



LV Friday Flyer – 16 June 2017

Covering the wards of Brighouse, Elland, Greetland and Stainland, Hipperholme & Lightcliffe and Rastrick

Email: calderdalelowervalley@gmail.com

Web: www.calderdalelowervalley.com

The **Friday Flyer** is a weekly round-up of news and what's on in the Lower Valley.

Information about ward forum meetings and other ways to have your say will also be advertised here. Please click the links for further information on the **Lower Valley Blog**.

We hope you will find this informative and useful. **Let us know what you think!**



Follow us on Twitter: [@CaldLValley](https://twitter.com/CaldLValley)



Like Us on Facebook: [CalderdaleLowerValley](https://www.facebook.com/CalderdaleLowerValley)

News

NHP Energy Levels! The weather is warm... Get Growing!



We look set to have some glorious weather this weekend so why not make the most of it and get out in the garden to start growing your own vegetables.

Here are just some of the things you can start growing in June... [more here...](#)

- Beetroot
- Broccoli
- Carrots
- Cucumbers
- Peas

Why not get ready for Halloween early and save some money by having a go at growing your own pumpkins. Although these are usually started off earlier in the year in pots, they can be planted straight into the ground in June. Just prepare the soil by adding lots of well-rotted compost.

If you haven't already! Be sure to sign up and receive our free energy saving tips which could save you money, entry into our prize draws to win energy saving goodies as well as the chance to take part in free DIY or Family Cooking sessions.

Sign up online at <https://northhalifaxpartnership.org/energy-levels/>

Get Involved / Have Your Say

***This weekend!* Mountain Bike Challenge**

How would you like to raise some money for Overgate Hospice by taking part in the Mountain Bike Challenge on Sunday 18 June. 18 or 26 mile challenge... [raise some money...](#)

Community Connections Volunteer Befrienders Information Drop-in

Community Connections are holding an information "Drop In" session at **Hamerton Close** (sheltered housing), Elland on **Wednesday 21 June 1 pm –3 pm** for Befriending Volunteers in Calderdale. Call Jacqui on **01484 519988** for details... [get involved...](#)

Overgate Hospice Annual Golf Day

Overgate Hospice invites you to be part of this fantastic day **23 June 2017** at Bradley Hall Golf Club in aid of your local charity Overgate Hospice. It's a brilliant day with a great atmosphere and very popular with local companies therefore the tee times soon run out. To ensure you can be part of it, please book as soon as possible... [more details...](#)

Take part in this year's Halifax Marathon

The 2017 Halifax Marathon will be on **July 2** and is going to be a great way to bring your summer to an exciting and fulfilling start. Incorporating a half Marathon and fun run plus lots of other activities at the event it's already on many "to-do" lists for the year! [details...](#)

Volunteer with the Halifax Street Angels

Want to become a Street Angel and help make Halifax and Sowerby Bridge a better and safer place to have a night out? Or maybe you just want to help out behind the scenes? Full basic first aid training provided... [get involved...](#)

All Aboard Community Transport for an Archery Adventure

Ever fancied having a go at something different? Why not try archery? Community Transport Calderdale have teamed up with the energetic folk at CI Adventures to bring you a great afternoon taster session on **Friday 14 July 2017**. £14 per person. Includes accessible transport to and from the venue, the archery activity and refreshments! [book now...](#)

Don't miss out your stall at the Rastrick's Big Fun Day

Rastrick Big Local are holding this year's fun day at Rastrick Cricket club on **Sunday 16 July** between 1pm and 5pm with free fairground rides, free donkey rides free bouncy castle and free face painting with food and music... [read more...](#)

Help make gardens bloom with VAC

VAC is looking for volunteer gardeners, local horticultural and allotment groups to help deliver an exciting new project working with local residential care homes and Calderdale Royal Hospital. The project called Molly and Bill makes a difference to the lives of people in later life or those that have recently left hospital... [get involved...](#)

Elland & District Partnership looking for new members

The Elland & District Partnership are looking for new members preferably with I T skills and an enthusiasm to regenerate the Town. They work in partnership with the council and other appropriate organisations to assist, promote and encourage such regeneration... [more...](#)

Be a part of Project Elland

Do you live or have you worked in Elland or know someone who does or has? Perhaps you have stories about factories, mills, shops or have some old photos of Elland! If so then you could be a part of Project Elland... [get involved...](#)

Events and what's on

Beechwood Big Picnic – 1st July

Join North Halifax Partnership and the Friends of Beechwood Park, Holmfield on Saturday 1 July 12pm – 4pm for a great big fun day for all the family. Lots of free activities for children, young people and grown-ups! Beach and seaside games Peppa Pig, facepainting tent archery, football, rounders, boxing, community stalls. FREE entry. For more information call 01422 255402.. [more info...](#)

***This weekend!* Great Community Get Together**

Look out for Great Get Together events in your area. Illingworth Moor Methodist Church will be hosting a '**Great Community Get Together**' **Saturday 17 June** at 12:00 – 15:00. There will be a bouncy castle, Mehndi tattoos, an owl display, balloon modeller and face painting as well as much more... [get involved...](#)

***This weekend!* Armed Forces Event in Halifax Town Centre**

Saturday 17 June – 9am to 5pm at Southgate, Halifax Town Centre. Enjoy yourself at this free event with stalls, military vehicles, equipment, a medical tent and full field kitchen, plus much more. Official Opening of Armed Forces Event on Southgate by the Mayor of Calderdale at 11am... [details...](#)

***This weekend!* Dare you climb the steps of Wainhouse Tower?**

Climb the 403 steps of the internal spiral staircase of Wainhouse Tower to take in the fantastic views from this fabulously ornate 77 metre (253 foot) high Victorian chimney! Or is it a chimney – rumours abound. **18th June & 28th August...** [details...](#)

Routes Festival 2017

Now in its fifth year, Routes Festival returns on **Saturday 24 June, 12pm** with another day of the best in unsigned and underage music at Orangebox Young People's Centre, Halifax. Tickets £3.50 to see young musicians aged 12-24 to showcase their talents... [details...](#)

Hipperholme & Lightcliffe Over 50s Event

Tuesday 27 June, 11am – 2pm, Christ Church Hipperholme is holding an event with FREE taster activities in Tai Chi, Kurling, gentle exercise and Art. Sing along with the High Five Singers! Meet the Staying Well Team! **BUFFET LUNCH INCLUDED**. To book your place contact Richard on **01422 393704** or email stayingwellproject@calderdale.gov.uk [more...](#)

I AM ELLAND – Exhibition at Brooksbank School

An exhibition of art, photography and writing by students from the school on **Friday 30 June from 6 pm** followed by a celebratory concert featuring local musicians, including Elland Silver Band and Elland Male Voice Choir, headlined by Lizzie Jones. Raising funds for Overgate Hospice tickets are £10 from Victoria Theatre Box Office: **01422 351158**. [tickets...](#)

Castle Carr Fountain Walk 2017 – Tickets available!

This July in the estate of Castle Carr, their famous gravity fed fountain will once again rise magnificently into the sky. Starting with a picturesque walk, 2.5 miles each way and the fountain itself will play from 2pm on **Sunday 2 July 2017...** [details...](#)

Pick up your Calderdale Events and Festivals guide

Visitors to Calderdale this spring and summer can now start to plan their trip, with the Calderdale Events and Festivals guide crammed with upcoming events... [what's on...](#)

What's on at Square Chapel – 2017 Summer Brochure

There's a lot to enjoy with family shows, comedy, music, movies and much more on offer at Square Chapel, so why not take a look at the summer 2017 Brochure... [what's on?..](#)

An A to Z of Maps at Bankfield Museum

Discover historic maps of the region at **Bankfield Museum 17 June – 4 November** and the world in our exploration of map making. From maps of the local area to the stars, featuring hand drawn, embroidered, 3D, and artistic maps from Calderdale Museums. For details of the workshops being held... [read more...](#)

Children & Young People

Bankfield Buddies! Craft activities for under fives

Get along to **Bankfield Museum** on 23 June and join in their craft activities for under-fives. In this relaxed, friendly environment children can play, enjoy a story and learn more about the fascinating objects on display. There are lots more sessions that run from 10.30am-11.15am. £2.00 per child... [get involved ...](#)

Eureka Super Sunday and Holiday Clubs

Eureka's Super Sunday and Holiday Clubs are for disabled children and the whole family. They're run by trained Enablers, are lots of fun and a great way to meet other families and best of all are free of charge. The first is Tuesday 25 July and you can book by calling **01422 330069** or emailing accessallareas@eureka.org.uk... [more information...](#)

Out of School and Holiday Club

Next Step Childcare out of school and holiday club is based in Elland and offers unique and excellent childcare for children across Calderdale aged between 3 and 16 years for 50 weeks of the year... [details...](#)

Pre-School Gymnastics Classes

Thursdays at Southgate Methodist Church, Elland. Classes are suitable for Babies 8 weeks old and above and Children 2+ yrs and 3+ yrs... [read more...](#)

Jam Packed Summer

Jam Packed Summer is a summer sports scheme for young disabled people aged 8 – 19 years. **Monday 24 July to Friday 18 August**. Enjoy a variety of disability specific and adapted mainstream sport and leisure activities, delivered by qualified sports coaches and staff... [read more...](#)

2017 Summer Camp at the Inspire Centre

The Inspire Centre at Calderdale College, Halifax are running a Summer Camp **Monday 14 to Friday 8 August 2017 – 9am to 3pm daily** for boys and girls aged 4+ and is suitable for all levels & abilities – Both members and non-members welcome. A full week at camp is costs £100 (individual day prices available on request)... [more information...](#)

A youth club at the heart of the Brighouse community

Brighouse Youth Club is open to young people and offers a wide range of activities including baking, sports, computers, arts & crafts, musical instruments and more... [more...](#)

Local Cinemas and Theatres

[Vue Halifax](#) – [The Rex Cinema](#) - [Hebden Bridge Picture House](#) – [The Victoria Theatre Square Chapel Centre for the Arts](#) – [Halifax Playhouse](#) – [King Cross Library Film Club](#)

Health and Staying Well

Keep up to date! New Staying Well website and newsletter

Our new Staying Well project website can be found online at www.stayingwellhub.com You'll find information about the service and links to what's going on locally and make a referral yourself. [Click here](#) to read the first *Staying Well newsletter*... [read more...](#)

Keeping Safe in Hot Weather

It may seem strange to talk about hot weather in Britain but forecasts indicate that we might well have a hot summer and we must be aware how to keep safe and stay well. [Calderdale Forum 50+](#) has kindly put together a fact sheet about just this issue... [more...](#)

Defibrillator Training at Salterlee School

The Community Resilience Team from the Yorkshire Ambulance Service are inviting parents and local residents to attend a free familiarisation session at **Salterlee Primary School** on **Monday 19 June 6 pm – 8 pm** to teach the procedure for using a defibrillator... [more...](#)

Open Minds is becoming Time Out

Open Minds has delivered mental health education in Calderdale's schools and community groups. The name "Open Minds" has been adopted for the overall programme so they are changing their name to Time Out to avoid confusion. Introductory workshops to Time Out start on **Monday 19 June 11am – 1pm** at VAC Resource Centre, Hall Street, Halifax with further workshops to follow... [more details...](#)

Talking Therapies from Insight Healthcare

Calderdale Talking Therapies is part of Insight Healthcare and provide free talking therapy services on behalf of the NHS. The service provides help to people experiencing common difficulties such as: low mood, depression, anxiety, stress, panic, anger, phobias, trauma, bereavement, loss, relationship difficulties and family problems... [more...](#)

Team leaders needed for Hipperholme Luncheon Club

Can you spare a few hours every 6 week's buying, preparing and cooking a 2 course meal for up to 35 guests at our lunch club at Christ Church Hipperholme. There will be a team of dedicated volunteers to help you... [get involved...](#)

Wednesday Bereavement Support and Social Group

The Wednesday Bereavement Support and Social Group meet on the **first Wednesday of the month** at the Canon Winter Centre, Elland from 2pm to 4 pm... [get involved...](#)

Riverside Dementia Friendly Cafe

Get down to the Riverside Cafe at St. Bartholomew's Church in Ripponden for just £2 per session every 2nd and 4th Wednesday 1:30 – 3:30 pm. A very warm welcome is extended to people with dementia; conditions such as Parkinson's and their carers... [get involved...](#)

Diabetes Support Group in Elland!

Go along and join the Diabetes Support Group and exercise class started by CREW Heart Support in Elland where you can discuss different topics around your diabetes and try a different style of exercise each week. **Every Wednesday** at Elland Golf Club... [details...](#)

Ladies Gentle Exercise Class at Southgate Church Hall

The Ladies Gentle Exercise Class costs just £3 and is suitable for all levels so get involved and enjoy fun routines to music & all over body-toning exercises every **Tuesday**... [details...](#)

Volunteers needed for adult fitness sessions

Disability Support Calderdale are looking for volunteers to help with fitness sessions that we are running in Elland. Exercise will be very basic (hand and feet movements) due to people's abilities and volunteers must have an interest in fitness... [volunteer...](#)

Men's Exercise Circuit at Southgate Church Hall

The Men's Exercise Circuit costs just £3 and is suitable for all levels, especially those recovering from injury, surgery or illness including Cancer. **Every Thursday...** [details...](#)

Ladies keep Fit & Dance Class

Fitness & dance class suitable for all levels including beginners and just £3 per session. **Tuesdays** at Southgate Methodist Church... [details...](#)

Low impact strengthening exercises for active seniors

Get involved with LS Fitness Elland and take part in low impact strengthening exercises for active seniors at just £3.50 per session with the first session FREE... [get involved...](#)

Do you know someone who's feeling lonely?

Talk to the Staying Well Hub – call us on 01422 392767

Local Sports Centres

- [Brighouse Swimming Pool and Fitness Centre](#) – Tel. 01422 28806
- [Halifax Swimming Pool](#) - Tel. 01422 366624

Employment and Training

Understanding How the Local NHS Works – VAC Training

This session on **Friday 23 June 10am – 12pm** will describe the national landscape and local responsibilities for commissioning and providing NHS services... [details...](#)

Starting Line Employment Service for disabled customers

Starting Line is an employment service which supports disabled people of working age living in Calderdale to find, apply for and keep a job. This service is tailored to the individual and each customer is supported by a specialist Employment Advisor... [details...](#)

Careers Centre offers information and support for all ages

Calderdale & Kirklees Careers Centre offers services for people of all ages including help finding a job, apprenticeship or preparing CVs and more... [details...](#)

Smart Meters training for frontline workers

Citizens Advice Calderdale is available to provide training to front line workers on this process and the potential impact smart meters will have on energy switching. Should you be interested in this training then [read more...](#)

Talent Match in Calderdale for 18 to 24 year olds

The aim of the Talent Match Project is to engage with young people aged 18-24 who are long term unemployed and who require intensive support and coaching through a Key Worker approach in order to access a flexible and responsive pathway... [read more...](#)

Work Club at Elland Children's Centre

FREE support every Monday for families & young people looking for work, training, volunteer opportunities, apprenticeships and more at Elland Children's Centre... [details...](#)

Upcoming Parenting Support Courses

Being a parent is not always easy, that's why Parenting Support Provision run courses to give you ideas and tips to help. The next course starts on **13 July** at North Bridge Leisure Centre. Mellow Babies is a 12 week course following ideas of Mellow Parenting... [more...](#)

Latest Jobs

- [West Yorkshire Police – PCSO Recruitment – Opening Soon](#)
- [Part time Cleaner at West End golf club](#)
- [Part-time Sales Assistant – Calderdale Royal Hospital](#)
- [Casual Waitress / Waiter – Imperial Crown Hotel](#)
- [Access to Work Advisors – Department for Work and Pensions](#)
- [Barista/Coffee Shop Assistant – Dunelm](#)
- [Centrally Tasked Community Warden \(Community Safety\)](#)
- [Cook/Kitchen Assistant – Mags on Ramps](#)
- [FREE Plastering Training with potential for skills](#)
- [Project Officer \(Youth & Community\) – Newground](#)
- [Matalan are now recruiting for temporary positions](#)
- [Starting Line Employment Service for disabled customers](#)

Friday Flyer - Contact Us:

- ★ **Recommend a friend** to get the Friday Flyer
- ★ **Publicise an event** in the Friday Flyer
- ★ **Advertise** your service or community group

Lower Valley Neighbourhood Team and Staying Well

Tel: 01422 255402

Email: calderdalelowervalley@gmail.com

Web: www.calderdalelowervalley.com



Follow us on Twitter: [@CaldLValley](https://twitter.com/CaldLValley)

If you're on our mailing list the Friday Flyer will arrive direct to your inbox every Friday. If you would prefer not to receive this email please contact us at calderdalelowervalley@gmail.com to ask to be removed from the mailing list. The [Lower Valley Blog](#) is updated daily and can also be subscribed to for free.

Your email was collected by us at a Ward Forum meeting or through our Staying Well or Elland Our Place contacts. We will never share your email.

If you know someone who should also receive the Friday Flyer you can **[recommend a friend](#)** by emailing us at calderdalelowervalley@gmail.com