



## LV Friday Flyer – 28 July 2017

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

Email: [calderdalelowervalley@gmail.com](mailto:calderdalelowervalley@gmail.com)

Web: [www.calderdalelowervalley.com](http://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 – Shower vs Bath!



Did you know that baths tend to use a huge amount of hot water compared to a shower which in turn costs more money? We know nothing beats standing under the shower for ages, but if you can try and keep these extended stays to a minimum you are going to save energy and reduce your bills in the long run (especially if you are on metered water).

Look out for more NHP Energy Levels tips next week or have them sent directly to your email by signing up to our FREE Monthly [NHP Energy Levels Newsletter](#).

And whilst you're here why not [take our quiz](#) to see how energy efficient you are and find out how much money you could save by making simple changes around your home... The result may surprise you!

Be sure to sign up and receive our free energy saving tips which could save you money, enter 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 at <https://northhalifaxpartnership.org/energy-levels/>

### Love the LV Blog? Want to know what's going on in other part of Calderdale?

We link to lots of groups and services in your area and try to bring information about events and activities together in one place. Did you know there are blogs covering the [Central Halifax](#), [Halifax North & East](#) and [Upper Valley](#) areas too? And regular updates!

### My Calderdale Online Customer Account to Access Council Services

My Calderdale is your online customer account and is a fast, safe and more flexible way to access council services. You can manage your Council Tax, register for ebilling, report a change of address, set up direct debits and check your waste collection days. [Register now](#) and don't forget to tell your family and friends to sign up too! All you need is your council tax reference– which you can get it by emailing [council.tax@calderdale.gov.uk](mailto:council.tax@calderdale.gov.uk).

## Get Involved / Have Your Say

### Calderdale Community Spirit Awards 2017

Join the Community Foundation for Calderdale, for the 2017 **Calderdale Community Spirit Awards**, where we celebrate, acknowledge and appreciate the efforts of the best charities, community groups and volunteers in the area. The 2017 Calderdale Community Spirit Awards are to be held at **The Shay** Stadium in Halifax on the **28 September**. [read on...](#)

### New 5-A-Side Football League Starting at Northbridge Leisure Centre

5 Star Sports Limited are starting a new 5 -a-side football league on Mondays at North Bridge Leisure Centre. Unfortunately due to a slight typo error the contact number on the poster sent out is incorrect and the correct number is **07484 227288**. As a result of this the league and Northbridge have postponed the start date to the 21 August.. [read 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...](#)

### Calderdale Community grants scheme deadline extended

The Community Small Grants scheme gives out one-off grants of up to £3,000. The Community Festivals and Events Fund supports groups that are organising cultural events and festivals across Calderdale, with the aim to get more local people involved in the arts, and attract visitors to our towns and villages. The closing date for complete applications for both funds is **Tuesday 1<sup>st</sup> August 2017**. [further details...](#)

### Overgate Midnight Walk – 9 September

How do you feel about walking under the stars with the **Overgate** Midnight Walk. **Saturday 9 September** starting from **North Bridge Leisure Centre**. A 7 or 13 mile sponsored walk to raise funds for Overgate Hospice. For more information call **01422 387121**. [further details...](#)

## Events and what's on

### ***This weekend!*** 'Happy Birthday Elland' event – Saturday 29 July

**'Happy Birthday Elland'** – 10am–4pm. Organised by Calderdale Council, Elland District Partnership and the Elland community. A fun day for the whole family, taking place all around Elland town centre and including: street market with locally produced goods, entertainment, face-painters and craft activities for children. A performance of 'LANDED' by performance artists Two Destination Language [lots more information here...](#)

### ***This weekend!*** Our Place Celebrating Their Move – Saturday 29 July

**Our Place** are having an Open Day to launch their new venue, name change, **from 10am to 3pm** at **Heath Club**, Manor Drive, Halifax. Tombola, raffle, pre-loved stall, refreshments, other organisations and more. [See Our Place their new place...](#)

### ***This weekend!*** WJ's 5th Doggy Fun Day Supporting Guide Dogs

[WJ's](#) 5th Doggy Fun Day will be taking place on **Sunday 30 July** at **Heath RUFC**, West Vale **11:00 – 16:30** in support of Guide Dogs. There will be Guide Dog demos, dog agility, stalls, refreshments and bar, a bouncy castle and more. [details...](#)

### Rex Cinema Offering Money-saving Vouchers in August

**Rex Cinema** in Elland is offering a voucher for Friday and Sundays until **August 31**. **'Dunkirk'** and **'Cars 3'** start Friday – **'Dunkirk'** is on all week at **5.35pm** and **8.20pm**. **'Car 3'** is on every day at **2.30pm** until and including **Thursday 3 August**. Get the voucher [here...](#)

## Family Map Reading Workshop at Bankfield Museum

Join members of [Calder Valley Search and Rescue Team](#) for one of these free workshops at [Bankfield Museum](#) on **Saturday 5 Aug 2017 – 1:00pm to 3:00pm** to learn about modern maps and navigation. Have a go at orienteering around Akroyden Park. Suitable for ages 8+. Under 12s must be accompanied by an adult. [Details and booking...](#)

## Crossroads Lunch Club – Christ Church Hipperholme

The lunch club runs every Friday at Christ Church Hall (the church at the cross roads). Run by the community and they have a few vacancies! Enjoy a delicious meal with friendly folk, freshly prepared and served by people from the local churches for just £3.50. Please arrive for 12 noon and lunch will be served at 12:30pm. [more details ...](#)

## Breadmaking in a Day – 1 September

**Friday 1 September 10am – 2pm**, Martin Street, Brighouse. [LoveBread](#) is a social enterprise reaching a broad range of people – impacting on health and wellbeing and creating an active, local community based around bread. Are you interested in learning how to make bread in a fun and supportive environment? [more information...](#)

## Children & Young People

### Sports Box ends but FREE Summer Holiday Activities at Orange Box

[Sports Box](#) has now ended on Saturday afternoons but just a reminder of the [FREE activities](#) that are happening at Orange Box. **Weekdays (excluding 28 August) 2pm – 4pm**. Upcycle furniture and clothes, sing karaoke, enjoy yoga and drama, go zorbing, climb the bouldering tunnel, play table tennis and much more for ages 11-19 years [register...](#)

### 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](mailto:accessallareas@eureka.org.uk)... [more information...](#)

### 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...](#)

### Sports Galore at Field Lane Children's Centre

Get to [Field Lane Children's Centre](#) between **10:00 – 11:00** on **1, 8 & 15 August** for a bit of sport and physical activity. Families will work as a team using ball skills to balance, throwing, number and colour recognition. Suitable for children from 18 months to 5 years old. [more...](#)

### Food for Summer – Wellholme Park Children's Centre 1 August 2017

Starting **Tuesday 1 August 2017 11:15 – 13:15** at [Wellholme Park Children's Centre](#) there will be two weeks of families making picnics and eating together in the park. Suitable for families with children of any age, call [Sure Start Children's Centres](#) on **01422 266197** for information. [further details...](#)

### Halifax Holiday Club – for over the summer

[Halifax Holiday Club](#) offer programmes over the 6 week summer Holidays alongside their normal programmes with 5 different week long courses covering Mountain Bikes, Paddle Sport, Climbing, Bushcraft and Adventure Service Challenge. [more info...](#)

## 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...](#)

## West Yorkshire Police launch Police Cadet scheme starting October 2017

Are you between 13 and 16 years old? Would you like to make a contribution to your community? Would you like to challenge yourself and learn new skills? Are you considering the police as a future career? Do you want to complete the Duke of Edinburgh award? [West Yorkshire Police](#) are launching a Police Cadet scheme in Halifax starting October 2017 Sessions will take place on **Wednesday evenings**. [further details...](#)

## XenZone Online Counselling service Kooth

**XenZone** was formed to make it easy and safe for all generations to access the best mental health and emotional well-being services as and when they need them. Pioneers of online counselling and emotional well-being support, in 2004 they founded **Kooth**, the first online counselling and therapy service for children and young people in the UK. [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](http://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...](#)

### Avoiding the Latest Scams – SAFER Newsletter

The **SAFER** project is an award winning Big Lottery Funded community protection and empowerment programme, supporting older adults (55+) in West Yorkshire. The project aims to provide residents with the knowledge, skills and confidence to protect themselves against Doorstep Crime and Scams, helping them to feel safer in their own homes. [more...](#)

### 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...](#)

### Memory Lane Cafe Coming Soon to Maurice Jagger Centre

Make sure you put **Wednesday 2 August 2017** in your diary for the Memory Lane Cafe at the Maurice Jagger Centre. The cafe will be open on the 1st and 3rd Wednesday of each month 2pm to 4pm. Further information from **June** on **01422 706373**. [find out more...](#)

### 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...](#)

### **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...](#)

### **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...](#)

### **Do you know someone who's feeling lonely?**

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

### **Local Sports Centres**

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

## **Employment and Training**

### **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...](#)

### **Brighthouse & Elland Libraries Works Better Assisted Job Search Sessions**

Works aims to help people who want to get back into work overcome the barriers which are stopping them – and also to support employers with suitable vacancies to access this potential source of employees. [more information...](#)

### **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...](#)

### **Volunteer Counsellors needed at Overgate Hospice**

Overgate Hospice need qualified counsellors with the minimum qualification of Diploma/Level 5 in counselling studies who are able to offer 2 or more hours a week to offer counselling to patients and relatives. [further details...](#)

## Latest Jobs

- [Postman/Postwoman with Driving – Halifax Delivery Office](#)
- [Jobs at Halifax Opportunities Trust – Various Children’s Centre Roles](#)
- [Flexible Generic Adviser](#)
- [Part-time Retail Assistant – Farmfoods Ltd](#)
- [Part-time Football Coaches – Immediate start](#)
- [Retail Sales Assistant – British Heart Foundation](#)
- [FREE Plastering Training with potential for skills](#)
- [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](mailto:calderdalelowervalley@gmail.com)

Web: [www.calderdalelowervalley.com](http://www.calderdalelowervalley.com)



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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](mailto: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.

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