



LV Friday Flyer – 13 April 2018

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

Better Living Service – Spring Newsletter

The Better Living Service of Calderdale Council has produced a Spring Newsletter describing the Better Lifestyle Sessions and more.

Do you want to make a change to improve your health?

Maybe to lose weight, be more active, stop smoking or reduce your alcohol intake.....

Why not book a FREE Better Lifestyle Session with a qualified and experienced Better Living Trainer. They will be able to offer you the support and advice you need to take the next step to make a change.

Better Lifestyle Sessions are available at venues across Calderdale on various days and times through the week.

There is also a chance to start the next pre-natal mum's class on **Wednesday 18 April** by calling **01422 230230** or emailing Lauren Dawtrey on lauren.dawtrey@calderdale.gov.uk

Other things in the newsletter include the #Active Schools competition, Healthy Weight groups and the national SugarSmart campaign to raise awareness of the hidden sugar in our food and drinks. [Read the newsletter...](#)

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!

Ward Forums

- **Rastrick Ward Forum – Monday 16 April 2018**
- **Elland Ward Forum Tuesday 17 April 2018**
- **Brighouse Ward Forum – Wednesday 18 April 2018**
- **Greetland and Stainland Ward Forum – Thursday 19 April 2018**

Get Involved / Have Your Say

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...](#)

Rough Ride Gravel Challenge in Aid of Happy Days Homeless Charity

Advance warning of a cycling challenge taking place on **Saturday 14 July**. Starting from the Happy Days Cycles and Cafe, Town Hall Street, Sowerby Bridge this is a fully self supported gravel event around Huddersfield. Using tracks and quiet lanes, the route has roughly 10,000ft of climbing, 90 miles in length and is a real test. **(Better start training now!)**. [Register now...](#)

Check on Crime Statistics in Your Area

Following a comment made at recent Neighbourhood Watch meeting, we can now share the link required to check crime figures in your area. The data is updated as regularly as possible but may be a couple of months behind. [Check your area...](#)

What does your local library mean to you?

Local people are being asked to have their say on the future of community libraries in Calderdale to ensure that their needs are met. Calderdale Council is holding a public consultation to drive a review of its 15 community libraries. This will take place from Monday 5 March until 30 April 2018. [Have your say...](#)

Events and what's on

This weekend! One 'ELL Of A Laugh with Moorhouse & Wrigglesworth

Hosted by Elland Round Table there will be an evening of stand-up comedy on **Saturday 14 April**, at Elland Cricket Club. Tom Wrigglesworth is an established stand-up comedian and TV presenter. Justin Moorhouse is a Manchester born and bred comedian, presenter and actor. Justin performed to over 200 000 people in a 15 night stage version of Channel 4's Phoenix Nights. [Book tickets now...](#)

Historical Talk with Maria Glot at Rastrick Library

Join Maria Glot for a talk on Saltaire Village at Rastrick Library on **Friday 11 May**, 7pm. £5 per ticket with drinks and nibbles provided. Maria lives in Saltaire and has worked in the tourist industry for many years and is famous for being appointed Bradford District's first Tourism Officer in 1980. [Book now...](#)

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...](#)

Children & Young People

This weekend! Foster Family Fun Day: Law and Justice: Then and Now

Children and young people will take part in two fun workshops to discover what crime and punishment was like in Victorian times, and what it is like today at Bankfield Museum on **Saturday 14 April, 12:30pm-3:30pm**. They will also design a themed T- shirt during an art and textiles workshop. The fun day is designed for children and young people who are currently in care, aged 5-16 from across West Yorkshire, to attend with foster carers / residential staff. [Book now...](#)

Sure Start Children's Centres Summer Newsletter

Sure Start Children's Centres, North Halifax Partnership have published the summer newsletter which includes information about the family learning courses that are taking place April – June 2018, along with the accredited courses on offer. It also includes their What's On Guides, which shows the weekly groups on offer across the Children's Centres and services provided by partner agencies. This has also been uploaded to the website, along with a booking form. To book onto the courses you can either complete the booking form electronically on the website or contact the Family Learning Team on 01422 266197.

[Download the newsletter now...](#)

Storytime Special – Eureka!

Eureka! The National Children's Museum welcomes author Anita Frost on **Thursday 19 April** for an interactive storytime session. Little ones will love to meet Green Bean & Mr Bear while listening to the wonderful stories from the Green Bean Collection. Places are limited so booking through Eventbrite is essential. [Book now...](#)

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

Staying Well – Funding Opportunities at Brighthouse Methodist Church

Find out what Staying Well can offer you – now working with individuals or groups 18+. On Wednesday **2 May, 2:00pm-3:30pm** at **Brighthouse Methodist Church**, enjoy a cup of tea and a slice of cake and see how new funding is available to help groups and activities in the Brighthouse and Rastrick area. [More...](#)

One You – Couch to 5K Re-launch

Public Health England Partnerships are re-launching their famous One You – Couch to 5K app in partnership with BBC Get Inspired. The **One You – Couch to 5k app** has been designed to get you off the couch and running in just nine weeks. [Download the app...](#)

Young at Heart Club for the Over 50s

Join the **Young @ Heart Club** at the Shay Stadium on **Thursdays, 2pm-4pm** for varied light activities in a friendly atmosphere. The group caters to anyone over 50 who loves to have a good time and get involved in something fun with a bit of competition. [Read more...](#)

Northern PCD Day 2018

Do you have Primary ciliary dyskinesia (PCD) or look after someone with it? If so, join the PCD Family Support Group on **Saturday 28 April, 10:00am-3:30pm** at Eureka! Children's Museum. Primary ciliary dyskinesia (PCD) is a rare inherited condition that is caused by abnormal cilia. [Read more and book a place...](#)

Talk to Samaritans if Things are Getting to You

Samaritans' vision is that fewer people die by suicide. Every six seconds, someone contacts Samaritans, and every 90 minutes someone takes their own life. You don't have to be suicidal to call Samaritans. Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

Whatever you're going through, you can call FREE any time, from any phone, on **116 123**.

Frequently asked questions

- I'm under 18, can I still call?
- What happens when I contact Samaritans?
- What are the signs that I may be struggling to cope?
- I'm worried about someone else. What do I do?

New Digibete Website Information on Type 1 Diabetes for Young People

Digibete is a newly launched website to share videos and educational resources about Type 1 Diabetes. The content is designed to help support children, young people and families self manage their own diabetes by extending the reach of clinical teams online. [Read more...](#)

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

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

Employment and Training

KITS Apprenticeship Open Evening – Thursday 19 April

KITS will be holding an Apprenticeship Open Evening on **Thursday 19 April, 5:30pm-7:30pm** at Kirkdale House, Armytage Road, Brighouse HD6 1QF. You will have you a tour of the facilities and explain how the Apprenticeship Programme works. [Find out more...](#)

My Way Forward – Help for Young People from C & K Careers

My Way Forward is a new programme offered by C&K Careers to young people who want to get into learning or work. You decide what areas you want help with and with your adviser you'll create an action plan for success. [Get on the programme...](#)

Volunteer Opportunities at Happy Days Cycles and Cafe

Happy Days Cycles and Cafe in Sowerby Bridge welcome volunteers who can help with the bicycle shop, cafe and workshop in a variety of roles including shop floor assistants, Barristas, bike mechanics and general assistants. [Contact them now...](#)

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...](#)

Latest Jobs

- **Apprentice Animal Care Assistant – RSPCA Halifax**
- **Deputy Animal Care Supervisor – RSPCA Halifax**
- **Caretaker vacancy – Together Housing**
- **Cleaners (Facilities Support Assistants) – Calderdale Council**
- **Cleaning Operative – Halifax Academy**
- **Bookkeeper, Halifax – Konnect Recruitment**
- **Store Assistant – Home Bargains**
- **Learning Disability Support Worker – Service Care Solutions**
- **Women Making Changes Project Worker – Women Centre**
- **General Kitchen Assistant – Ling Bob J, I and N School**
- **Enablement Team Manager – Pennine Magpie**
- **Admin Assistant – Orchard Care Homes, Rastrick**
- **Mental Health Support Worker – Twenty Four Seven Nursing**

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