

Upper Valley Local Services



A practical guide to services
available in the Upper Valley

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Information about this booklet

Welcome to your Local Services booklet; a guide to the services available in your area.

We have produced this guide to help keep you better informed about the services available to you in your area and how to access them. We hope that you find the content of this booklet useful and informative.

For further information on the individual services please contact the providers directly.

Further details of local services are available at www.calderdale.gov.uk

Early Intervention and Safeguarding

Early Intervention Service

The idea of early help is simple: by working together with children and families we can prevent issues occurring, or provide better support when they do.

Calderdale's Early Intervention Service has been developed to achieve the vision for locality working. This will ensure that Calderdale Council and its partners can continue to deliver efficient and effective services which families in Calderdale need. Our focus is to deliver intervention which is early and focused for children, young people (0-19) and their families who have been identified as being most at risk of needing supporting from a specialist service.

Website: www.calderdale.gov.uk/advice/parents/early-intervention

Family Intervention Team

Calderdale's Family Intervention Team offer support to families that are facing multiple problems and experiencing high levels of disadvantage. This can be identified where needs of a child meet Tier 4 or 5 on the Continuum of Need. The team use intensive tailored action with supervision and clear sanctions to actively promote change and work to help children in need to remain safely within their own homes. A Key Workers' role is to 'grip' the family, the causes of their poor behaviour and the agencies involved with them, to deliver a more co-ordinated and sustained response. The service offers a 'whole family' approach which considers the needs of all family members and assesses the underlying problems driving the family's behaviour in order to identify which services need to be involved,

Telephone: 01422 392658

Family Support Service

Family Support Staff and Family Outreach workers give practical and emotional support to families with children aged 0-19 years with issues such as sleepless nights, behavioural problems, school based issues and at times of crisis and complex problems. Some of this work is in groups, drop in sessions or one to one with you in your home. If it is needed, we can bring together all services to link you with anyone who can help. A team of Family Support Workers and Parent Link Workers work across Central Halifax supporting families in their home and running groups and activities.

Telephone: 01422 342552

Calderdale Young Carers

Calderdale Young Carers Service offers support to young people between 8-18 years, who care for someone at home. Young Carers support family members suffering from a range of issues including physical or mental health problems, learning difficulties, drug and alcohol issues or long enduring illnesses. The service offers a wide range of support to the young person and their families including; weekly activities, one to one work, outreach work, school support, group support sessions and attendance at meetings and reviews.

We also offer a targeted service to young people between 16 and 18 years old. Referrals can be made in many ways, either by professionals or self-referral; in order to make a referral, consent must be given by parents, a diagnosis in the family, and caring roles must impact on the family. The easiest way to make a referral is to contact us by telephone on **01422 261208**, or from a landline (call Freephone) on: **0800 3895785**.

Information, Advice and Support Service (IAS)

The IASS - Information, Advice and Support Service (formerly Parent Partnership) provides legally based, impartial, confidential advice, information and support, for parents of children and young people with special educational needs and / or disabilities about their education, health and / or care needs. Visit the website:

www.calderdalesendiass.org.uk

Telephone for more information: 01422 266141

Contact Service

The team provides contact for Children Looked After and their birth families. This may be whilst the case is in proceedings or longer term following the courts decision that the children are to remain in long term care. The aim of contact for the child is to maintain a relationship with and to foster their identity with their birth family. Observations of contact may also contribute to Calderdale's evidence in court regarding its long term plan for the child. This is a statutory service, with referrals for the service coming from Children's Social Care Social Workers. The Team is based in Elland, but contact can also take place across Calderdale and occasionally neighbouring authorities.

Telephone for more information: 01422 281210

Youth Offending Team

Calderdale Youth Offending Team is a multi-agency partnership preventing offending by working with young people, parents, victims of crime, communities and engaging volunteers. They are committed to prevent offending by young people by providing appropriate education, support and guidance.

Telephone: 01422 368279

Website: www.calderdale.gov.uk/socialcare/youngpeople/youngoffenders/index

Youth Clubs/Centres

The Young People's Service provides a service for young people ages 13-19 in the following areas within the Upper Valley:

- Todmorden
- Mytholmroyd
- Luddenden / Luddendenfoot
- Ripponden

Information and advice for young people including details of youth centres and projects, leisure activities and support services in

Calderdale: www.calderdale.gov.uk/education/youthsupport

Lifeline

Lifelines Families and Communities United

Lifelines Families and Communities United works with families, young people and community members supporting and empowering people around substance misuse.

Families and Communities United works across Bradford and Calderdale to engage and strengthen communities and families; providing families and individuals with new skills to prevent, tackle and protect themselves against substance misuse issues in the community.

Lifelines Young Persons' Services

Lifeline Calderdale's Young Persons' Services offer advice, information and guidance around drugs, alcohol and sex as well as offering activities, education,

arts and sport for all 10-21 year olds.

Branching Out is a confidential alcohol and drug service for young people in Calderdale aged 10-21 years. We work with young people who are using alcohol, drugs or solvents at any level, and those at risk of using substances.

West Yorkshire Positive Futures:

Working with 10-19 year olds that are involved in ASB and/or offending offering positive activities in groups and on a 1-1 level with young people. We offer a varied selection of activity across the borough including football, gym, fitness and climbing. Referrals can come from any young person, family or professional.

Get2

We work with 16-19 year olds who are not in education, employment or training offering accredited courses on subjects such as substance misuse awareness, pursuit of personal goals and participating in leisure activities. We also offer Maths and English at entry level and level 1. There is 1-1 work with learners in progressions into mainstream education and/or employment.

Contact details:

Telephone 01422 510000

www.calderdale.gov.uk/socialcare/youngpeople/substance-misuse

www.lifeline.org.uk

The Safe Hands Project

This is a service that supports young people affected by child sexual exploitation across the Calderdale district.

For information, support and advice or to make a referral please telephone 01422 430495 or follow the web link below:

<http://www.childrenssociety.org.uk/what-we-do/helping-children/children-risk-streets/childrens-society-calderdale>

Barnardos Calderdale Early Intervention Service

Barnardo's delivers the LGBTQ (lesbian, gay, bisexual, transgender and questioning) young people's provision in Calderdale.

IDENTITY LGBTQ Young People's Group:

IDENTITY is a LGBTQ group situated in the Halifax area, formally known as GALYIC. The

group itself offers support and advice to young people coming to terms with their sexuality. We are based in a secure location in the town centre that offers a safe and calm environment for young people to meet and take part in activities together. Young people are supported to access the group through a one to one meeting and introduction to the group.

The young people at IDENTITY meet once a week on a Thursday evening between 5.30pm and 8.30pm. The group itself is run by qualified members of staff and volunteers that are all hand selected by the young people and that are all qualified to deal with and provide advice on any sexuality issues.

Referrals are accepted by young people and family members as well as professionals working with young people. Referrals can be made directly by emailing identitylgbtgroup@hotmail.com

Telephone: 01422 371993

Website: www.barnardos.org.uk/cornerstone

Email: cornerstone.yorkshire@barnardos.org.uk

Women's Centre

Womenslink

This is a first point of contact for women accessing WomenCentre and the Calderdale health and wellbeing pathway for women. Trained staff and volunteers have time to listen to women's worries and concerns and then link them into the most appropriate support or services in Calderdale. There is a health and wellbeing group that looks at the many aspects of emotional wellbeing, such as anxiety, depression, loneliness and sleep difficulties. This also is a gateway to wider WomenCentre services, groups, activities and individual support.

Telephone: 01422 386500 / 07738 681596

Way Forward – a young women and girls resilience project

This service is for girls and young women who have complex and multiple needs, to give them space and time to talk, to enable engagement and to provide the opportunity to affect change and improve their life chances.

Telephone: 01422 386540

The Maze Project

The Maze project is available for women aged 18 and above who have experienced domestic violence. The project aims to work with women where you know they are not accessing support and experience difficulty in recognising their situation. If these women are engaging with the project there is also scope for us to work with their partner providing he is acknowledging that he wants to change his abusive behaviour.

Telephone: 01422 386506

The Independent Domestic Violence Advocacy Service – IDVA

The IDVA provides crisis intervention, advice and advocacy for anyone assessed as a high risk victim of domestic violence, including men and those of same sex relationships, who are assessed as high risk victims. The service provides short to medium term intensive support to victims including support through the criminal justice system and Multi-Agency Risk Assessment Conferences (MARAC).

Telephone: 01422 323339

Young Persons Violence Advocate – YPVA

Specialist support for young people age 13 – 19 who are experiencing domestic abuse within their own intimate relationships.

Telephone: 01422 386501

Children and Young People's Domestic Abuse Support – CYPA

A support service for children and young people. We offer a 1:1 confidential support service for children and young people ages between 5 and 18 who have been affected by domestic abuse in their home.

Women's Support Team

The team support women who have been subjected to domestic abuse. The service is free, confidential and non judgemental, delivered by trained workers and volunteers to any woman in Calderdale. Support workers will assess the level of risk from an abusive partner / ex-partner and will work to develop an appropriate safety and support plan. Support is provided individually both face to face and by telephone. Support can be offered in some outreach venues, professionals can contact the office to discuss further.

Telephone: 01422 323339

Breaking the Cycle

An early intervention service to support women to recognise domestic abuse at the earliest opportunity and to assist in breaking the cycle before the abuse becomes entrenched. The service takes an assertive outreach approach supporting women and their children.

Telephone: 01422 386506 / 323339

Evolve – Calderdale

The service provides support, advice and information for women offenders, women who are at risk of offending and any woman involved in any aspect of the criminal justice system. There are co-located probation officers based within the team, women can be supported prior to court, with pre-sentence reports, conditional cautions and those women returning back to Calderdale from prison. Support is also offered to women with substance misuse issues, debts, benefits, employment advice, housing advice and offer emotional and practical support.

Telephone: 01422 386502 / 07884 401883

Café Pettit

Café Pettit is situated just off the main reception area at WomenCentre Calderdale, we provide a friendly, welcoming women only space. We can also provide buffet catering for up to 20 delegates attending training / meetings at the centre.

Opening times: Tuesday to Thursday 10.30 – 1.30pm.

New Outreach Service

Some women find it difficult to access services at the centre: therefore we are currently developing a skilled Outreach Service which will provide ongoing advice and support to women experiencing domestic abuse and will operate at several community based venues across Calderdale.

The above are just some of the services on offer at WomenCentre, we have much more on offer and this can be found on our website: Womencentre.org.uk, or:

Telephone: 01422 386500

Address: The Women's Centre, 23 Silver Street, Halifax (open Monday – Friday)

CHILDREN'S SOCIAL CARE

Multi-Agency Screening Team (MAST)

MAST is the first point of contact for any new safeguarding concerns or enquiries.

Telephone: 01422 393340

Website: www.calderdale.gov.uk/socialcare/family/childprotection/index

First Response Team

The First Response Team receives all incoming cases and carries out initial assessments and core assessments in order to signpost cases to the most appropriate service for them. **Telephone:** 01422 393336 (For out of hours service please see Calderdale Emergency Duty Team)

Website: www.calderdale.gov.uk/socialcare/family/childprotection/index

Calderdale Emergency Duty Team

Health and Social Care (Adult Services) and Children and Young People's Services provide an emergency service at nights and weekends, when their offices are closed - the Emergency Duty Team. The service is available to any adult or child who has social care difficulties that are causing a serious risk or concern that cannot be left until the start of the next working day.

Telephone: 0845 1111 137

Website: www.calderdale.gov.uk/community/children/outofhours-support

SPECIALIST SERVICES

Education Welfare Service

The Education Welfare Team provides a channel of communication between home and school and between parents and the Local Authority to ensure that children gain access to, and benefit from educational provision.

www.calderdale.gov.uk/education/parents/educational-welfare

Looked After Children Education Service (LACE)

The Virtual School (Looked After Children Education Service) is a core service that provides advice and support to children and young people aged 3-19 years who are Looked After, teachers, school governors, support services, social workers, parents and carers.

www.calderdale.gov.uk/education/parents/lace

Special Educational Needs Team

This is a statutory independent service which provides information, advice and support to parents of children aged 3-19 with Special Educational Needs.

www.calderdale.gov.uk/education/parents/sen

Educational Psychology Service

Educational Psychologists provide a service to support the educational, social and mental health needs of children and young people who may be vulnerable, at risk or have special needs.

www.calderdale.gov.uk/education/parents/educational-psychology

Specialist Inclusion Service

An experienced team of specialists who enable impaired children and young people to achieve their full potential within schools and the community. This service is made up of three teams: The Hearing Impairment Team – (HI), The Visual Impairment Team – (VI) and Autism Spectrum Condition Team – (ASD).

www.calderdale.gov.uk/education/childcare/familiesdirectory

www.calderdale.gov.uk/siteinfo/atoz

Medical Needs Team

Calderdale Medical Needs Team support children and their parents while they are unable to go to school for more than fifteen working days because of illness.

www.calderdale.gov.uk/education/parents/children-medicalneeds

UNIVERSAL SERVICES

Health Services

Midwives

They offer universal services for pregnancy up to 19 years. This is offered in a range of health care settings, GP clinics, Children's Centres and schools; offering specialist support for vulnerable women in pregnancy, (Eden Team) including substance misuse, mental health and teenage pregnancy. The Family Nurse Partnership provides targeted intervention for pregnant vulnerable teenagers.

Telephone: 01484 728934 (referrals are then made by the Midwife to Eden Team and Family Nurse Partnership).

Website: www.cht.nhs.uk/services/clinical-services-a-z/children-womens-services/maternity-services.

School Nursing

Qualified nurses who have done additional training and who can offer support and advice on a wide range of health issues. The service supports all children and young people aged 4 – 18 who attend a Calderdale school.

Telephone: 01484 712515

Website: www.calderdale.nhs.uk/local-services/a-z-listing/school-nursing

Health Visiting

Families are referred by their midwife or GP if they are new to the area. For further information please see the following website:

Website: www.cht.nhs.uk/services/clinical-services-a-z/community-services/calderdale-health-visitors

Community Mental Health Team

Support to people with mental health difficulties. Aim to enable people of working age with a severe mental illness to receive appropriate health and social care in order that they can lead as independent lives as possible.

Telephone: 01422 383062

Website: www.calderdale.gov.uk/socialcare/mentalhealth/services/index

Calderdale Stop Smoking Service

Stopping smoking is easier than you think with the guidance and support from the Calderdale specialist NHS stop smoking service.

Telephone: 01422 281505

Website: www.calderdale.gov.uk/socialcare/health/stop-smoking

Calderdale in Recovery

This is an online resource for help with drugs and alcohol including organisations that could support with specific issues on the road to recovery, information on common drugs and help and support for friends and family members.

Website: <http://www.calderdaleinrecovery.com>

Postnatal Support in Calderdale

This is a small, free of charge postnatal Depression (PND) support group based in the Halifax area for sufferers and those who have recovered from PND. Confidential telephone advice and signposting service. Visit the Family Services Directory for more information:

Website: www.calderdale.gov.uk/education/childcare/families_directory

The Calderdale Homebirth Support Group

A group meeting in Calderdale and Huddersfield on alternate months to support people interested in having a home birth. There will be shared stories from Mum and Dads to help people make informed decisions that are right for them. Partners, family and children welcome. Visit the Family Services Directory for more information:

Website: www.calderdale.gov.uk/education/childcare/familiesdirectory

Healthy Minds

Health Minds Information Service is a Calderdale Wellbeing project. A free and confidential service for mental health and wellbeing. Regular information sessions held in a number of venues across Calderdale – check website for details.

Website: www.healthymindscalderdale.gov.uk

Patient Advice and Liaison Service (PALS)

PALS are set up in every NHS Trust to support the on-going development of patient focused care. PALS acts independently when handling patient and family concerns, liaising with staff, managers and where appropriate relevant organisations.

Telephone: 0300 311 22 33

Website: www.calderdaleccg.nhs.uk/contact-us/patient-advice-and-liaison-service-pals

The Stroke Association

The Stroke Association provides an advice and support service to offer support and practical information for people who have had a stroke as well as their family and carers. Help arranging transport can be provided.

Telephone: 01484 714147

Website: www.stroke.org.uk

Email: calderdale@stroke.org.uk

St. John's Ambulance

Runs local first aid courses. For details please contact on the telephone number below. Volunteering opportunities are available for both adults and children.

Telephone: 01924 262726

Website: www.sja.org.uk

Police

Ways to contact the police in the Upper Valley Area:

Telephone: Emergency 999 or 112 from a mobile

Non Emergency 101

Todmorden Police Station – 01706 817 237 (direct line)

Address: Riverside, Burnley Road, Todmorden, OL14 5EY

Email : calderdale.npt@westyorkshire.pnn.police.uk

Partners and Communities Working Together Meetings (PACT)

All 5 wards have a PACT meeting held every 6 weeks. Members of the community are encouraged to attend to raise any issues of concern. If the matter is personal/sensitive they are free to speak to the local Officers at the end of the meeting.

www.westyorkshire.police.uk/calderdale/lower-valley

Housing

Pennine Housing

Pennine Housing own and manage 11,500 homes in the Calderdale area. With choice based lettings you are now in control. If you are already one of our tenants or leaseholders, we have a range of services available for you. If you are a member of the community, part of a tenants group, or want to find out more about Pennine and get involved, contact the office.

Telephone: 0300 555 5557

Website: www.togetherhousing.co.uk

PH2k Tenant Participation Service

Advice and help in setting up a residents group (PH2k estates only).

Telephone: 0300 555 5557

Website: www.ph2k.org.uk

The Early Years and Childcare Sufficiency Team

The Early Years & Childcare Sufficiency Team provides information on parent and toddler groups, childcare, pre-school early education and services to support families of children and young people aged 0-19.

Address: Calderdale Council, Northgate House, Northgate, Halifax, HX1 1UN

Telephone: 01422 392576

Email: fis@calderdale.gov.uk

Opening Hours – Monday to Friday 9.00am – 5.00pm.

Information on childcare is available at:

<http://www.calderdale.gov.uk/education/childcare/providers/index.jsp>

Information on the free early education entitlement for eligible two, three and four year olds is available at:

<http://www.calderdale.gov.uk/education/childcare/providers/education.html>

Advice on registering as a child-minder is available at:

<http://www.calderdale.gov.uk/education/childcare/childminding/index.html>

BEFORE SCHOOL

Children's Centres

Children's Centres offer services for children and families, providing early years education and childcare, parenting and family support and health services, all under one roof. Visit the website:

www.calderdale.gov.uk/education/childcare/childrenscentres

Hebden Vale Children's Centre

Address: Stubbing Holme Road, Hebden Bridge, HX7 6AT

Telephone: 01422 373133

Website: www.calderdale.gov.uk/education/childcare/childrenscentres

New Road Children's Centre

Address: New Road School, Sowerby Bridge, HX6 1DY

Telephone: 01422 835614

Website: www.calderdale.gov.uk/education/childcare/childrenscentres

Todmorden Children's Centre

Address: Todmorden Community College, Burnley Road, Todmorden, OL14 7BX

Website: www.calderdale.gov.uk/education/childcare/childrenscentres

Parent and Toddler Groups

Centre Vale Toddlers

Address: Centre Vale Park, Near Bowling Greens, Burnley Road, Todmorden
Opening Times: Tuesday's and Thursday's 9.30 – 11.30am

Chatterbox Toddlers

Address: St Peter's Community Centre, St Peter's Avenue, Next to Little Loubees Nursery, Sowerby, HX6 1HB
Telephone: 01422 822541 / 07884 374341
Opening Times: Wednesday's 9.30 – 11.30am

Dodnaze Parent & Toddler Group

Address: Dodnaze Community Centre, 54 Hirst Grove, Hebden Bridge, HX7 8DN
Telephone: 01422 843216
Opening Times: Thursday's 9.45 – 11.15am

Full Time Parents Group

Address: Slack Top Centre, Slack Top, Heptonstall, Hebden Bridge, HX7 7HA
Telephone: 01422 846749
Opening Times: First Tuesday of each month at 10am

Heptonstall Parent & Toddlers

Address: Heptonstall Social and Bowling Club, Acre Lane, Heptonstall, Hebden Bridge, HX7 7LT
Telephone: 01422 842791
Opening Times: Monday's 10.00 – 11.45am

Luddenden Valley 0-5's

Address: The Basement, Luddendenfoot Civic Centre, Station Road, Luddendenfoot, HX2 6AD
Opening Times: Tuesday's, Thursday's & Friday's 9.15 – 11.15am

Lumbutts Babies and Toddler Group

Address: Lumbutts Methodist Church
Telephone: 07899 077704
Opening Times: Tuesday's 9.30 – 11.30am

Mytholmroyd Community Centre Toddlers

Address: Mytholmroyd Community Centre, Streamside Fold, Mytholmroyd, HX7 5DY
Opening Times: Tuesday's 9.30 – 11.30am & Friday's 9.30 – 11.30am & 1pm – 3pm.

Mytholmroyd Methodist Chapel Toddlers

Address: The Methodist Chapel, Scout Road, Mytholmroyd
Opening Times: Wednesday's 9.30 – 11.30am.

Old Town Toddler Group

Address: Old Town Primary School, Billy Lane, Old Town, Hebden Bridge, HX7 8RY
Telephone: 01422 842162
Opening Times: Friday's 9.30 – 11.30am

Ripponden Parent & Toddlers

Address: The Community Centre, 5 Old Bank, Ripponden, HX6 4DG
Telephone: 01422 822777
Opening Times: Tuesday's 9.30 – 11.30am

Stones Methodist Church Baby & Toddler Group

Address: Stones Methodist Church, Rochdale Road, Ripponden, HX6 4LA
Telephone: 01422 834335
Opening Times: Friday's 9.30 – 11.00am

Childcare

For up to date information on child care and early education providers in Calderdale please follow the link below:

www.calderdale.gov.uk/education/childcare/providers

Children's Activities

Physical Development with fun for 0-5 years.

Address: Venues may change – check online for details.

Website: www.actionkids.co.uk

Kraffi Kidz

A Kraffi Kidz session provides pre-school children and their carers an opportunity to take part in lots of arts, crafts and messy play without messing up your own home!

For more information follow the link below:

www.calderdale.gov.uk/education/childcare/familiesdirectory

Shenanigans Playbus

Fully internally converted double decker soft play area for 2 – 10 year old children. Available to hire for parties, galas, carnivals, fetes, fayres, wedding and charity events.

Telephone: 01422 310093

Website: www.shenanigansplaybus.co.uk

Email: playbusinfo@yahoo.com

Holme Street Arts Centre

Icky Sticky Kids messy play session at 10am on Tuesdays.

CALDERDALE SCHOOLS

You can search for information about all Calderdale primary and secondary schools by name, postal district and type and find headteachers, address, web sites, maps and links to Ofsted reports and performance tables for each school: www.calderdale.gov.uk/education/schools/calderdale-schools/findschools.

You can also find out about school term dates, admissions to primary and secondary school and information about travel to school: www.calderdale.gov.uk/education/schools

SPORT AND LEISURE

Parks and Open Space

To access information on local play areas, parks, cycle routes, fishing, paths and bridle ways, allotment gardens, outdoor gyms and nature reserves follow the following link:

<http://www.calderdale.gov.uk/leisure/openspaces>

Sports

Todmorden Sports Centre

Superbly situated overlooking the beautiful grounds of Centre Vale Park. Todmorden Sports Centre offers a range of excellent leisure facilities. 25 metre swimming pool, comprehensive programme of swimming lessons for children and adults are available as well as the Premier Suite with spa pool, steam room, sauna and relaxation area. Air-conditioned well-equipped fitness studio, air-conditioned dance studio offering a range of aerobic and fitness classes, sports hall with facilities for badminton, five-a-side football, basketball, netball and volleyball and floodlit sports area.

Address: Ewood Barn, Ewood Lane, Todmorden, OL14 7DF

Telephone: 01706 839090

Website: www.calderdale.gov.uk/leisure/sport-fitness/sports-centres-pools

Fielden Centre

Tai Chi Class for over 50's 10.30am on Thursdays

Telephone: 01706 817926

Bailey's Gym

Legs, bums and tums, spinning, Abs Class, Kids Thai Chi, Yoga, Miay Thai, Boot Camp & Circuit Training sessions.

Telephone: 01706 839225

The Old St John Ambulance Hall

Victoria Road. Zumba Class.

Telephone: 01706 839113

Todmorden Climbing Skool

Exercise, aerobic and climbing classes.

Website: www.climbingskool.co.uk

Roomfield Baptist Church

Insanity Exercise Class run by Ben Vincze at 7pm on Thursday's

Telephone: 07857 543974

Dramasaurus Classes at 2.30pm for 2-3yr olds, 4pm for 4-5 year olds and 4.50pm for ages 6-8 on Thursday's.

Telephone: Mel on 07554 368232

Yew Tree Court

Walsden. Tai Chi and Qigong Class

Telephone: Marsha or David on 01422 240730

School of Dance

Zumba class, Street dance, Yoga, Adult Ballet Class, Baby Ballroom Class (children 4-6) and Beginner Ballroom at Latic clases.

Telephone: Dawn Chapman on 07788 626363 or 01706 839113

Todmorden Cricket Club

Aerobics with no mirrors.

Telephone: call Karen on 07880 743972

Union House

Yoga for pregnancy class at 7pm on Monday's.

Telephone: 07985 274181

Todmorden Walkabout

Meet at Todmorden Market main entrance at 11am on Monday's (new walkers meet at 10.45am).

Telephone: Karen on 01706 819118 or Margaret on 01706 817824

Sarah's Dance Studio

Fielden House, Rochdale Road. Belly Dance Group Oriental Style and Tribal Style.

Telephone: Jan on 07900 270320

Walsden Cricket & Bowling Club

Afternoon sequence dancing at 1.30pm on Wednesday's.

Central Methodist Church

Mature Yoga for Health Class at 3.30pm on Wednesday's

Telephone: 01422 842398

Judo Premises – above Purdy Pine off Valley Road

Strength to strength body workout sessions, Abs Workout, Strength to Stretch Sessions.

Telephone: Caron on 07896 353946

Calderdale Yoga Centre

Pilates Classes, improvers / intermediate pilates, Pilates for back care and Ashtanga Yoga.

Telephone: to book call Vanda on 01422 823743

Drop in Yoga Class 9.30am – 11am on Monday's.

Telephone: Jon on 07990 541229

Waterside Gym

Gentle exercise class 2pm – 3pm on Thursday's. Circuit training, body conditioning session, Zumba and all abilities keep fit classes also available.

Telephone: 01422 846088

Midgley Community Centre

Mature Yoga for Health Class 4.45pm and 6pm.

Telephone: 01422 842398

Hebden Therapy Centre

Wragley House. Yoga classes – call Richard on 07976 583077

MS society Yoga classes for people with the condition call 01422 206692

Iyengar Yoga class call 01422 883877

Hebden Bridge Boxing Club

Women's boxercise

Telephone: 07732 433243

Juniors recreational boxing and women's boxing training.

Telephone: Kate on 07732 433243

Dunkley House

Albert Street. Wing Chun Kung Fu at 6pm on Friday's.

Telephone: 07884 020028

Halifax Sports Acro

Provides Sports Acrobatics Gymnastics for children aged 4 through to adults. Catering for beginners to national level gymnasts. Classes run at Burnley Road School.

Telephone: 01422 311989

Website: www.halifaxsportsacro.co.uk

Email: admin@halifaxsportsacro.co.uk

Further information on clubs and societies, sports centres and swimming pools and exercise opportunities for everyone can be found at:

www.calderdale.gov.uk/education/childcare/familiesdirectory/index

Longfield Equestrian Centre

Taster sessions and riding lessons for all ages and abilities in classes or private lessons.

Telephone: 01706 812736

Hobbies

La Jolie Ronde

La Jolie Ronde gives children the opportunity to learn French and Spanish at an age (3 – 11) when they are most receptive and uninhibited by learning in small classes with children of their own age group. The national number can help locate your nearest class.

Telephone: 0113 250 0809

Website: www.lajolieronde.co.uk

Email: info@lajolieronde.co.uk

Todmorden Studio – Stansfield Street

Drawing and abstract painting classes – 5 week course or one day workshops.

Telephone: Val on 07806 351330

Email: valifa@talktalk.net

Cheeky Sew & Sew – Dale Street

Sewing café, use of workshop and machines to complete own projects with support available and Knit wits knittiing group.

Beginners dress making classes contact Tansy on 01706 816181

Old Fire Station – Rochdale Road

Drawing classes 2pm – 4pm and 6.30 – 8.30 on Thursday's.

Life drawing classes available.

Telephone: Tina Foran on 07598 303946

Roomfield House Community Rooms

Oak Todmorden for over 50's – gentle exercise to music class at 12.30pm on Tuesday's.

Telephone: 07786 004516

Cornholme Community Centre at St Michael's Church

Knit and natter group at 9.30 – 11.30am on Tuesday's followed by over 60's lunch club run by Age UK until 1.30pm.

Telephone: Ann Morrison on 07587 700355

Word of Mouth

Painting, drawing and mixed media workshops 7 – 9pm on Thursdays – to book call Jude on **Telephone:** 07902 039339.

Beginners/improvers Croche at 10am on Saturdays – to book call

Telephone: 01422 648299.

Handmade Christmas cards sessions 1 – 3pm on Saturdays – for more details call Annie on

Telephone: 07521 486089.

The Crypt – St Mary's Church

Independent nightlife – a club for adults with learning disabilities at 7pm on Thursday's.

Hanuman Thai – Water Street

Open Mic Night at 8pm on Thursdays.

Telephone: 01706 817010

Pennine Canal Festival

A range of events held – for more details look on following website:

Website: Myrochdalecanal.org.uk

Cornholme – Writing Group

Going Deeper – creative writing group for women and als Astro Shamanism Group for Women. For more details contact:

Telephone: 07963 167649

Todmorden Community Brass

Run a beginners brass band at The Band Room, Wellingtono Road at 5.30pm on Tuesday's followed by 5 note and training band.

Telephone: Liz on 01706 818882

Hebden Bridge Flamenco

Held at Salem Community Centre. Have Beginners and Improvers class as well as intermediate level classes.

Telephone: Patricia on 07949 050039

Skills for Work – Beehive Mills, Hebble End

Free three hour rolling programme that starts at 10am on Thursdays and a Computer's Don't Byte free two hour rolling course at 2pm on Thursdays.

Telephone: 01422 846934

Chess Club – Hebden Bridge

Meets at the Trades Club – Junior class at 6pm and All levels at 7.30pm.

Telephone: John Kerrane on 01422 842426

Dodnaze Community Centre

Astrology for women sessions, After school club 5s – 11s, Kundalini yoga, arts and crafts.

Telephone: 01706 816740

Libraries

Hebden Bridge Library

Address: Cheetham Street, Hebden Bridge, HX7 8EP

Telephone: 01422 288040

Email: hebden_bridge.library@calderdale.gov.uk

Ripponden Library

Address: Brig Royd, Halifax Road, Ripponden, HX6 4AN

Telephone: 01422 822357

Email: ripponden.library@calderdale.gov.uk

Todmorden Library

Address: Strand, Rochdale Road, Todmorden, OL14 7LB

Telephone: 01706 815600

Email: todmorden.library@calderdale.gov.uk

Walsden Library

Address: Inchfield Road, Walsden, Todmorden, OL14 8QP

Telephone: 01706 815602

Email: walsden.library@calderdale.gov.uk

GROWING UP – TRANSITION TO ADULTHOOD

Apprenticeships

Grow your future: Support for young people

Grow your future is designed to provide apprenticeships and work opportunities for young people in Calderdale through paid work experience placements, pre-apprenticeships and apprenticeships. For more information contact the Grow Your Future Team:

Email: growyourfuture@calderdale.gov.uk

Telephone: 01422 364092

Website: www.calderdale.gov.uk/empolyment/training/grow-your-future/index

Housing

Pennine Housing

Pennine Housing own and manage 11,500 homes in the Calderdale area. With choice based lettings you are now in control. If you are already one of our tenants or leaseholders, we have a range of services available for you. If you are a member of the community, part of a tenants group, or want to find out more about Pennine and get involved, contact the office.

Telephone: 0300 555 5557

Website: www.togetherhousing.co.uk

PH2k Tenant Participation Service

Advice and help in setting up a residents group (PH2k estates only).

Website: www.ph2k.org.uk

Calderdale College

Calderdale College offers a wide range of full and part time courses in addition to work-based learning opportunities.

Address: Francis Street, Halifax, HX1 3UZ

Telephone: 01422 357357

Website: <http://www.calderdale.ac.uk>

Prospects Calderdale Pathway Team – Leaving Care

The Prospects Calderdale Pathway Team works with young people aged 16 and over who are from Calderdale who are looked after, or who have left care up to the age of 21, or up to the age 25 if the young person is in further or higher education. We provide a wide range of services, information and support. We work with young people and provide advice and support to help make the right choices and decisions through the transition to adulthood.

Telephone: 01422 394099

Full details of this service can be found by searching at:

<http://www.calderdale.gov.uk/socialcare/wellbeing-hub>

Job Centre Plus

To make a first claim telephone 0800 055 6688: to discuss benefits telephone: 01422 424600. Please ring to make an appointment.

Address: Crossfield House, St James Road, Halifax.

Contact us

We are here to help you and your family and if you have any further questions or concerns or would like more information, please contact us:

Jeff Rafter

Early Intervention Service Manager
(Upper Valley)

Tel: **01422 368279**

Email: **eis.uppervalley@calderdale.gov.uk**

Map of Upper Valley

Map of Upper Valley



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