



LV Friday Flyer – 9 February 2018

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

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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

Sugar Smart Calderdale

SUGAR SMART CALDERDALE is an exciting campaign launched in Calderdale this February. It is part of a national campaign, SUGAR SMART, led by Jamie Oliver and Sustain. In Calderdale, the campaign is inviting participants from a number of sectors to make small changes that enable the people of Calderdale to reduce the amount of sugar they're consuming. We know that, in the UK, people consume up to five times the recommended maximum daily intake of sugar, and that this is having a huge impact on our health – and waistlines – as a nation.

Up and down the country, people are committing to small actions as a part of SUGAR SMART, and we'd like to ask you to do the same. In Calderdale, Halifax Rugby League FC is leading the way, with players committing to SUGAR SMART challenges for three weeks. They will also be promoting SUGAR SMART messages as an organisation, to show that physical activity and a sugar smart diet go hand-in-hand.

Organisations across Calderdale are joining the campaign to do their part to improve the food environment and promote positive messages. Calderdale's Health & Wellbeing Board will no longer be serving biscuits at their meetings; Northowram Primary School are running a SUGAR SMART assembly for their 450 pupils; Calderdale Royal Hospital will be helping staff to make healthier choices. What could you or your organisation pledge to do?

From promoting drinking water, to taking a SUGAR SMART challenge as an individual or organisation, to removing sugary items from prominent display, there is an action to fit every shape and size of organisation. The SUGAR SMART CALDERDALE steering group (Food for Life; Locala PHEYS; Better Living Service; and Calderdale Council's Public Health team) can help you with your pledge, and there is lots of inspirational material at <http://www.sugarsmartuk.org>.

If you'd like to be one of the organisations in Calderdale taking positive action to encourage people to reduce the amount of sugar they're consuming, email sugarsmart@calderdale.gov.uk or call Chloe Smees on **07500 602742**. [Read more...](#)

Want to know what's going on in other parts 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!

Get Involved / Have Your Say

Local Animals in Need of Your Love this Valentines Day!

The RSPCA Halifax, Huddersfield, Bradford & District branch are once again calling on the public to choose a lonely heart from their animal centre to send a Valentines card to this February! To support the branch's Valentails appeal all you need to do is visit their website and select an animal from the 'Animals For Adoption' list. [Get your Valentails card...](#)

Dates for the 2018 Great Get Together

Get the gingham ready! This year the celebrations of **all we have in common** start on Jo Cox's birthday, **Friday 22 June** and continue through the weekend to **Sunday 24 June**. Get all the information you need to bring your community together this Summer. [Sign up now...](#)

Over 50s Walking Football at 3Gi Soccer

Every Friday at **3Gi Soccer**, Shaw Lodge Mill, Halifax there is a Walking Football session for the over 50s **11:00 – 12:00**. The £4 per person admission fee includes refreshments. [More...](#)

Fat Cat Print Supporting SmartMove for the Homeless and Vulnerable

SmartMove Calderdale have teamed up with Fat Cat Print of Greetland to support homeless and vulnerably housed in Calderdale. For every individual or company that buys a woolly hat between **1 January** and **1 April 2018**, plain or embroidered, Fat Cat Print will donate a warm hat and a warm pair of socks to a homeless or vulnerable person. [More information...](#)

Play Disability Football with Greetland Goldstars FC

If you or someone you know have a disability and are looking to try something new, then disability football may be just the thing for you. Greetland Goldstars have sessions **every Saturday – 11am to 12pm** at **3Gi Soccer**, Shaw Lodge Mills, Halifax. [Details...](#)

Events and what's on

Tonight! Chinese New Year Extravaganza at Victoria Theatre

On **Friday 9 February, 7:30pm** join the celebration as Chinese New Year lands in Halifax with a unique and exciting show of cultural spectacle. The 'Chinese New Year Extravaganza' features a team of performers showcasing amazing Chinese performing arts. [Get tickets...](#)

This weekend! Perspectives on Patterns at Bankfield Museum

Opening at Bankfield Museum on **Saturday 10 February** will be an exhibition '*Interpretations of Calderdale Museums Pattern Book Collection*' by the Textile Art Group. Discover intricate details, long forgotten patterns and learn more about the history of the textile industry. [Learn more...](#)

Halifax Arts Society: Chatsworth and the Devonshire Family Collections

Halifax Arts Society will be holding the next lecture on **Tuesday 13 February, 12:45pm** at The Square Chapel Arts Centre. Simon Seligman will discuss '*Passions, Personalities and Patronage: Chatsworth and the Story of the Devonshire Family Collections*'. [Read more...](#)

Greater Elland Historical Society Talk on Percy Shaw

The next meeting of the Greater Elland Historical Society will be on **Wednesday 14 February**: Percy Shaw – The Man who put Cat's Eyes in the Road- Chris Helme. Winter meetings take place in a pleasant room at **Elland Working Men's Club**, South Lane, Elland HX5 0HT. Meetings begin at **7.15pm** and usually end by 9pm. [Further details...](#)

Annual Laurel and Hardy Film Evening at The Rex

On **Saturday 24 March** at **7.30pm – 10pm**, The Rex Cinema, Elland will be holding the annual Laurel & Hardy Film evening. Showing 'Way Out West' and more with organist Ben Hinchliffe playing before the show, for 'Habeus Corpus' and during the interval. [Get tickets...](#)

Elland Working Men's Club Over 60s Club

The Over 60's Club runs each **Tuesday** at Elland Working Men's Club and is a great way to socialise with like-minded people. Starting at **2pm** and finishing around 4pm, there is Bingo, Raffle a tea break during the afternoon a great chance to get to know people. [More...](#)

Cafe Now Open at Elland Christian Centre

Elland Christian Centre now has a cafe open every Friday 9am–6pm with a range of meals, drinks and snacks served throughout the day in a relaxed environment... [more...](#)

Special Marriage Deals at Clay House up to 28 February

Between 1 October and 28 February, Clay House is available for hire at a special rate of £1,000. Clay House is a Jacobean building, and is a fine example of seventeenth century vernacular architecture. [Details of special rates...](#)

Children & Young People

Children's Mental Health Week 2018

Just 2 days left of **Children's Mental Health Week (5-11 February)**. This year the week was launched by the Royal Patron the Duchess of Cambridge who spoke to pupils, parents and teachers about '*Being Ourselves*'. Some children and young people can find it difficult to think positively about themselves. [Read more...](#)

Protect Your Children Online – Be Share Aware with NSPCC

It can be hard to keep track of what your child is doing on social networks, apps and games. Or know how to keep them safe. NSPCC have teamed up with O2 to help parents untangle the web. And teach their children to be Share Aware. [Read about staying safe...](#)

FREE Community Event – Mum's First Aid

On **Saturday 17 February, 10:00am-1:00pm**, Elland Round Table and Elland Ladies Circle will be offering FREE paediatrics first aid for mum's in the local area (limited to 20 Spaces for mum's aged 18-44) at **Southgate Methodist Church**. [Book a place now...](#)

Transforming Children and Young People's Mental Health Provision

The consultation on this green paper on children and young people's mental health sets out this Government's ambition to ensure that those who need it are able to access the right help for their mental health, in the right place and at the right time. The green paper focuses on earlier intervention and prevention particularly in or linked to schools and colleges. The consultation closes on **2 March**. [Details...](#)

Flat Stanley at Elland and Rastrick Libraries

Stanley Lambchop is just a normal healthy boy, but ever since a large notice board fell on him, he's been only half an inch thick. Make your own Flat Stanley and Airmail envelope. This activity on **Tuesday 20 February** is suitable for children aged 5-8. [Book your place...](#)

Sports Membership Scheme for Disabled Children and Young People

Calderdale Sports Services have been running a new membership project aimed at assisting and promoting the inclusion of SEND children and young people. The scheme enables children and young people 5-25 to access swimming and gym provision across all Sports Services facilities. The cost is £10 per month with no joining fee. [Apply now...](#)

Calderdale Open Minds Website for Children and Young People

Calderdale's multi-agency emotional health and wellbeing taskforce are delighted to announce that a new website for children and young people is now available. The website is intended to provide advice, information, support and signposting to young people about emotional health and wellbeing... [read 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

Active 10 – Walk 10 Brisk Minutes a Day for Better Health

Public Health England is promoting brisk walking for just 10 minutes a day. A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10". [Find out more and get the App...](#)

Ordering Repeat Prescriptions – Changes from Thursday 1 February

From **Thursday 1 February 2018** pharmacies, online pharmacies and suppliers of medical appliances will no-longer be able to order repeat prescriptions on your behalf.

You will need to order your repeat prescription directly from your GP surgery every time. Prescription medication can be ordered from your GP by:

- your GP's online ordering service (if available through your practice), either by computer or a smartphone application
- by handing in the white, tear-off part of your repeat prescription to your surgery
- by letter

For more information you can speak to your GP practice staff or pharmacist.

What you need to do

Each time you need more medicines;

1. Order your repeat prescriptions from your GP practice when you have **7 to 10 days** of medicines left
2. Contact your pharmacy to let them know you have ordered a prescription if you want them to collect it for you

Remember your GP practice may need 2-3 working days to issue a prescription and the pharmacy may need up to 2 days to dispense your medicines, so don't leave it until the last minute. [Read more...](#)

Healthy Minds 'Visual Story Telling' Workshop

Visual Story Telling is a creative workshop where you will explore what makes us unique; our experiences, strengths, abilities and what matters to us through using art and imagery. The workshops will run for 2 hours per week at **Southgate Methodist Church**, Elland on **Thursday 15 February** between 12:30 and 2:30 pm. [More details...](#)

CREW and Heartbeat Walks Winter and Spring 2018

CREW Heart Support Group has published the programme for walks in the winter 2018. The next walk in this area will be around Norland Town and North Dean on **Tuesday 13 February** and be led by Tony Gregson. Meet by the Old Rishworthians, Copley Lane at **10am** for a 4.5 mile walk. [Programme and shorter walks...](#)

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. [Read more...](#)

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

Volunteer Opportunities

Disability Support Calderdale – Looking for Volunteers

DSC is running seated fitness sessions for older people at Elland and Ovenden and is looking for volunteers who have an interest in fitness and exercise. There is a qualified fitness instructor who is running the sessions. This is a good learning opportunity for those who want to be involved in the fitness field. [Contact details...](#)

Community Transport Calderdale Volunteer Recruitment Day

CTC are hosting a Volunteer Recruitment Day on **Thursday 15 February, 10am-3pm** at Tenterfields Business Park. Find out about CTC and the volunteering opportunities they have to offer: driving (car and minibus), passenger assistance, administrative/reception, valeting and general assistance. [Further details...](#)

Volunteers Needed for Winter Homeless Shelter

The Gathering Place winter homeless shelter runs from Jan – Mar. If you are interested in volunteering as a Befriender, Evening Team Leader, Morning Support, Evening or Morning Cook, Kitchen Assistant or as an Overnight Volunteer, please get in touch. [Volunteer now...](#)

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...](#)

LGBTQ History Month: Healthy Identities Training

On **Tuesday February 13** as part of LGBTQ history month, Barnardo's Healthy Identities is hosting training around LGBTQ awareness for health and voluntary professionals across Calderdale. The event is free but you are asked to register at Eventbrite. [Register now...](#)

Early Bird Discount for Equality and Diversity Course

A 50% early bird discount is on offer for the Equality and Diversity Course to be held on **Wednesday 21 February, 9.30am – 4.30pm** at the VAC, Resource Centre, Halifax. The session will help you to align your policies and procedures with the NHS Equality Delivery System (known as EDS2) to help deliver public services. [Book now...](#)

Latest Jobs

- [Clerk to The Trustee Board – The Elizabeth Wadsworth Charity](#)
- [Administration Assistant – Ravenscliffe School](#)
- [Seasonal work opportunity \(part-time, flexible\) – Green Future Building](#)
- [Tenant Liaison Officer – Together Housing](#)
- [Plastic sorter/yard cleaner – BW Recycling Ltd](#)
- [Office Assistant – Halifax Windows Ltd](#)

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

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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