



LV Friday Flyer – 2 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!**



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News

NHP Energy Levels Weekly Message! Are you energy efficient?

Being energy efficient can make a big difference to the cost of your energy bill. It doesn't always need a big investment in time or money to make sure you're wasting less energy and saving more.



Simple changes in your home such as switching off or unplugging any chargers or appliances you don't need on can save you money.

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/>

Volunteers Week 2017 1-7 June

Volunteers Week (1-7 June) is a great time to celebrate the brilliant work of volunteers across Calderdale and there'll be lots of opportunities to get involved.

Volunteer at one of the events below

- **Thursday 8 June** – VAC Volunteer Open Day
- **Thursday 8 June** – Countryside Volunteering (Shibden Park)
- **Tuesday 13 June** – Volunteering Fayre (Bradford)
- **Wednesday 14 June** – The Changing Face of Volunteering

[More detailed information on each event...](#)

How to talk to children about the Manchester attack

The Manchester bombing that left 22 dead and many injured is in all our thoughts at the moment. It can be really hard and upsetting to try to explain to children what is happening in the world and why. Here are 8 things to remind someone who is scared... [more...](#)

Get Involved / Have Your Say

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...](#)

Fancy a great get together?

On 17-18 June, get together with your neighbours and be part of a national celebration of what we have in common. There are lots of ways to be involved in the Great Get Together and it's not too late... [details...](#)

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...](#)

Volunteer to help preserve Calderdale's countryside

Calderdale Countryside and Woodlands Service is responsible for maintaining and preserving Calderdale's unique landscape and are always looking for volunteers to assist with the work... [volunteer...](#)

Join the Oddfellows Friendly Society Brighouse Branch

Oddfellows is a non-profit mutual run by members for its members, and do their best to improve the quality of people's lives through friendship, care and support... [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

***This weekend!* Brighouse 1940's weekend – 3rd to 4th June 2017**

This year's Brighouse 1940s Weekend is going to be even bigger and better than last year, taking over more of Brighouse Town Centre, with 2 stages for outdoor entertainment, more vehicles, static aircraft and much, much more. **3rd & 4th June 2017...** [details...](#)

***This weekend!* Lanterns on the Lake**

Overgate Hospice invite you to help us light up Shibden Park Lake by sponsoring a lantern, which will be floated on Shibden lake at sunset on **Saturday 3 June**. You are welcome join them for reflection and remembrance of loved ones at this special event... [details...](#)

***This weekend!* Overgate Hospice Choir**

Join the Overgate Hospice Choir and Hammonds Saltaire Band for an evening of magical music – “Breezin’ Down Broadway” at All Saints, Elland on **Saturday 3 June....** [details...](#)

***This weekend!* Cherishing Churchyards Week – June 3 Activities for Children**

On **Saturday 3 June** Chris Sutcliffe will be organising Half Term Nature Activities for Children in St. Matthew's Churchyard from 1:15 pm as part of a Celebration Event... [details...](#)

Halifax Charity Gala 10th June

It's time again for the Halifax Charity Gala to take place on **Saturday 10th June!** The Grand Procession is setting off at 11:30 from Eureka car park then goes on (following the same route as the last two years through the centre of town)... [ticket information...](#)

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...](#)

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...](#)

Fancy a great get together?

On 17-18 June, get together with your neighbours and be part of a national celebration of what we have in common. There are lots of ways to be involved in the Great Get Together. In partnership with The Big Lunch, there is a FREE pack to help you get started... [more...](#)

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?..](#)

Children & Young People

Animal Adventure – Eureka! The National Children’s Museum

Hop, fly or gallop to Eureka! for an Animal Adventure with a bevy of beasts from **now until Sunday 4 June 2017**... [details...](#)

Halifax Swimming Pool – ‘Mates Rates’ offer

Halifax Swimming Pool have ‘Mates Rates’ offer. If a member recommends a friend they will both get a free month or two friends can join together and both get a month free... [more...](#)

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...](#)

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

Healthy Minds ‘Head Space’ course

Healthy Minds is running a course facilitated by workers and volunteers who have had their own lived experience of mental distress. The 3 week course will run for 2 hours per week on **Tuesdays 6, 13 and 20 June** between 12:30 and 2:30pm... [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...](#)

Art Works for Health & Wellbeing

This event on **Thursday 15 June** is for health professionals, service users and creative practitioners, to celebrate the power of art and design to transform lives.... [read 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...](#)

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...](#)

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...](#)

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...](#)

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...](#)

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

Free Quality for Health Course at VAC

VAC will be running a FREE training session 'An Introduction to Quality for Health' June 6 10:00- 12:30 for organisations delivering health and health related services who want to find out more about the Quality For Health® quality assurance system... [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...](#)

First Aid and Food Safety Courses with Jill Webb Training

Throughout 2017 Jill Webb Training will be running training sessions covering Emergency First Aid at Work, Paediatric First Aid, Food Safety and First Aid at work... [details...](#)

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...](#)

Volunteering, is it for you?

Bored? Need a new challenge? Meet new people – Gain work experience – Increase your confidence. This session at Elland Children's Centre on **Wednesday 14th June** will provide you with all the information you need about becoming a volunteer with North Halifax Partnership Sure Start Children's Centres... [read more...](#)

Social Media Volunteer required at Cartwheel Club

The Cartwheel Youth & Community Centre in Elland are looking for a volunteer who might be able to design a website and Facebook page for the centre to promote the venue to potential users and show what activities are taking place at the centre... [contact details...](#)

Volunteering opportunities with Forget Me Not Children's Hospice

There are various volunteering opportunities available at a number of Forget Me Not Shops throughout Calderdale & Kirklees. All forget me not volunteers are encouraged to attend training and volunteer meetings whenever possible... [volunteer...](#)

Latest Jobs

- [Access to Work Advisors – Department for Work and Pensions](#)
- [Barista/Coffee Shop Assistant – Dunelm](#)
- [Skilled Hand Laminator vacancy – A B Terratec Ltd](#)
- [Centrally Tasked Community Warden \(Community Safety\)](#)
- [Regional Women-Centred Advisor and Trainer](#)

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



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