Ovenden and arrives at Wainstalls at 10.05.

The walk will take around 2 hours and can be followed by lunch at the Crossroads Inn for those who wish.

ANYONE FANCY A CYCLE RIDE ?

Have a change from your usual exercise and take a shortish, levelish ride (it is Halifax) with a coffee stop before returning.

If you are interested please contact Tony

Did you see the TV programme

“The Doctor who gave up Drugs” on 22nd September?

The basic drug free treatment tested for many problems was **EXERCISE** - and it worked.

CREW LOTTO

We run a CREW LOTTO: it costs £1 per week and is based on the Saturday Lotto bonus ball numbers. Only 1-49 are used . If your number comes up you win £20. It can be more, as if numbers between 50 -59 are bonus ball in the National Lotto our £20 rolls over to next week and becomes a £40 prize. We also have a £100 prize just before Christmas. We have numbers 13, 19, 20, 36 and 41 available- **if one of these is your lucky number why not join now.**

I thought I'd leave Sophie's photo here as she has a lovely smile

