



[LV Blog](#) and [N&E Friday Flyer](#) covering the wards of Brighouse, Elland, Greetland and Stainland, Hipperholme & Lightcliffe and Rastrick

LV Friday Flyer – 17 January 2020

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The **Friday Flyer** is a weekly round-up of news and what's on in the Lower Valley. We hope you will find this informative and useful. **Let us know what you think!**



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Latest News

Introduction to Childcare Level 2 - 6 week accredited course January 27

Sure Start Children Centres are hosting a 6 week half day accredited course for anyone interested in a career in childcare at Illingworth Community Children's Centre. Enrolment is on Monday January 27 from 9.30am - 11.30am [Booking and Information](#)

Make the Most of You! Adult employability course with CKCareers

Want to try something new and get into work? We're running an employability course for adults starting on 18 February. Come to our 4 week 3 hour sessions and let us help you Make the Most of You! [More info...](#)

Lead the Way January 2020 eBulletin Cloverleaf Advocacy

The latest Lead the Way eBulletin is out now. Read all about the progress of Living Well and upcoming events. [Read here...](#)

Exploring Isolation and loneliness – Free Workshop January 21

Healthy Minds would like to invite you to a single day workshop exploring the factors contributing to the feelings of isolation and loneliness. Practical ways to reduce these will be discussed. [Booking and info](#)

Dog Training with the Happy Dog Training Academy at The Space @ Field Lane

The Happy Dog Training academy are running Dog Training classes at The Space @ Field Lane aimed at Puppies (up to 12 months), adult dogs (over 12 months) and even advanced training, following on from previous courses. [More Info](#)

Youth Club – New at The Space @ Field Lane every Monday

There is a Youth Club every Monday at the Space @ Field Lane for kids aged 13 to 19 years old. We play pool, ping pong, listen to music and eat pizza. There is a computer room available including Wii games! [More Info](#)

Employment Support Job Club at The Space @ Field Lane

Are you looking for a job? Would you like to hear about training & education opportunities? A new job support club has started at The Space @ Field Lane. We will be providing local employment & skills support every Friday, 11.00am – 1.00pm. [More info](#)

After School Fun Fridays – New club at The Space @ Field Lane

After School Fun Fridays is a new group starting this January, aimed at primary school children, run at The Space @ Field Lane. Come join us in our play area, and enjoy our pool tables, and computer room. Wii games and Free WiFi are also available. [More Info](#)

The Space @ Field Lane Lunch Club new dates starting Friday 17 January 2020

Following the successful launching of our Lunch Club at The Space, the club is now run **every other Friday** on a fortnightly rota. This year, our first session is on **Friday January 17** then every other Friday throughout 2020 until further notice. [More Info](#)

Everyday Maths for Parents Thursday morning at The Space @ Field Lane

There are two new Everyday Maths courses aimed at adults running at the Space @ Field Lane. Come along to our free course aimed at adults for help with everyday maths in a friendly, relaxed learning environment. [More Info](#)

Tots and Dots – Baby and Toddler Group Tuesday mornings at The Space

Please note the updated day and time for Tots and Dots, the baby and toddler group at The Space @ Fieldlane. Come join us for two hours of fun with art and craft activities suitable for babies and toddlers. There is a cafe open, so parents can enjoy a cuppa and a chat. [More...](#)

Rastrick Local History Group meetings – This month: John Sheppard

Rastrick Local History Group meets on the **second Tuesday of each month** to learn about our local history and to research topics of interest to members and other people with local connections. [More Info](#)

Sparks! Half term fun at the Bankfield Museum – various dates

As part of the Calderdale Photography exhibition come and create your own landscape picture. The event takes place on three separate dates during the Spring Half term. [Booking and Info](#)

Holocaust Memorial Day in Calderdale January 27 at Halifax Minster

This year's Holocaust Memorial Day event in Calderdale will take place at Halifax Minster on Monday 27 January from 6pm – 8pm. This year marks the 75th anniversary of Holocaust Memorial Day and also the 25th anniversary of the genocide in Bosnia. [Read more...](#)

Physical Activity Survey for parents and carers of children under 5

Are you pregnant, a dad-to-be or parent/carer/grandparent of a child/ren aged under 5, then we want to hear your views. As part of the movement for Calderdale to be the most active borough in the UK, Active Calderdale and partners are promoting a survey... [Take the survey](#)

XANAX (Alphazolam) Misuse Concerns

We have concerns about the use of Xanax in Calderdale and the risks associated with it, sadly including death. The following information may be useful in discussing Xanax with young people and adults between 15-25 years. [Read more](#)

Community Small Grants Scheme taking applications by February 3rd

Are you running an event or a project in Spring 2020? You may be able to apply for a Calderdale Council Community Small Grant. The deadline for the next round of grants is **Monday 3rd February**, with the Assessment Panel meeting on Thursday 20th February. [Apply here](#)

Harry Potter Book Night at Brighthouse Library February 5th.

Celebrate Harry Potter Book Night in style on Wednesday 5 February at Calderdale Libraries very own answer to Hogwarts, Brighthouse Library. Choose your house & take part in 4 Hogwarts lessons; History of Magic with Professor Binns, Herbology with Professor Sprout, Care of Magical Creatures with Newt Scamander's associates Zoolab & for the first time we are being joined by renowned Potion Masters, Love Science who will deliver this year's Potion class. [How to book](#)

Local RSPCA pet photography competition now open for entries!

The RSPCA Halifax, Huddersfield, Bradford & District Branch are searching for adorable pets to take part in their 'Picture Perfect Pet' photo competition! The competition can be entered online through Facebook and is just £1.50 per entry. All entries will be judged on 'cuteness and all-round best image', with voting taking place online. [Take part!](#)

Get Involved / Have Your Say

Complete the Calderdale Survey today! Vision 2024 Perception Survey January 2020

2024 is an important year for Calderdale. It's the year that marks our 50th anniversary and will be a time to celebrate and reflect on what's been achieved over the last half century. **But what is it like to live here right now?** [Take the survey](#)

Accelerating Community-led Housing in Calderdale FREE support and advice

All over the country, community-led housing groups are springing up and tackling the housing crisis head on, delivering quality, affordable homes that meet local needs. The Government has recognised that communities know their local areas better than anyone – and are perfectly placed to make things happen. [Read more...](#)

Ask the Police: Do you have a policing question that needs answering?

Ask the Police is an official police resource that provides Q&A's to a wide variety of the general public's most frequently asked policing questions. Click the link to find out your answer... [more...](#)

Events and What's On

Do Something February – April 2020 issue out now!

The Do Something guide is packed with fun activities and events for children and families, organised by Calderdale Council services. The latest issue for February to April 2020 is out now! [Read more](#)

Chase away winter blues in 2020 with thoughts of people who make the good things happen...

For 5 years, Staying Well has been supporting adults to improve their health and wellbeing and reduce isolation and loneliness. The Staying Well Awards are about celebrating the fantastic volunteers and groups in Calderdale that make this possible... [Find out more...](#)

Sure Start NHP Winter/Spring Newsletter

Find out what's on in Children's Centres across Lower Valley in the new year with the Sure Start newsletter. [Read here](#)

Latest Staying Well newsletter

There is no mistaking....the nights have drawn in, the seasons turned and its 'big coat' time once more. So let Staying Well warm your cockles with our winter newsletter—full of the usual good news, advice and information about what's going on in Calderdale. [Featuring...](#)

Citizens Advice Energy Roadshow – to help vulnerable individuals

Do you run a group for vulnerable clients? Do you want Citizens Advice to provide your group with support on energy advice? Citizens Advice is heading out across Calderdale on an Energy Roadshow starting **20 January 2020**. [More...](#)

Park Care Meals – Extends Meals On Wheels Area

Park Care Meals offer include a daily delivery of Tasty Two – Course meals with both Hot and Frozen meal options available, we also delivery to Luncheon clubs... [more...](#)

Lunch Club Bailiff Bridge Community Centre *next date February 5, 2020*

The first Wednesday of the month 12.00 – 2.00pm, 3 course meal cost £4. Please contact Julia on 07545 171730 or Richard on 01422 393704 for more information.

Car Boot Sales

Do you enjoy browsing through a miscellany of this and that? Do you want to turn those unwanted items into cash? Are you looking for a yet undiscovered priceless antique? We have two popular car boot sales at Northbridge in Halifax and on Daisy Street in Brighouse. They run every Sunday between 7am and noon so come along and bag a bargain! [Find out more here](#)

Children & Young People

Bookstart Busy Babies at Brighouse Library – Next session January 21

Songs and rhymes are the best introduction to the magical world of language and literature. Come along to Bookstart Busy Babies for 40 minutes of songs and rhymes led by our Early Years Librarian and Early Childhood Music Specialist, Ben Lawrence... [more info...](#)

50 Things to do Before You're 5!

NHP Children's Centres are excited to let you all know about the new 50 things to do before your 5 app that Calderdale Council have developed in conjunction with the Children's Centres and lots of other local partners. It gives you 50 different, low cost and no cost activities... [Find out more...](#)

Brass Lessons for Children with Elland Silver Band

Is your child interested in learning to play a brass instrument? We have instruments available and places in our Beginner's Class for children aged 7 upwards. Complete beginners are welcome, no experience necessary... [more info...](#)

Parent and Toddler Group Holywell Green

****NEW TIMES**** Thursdays 10am to 11.30am stay and play session for children up to 5 years old, no need to book a place just turn up... [details...](#)

Greetland Football Club looking for players for Girls teams

Our very popular Under 8's, 11's and 12's girls teams are on the lookout for new players... [more info...](#)

Players Wanted for Old Bodleian's RUFC

IS YOUR CHILD IN YEAR 1, 2 or 3? If they'd like to give rugby a go... now is the perfect time to join us, our junior rugby actually starts with our Brods Tots sessions for 3 to 5 year olds before the Age Grade Rugby begins with our Under 6s, all for boys and girls, all on Sunday mornings. We have a team for every year group [read more...](#)

Health and Staying Well

Why not Jive into the new year? Jive and Stroll classes for all levels starting January 6th

Partner Jive is described as 'the most adult fun you can have with your clothes On!' so why not give it a try? Join our 9 week courses of Jive and Stroll, with classes for beginners and improvers, in various locations. [More info...](#)

Relaxation, destress and refocus with some helpful tips from Team Well.

Coming back from the holidays can trigger our stressors. Team Well have put together a few exercises to relieve the tension. Also see the [Team Well Video resources](#) of the relaxation exercises. [More info](#)

Start the New Year walking with like-minded people!

Kick start the new year with a Healthy Minds Wellbeing Walk on Thursday 9 January 2020. [More info...](#)

Join the Calderdale Heritage Walks every fortnight until March 2020

Even walks in Brighouse attract walkers from further afield so why not join in a fun activity that combines gentle exercise with fascinating insight into the history of Calderdale? Walks take place every second Sunday on a fortnightly basis. Each walk has its own topic of interest and takes place in a different part of Calderdale. All welcome to join, all levels of fitness welcome. [More info...](#)

Staying Safe – WomenCentre Drop-In Session Venues and Dates

If you are affected by any aspect of Domestic Abuse the Staying Safe team can help. We provide Drop-In sessions offering Domestic abuse support Safety Advice Access to Legal Advice. [More info...](#)

New Suicide Bereavement Service across West Yorkshire and Harrogate

A new service to support people bereaved or affected by suicide goes live on Monday (2 December) across West Yorkshire and Harrogate. The service is a response to the fact that people bereaved by suicide are more likely to suffer from severe depression or post-traumatic stress disorder, or even adopt suicidal behaviours themselves. [More info...](#)

Come to Bridge House Day Centre to discover our range of activities!

Do you know someone that would benefit from a day out in a stimulating, warm and friendly environment? At Bridge House Day Centre we are able to offer all that and more. [Find out...](#)

Insight Healthcare Calderdale – Latest newsletter

Insight Healthcare Calderdale is an experienced provider of free talking therapy services on behalf of the NHS and are able to help those who are registered with a GP in Calderdale who are aged 18 and over. The service provides a quarterly newsletter with helpful information and the latest updates – [Read more...](#)

Improve Your Mental Health & Wellbeing with Football Fridays

Calderdale FC's Football Friday's* provides the opportunity for people to come together and play a game of friendly 6 a-side football – **Every Friday** – 2pm to 3pm at North Bridge Leisure Centre, Halifax... [details...](#)

Men's Group at St Matthews Church Lightcliffe

Every Tuesday 10.00 – 12.00, why not come along for a morning of discussion, quizzes and games, only £2 which includes tea and biscuits, please contact Richard on 01422 393704 for more information.

Out of hours support in Calderdale with Safespace – Healthy Minds

Safespace-Healthy Minds have made some changes to their opening hours providing an out of hours support service which offers safety for people in emotional distress... [more...](#)

Cornerstone Memory Cafe

Cornerstone Memory Cafe is a support group for dementia sufferers and their carers run by volunteers from church in conjunction with the Alzheimer's Society. This friendly drop in cafe is held on the **second and fourth Wednesdays of the month**, 2-4pm upstairs in Brighthouse Civic... [more...](#)

Bored or lonely? Or, just fancy a brew and something to do...

Looking for something to do but need some help? Staying Well Workers will help you take the first step out of the door. We are the social prescribing service for Calderdale. Talk to the Staying Well Team today call us on 01422 392767 or... [self-refer here...](#)

Huddersfield Live at Home Winter 2019 Newsletter

Have a look at what's happening in neighbouring Huddersfield in the Huddersfield Live at Home latest Winter 2019 Newsletter. Find out about shows, events and groups in the Huddersfield and Elland area for the period of Dec 2019-Jan 2020. [To read...](#)

Training Courses and Workshops

Free IT Drop-In sessions at The Space @ Field Lane supported by Age UK

The Space @ Field Lane are running IT classes to introduce you to getting online. The classes are free and refreshments will be provided. [More Info](#)

Anger Management and Managing your Mood Free Workshops by Healthy Minds

Healthy Minds are running two free of charge workshops to address the issues of Anger Management and Managing your Mood. Places are limited and offered on a first come first served basis, so book as soon as possible. [Book here](#)

Employment and Volunteering

Pennine Magpie recruiting new Trustees – various roles

Pennine Magpie is a charity based in Halifax that offers a wide range of activities, experiences and training to adults with learning disabilities. We are at an extremely exciting time of development and are looking for new Trustees to help us achieve our strategic aims. [To apply...](#)

Could you help Happy Days with donations of essentials?

[Happy Days](#) is a local charity that houses the homeless in Calderdale and Kirklees. We are running low on donations now that winter has started and we would appreciate any help [Read more...](#)

Volunteers Required to Help with St. Augustine's Community Lunch

St. Augustine's Centre is currently looking for new volunteers to help out in the Welcome Café for their Community Lunch. Summer is a bit of a difficult time for them with existing volunteers being on holiday and/or their children being at home with the school holidays... [more...](#)

Latest Jobs [Click here](#) - Jobs and apprenticeships on our Latest Jobs page or for jobs below click on the jobs below to find out more

- **Employment Services with Halifax Opportunities Trust**
- **Part-Time Pet Care Advisor – Pets at Home** – *Closing January 31, 2020*
- **Apprentice Equine Groom Level 2 – Long Lover Livery Ltd** - *Added December 11, 2019*
- **Pennine Magpie recruiting new Trustees – various roles**

Work Clubs in Lower Valley

- **Fridays - 12pm-2pm: Job Club at TheSpace** run by Halifax Opportunities Trust

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](#)

Local Sports Centres

- [Brighouse Swimming Pool and Fitness Centre](#) – Tel. 01422 288068
- [Halifax Swimming Pool](#) - Tel. 01422 366624
- [Sowerby Bridge Pool](#) - Tel. 01422 288078
- [Northbridge Leisure Centre](#) - Tel. 01422 341527

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!

Friday Flyer - Contact Us:

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

North Halifax Partnership and Staying Well

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