



QUIZ NIGHTS



Friday 31st January

Friday 6th March

Friday 3rd April

8pm in the Community Room

Entry £5 to include supper

Put your name down in the shop

MIDGLEY BREAKFAST CAFE



Saturday 8th February

Saturday 14th March

Community Room 10am to 1pm

Take away available.

Come and enjoy a freshly made
bacon, egg or/and sausage teakcake
and a cafetiere of coffee or a pot of tea
in the village.



Ever wondered what *Mindfulness* is all about?

*Come and find out on Thursday 30th January 7.30pm
in the Community Room, Midgley.*

These sessions are given by Calderdale IAPT (improving access to Psychological Therapies) Team who specialise in helping people with common mental health problems such as Sleep and Stress.

These are not therapeutic groups and as such people will be under no obligation to share personal information with other attendees.

The emphasis is on identifying unhelpful behaviours and learning more adaptive ways of coping with the stresses and pressure of everyday life.

For more information about these workshops or the IAPT service in general, telephone 01484 343700 or email IAPT.Admin@swyt.nhs.uk

A HUGE THANKYOU to the small team of talented hard working volunteers who recently decorated the Community Room.

It has made such a difference and their efforts are very much appreciated by everyone who uses it.

DATES FOR YOUR DIARY:

Wine Tasting Evening - Saturday 14th March

This evening is a "Call my Bluff" of wine tasting, and lots of fun.



Descriptions of each wine are read out and the idea is to identify the correct description for the wine you are drinking. Bread, dipping sauce and nibbles are provided, followed by a steak pie supper with a vegetarian alternative. More details to follow in the next newsletter.



Midgley Well Dressing (formerly known as Spaw Sunday)

Sunday 3rd May.

Once again, Midgley will celebrate the importance of water and its water sources by dressing the village wells.

The theme this year is Climate Change - What can our village do to help?

MIDGLEY OPEN GARDENS WEEKEND

This year will be 13th and 14th June



Midgley is blessed with beautiful environs and fantastic open views as well as secret places.

These add hugely to the pleasure of visiting the gardens and is always a popular weekend which draws people in from far and near.

If you have a garden – big, small or just a few pots, formal, wild or 'work in progress' please consider opening.

Also if you are an artist or crafter, this is an opportunity for you to show off your work by opening your studio or workspace to the visiting public.

If you are interested in opening your garden or studio or can lend your help in any way, please contact Anne Holdsworth on 01422 882901

LUDDENDEN W.I. IN MIDGLEY

We have now started our WI in the Midgley Community Room.

Our next meeting is on 13th February at 7.30pm and Jean Tallis will be leading us in

FIXING FAST FASHION

Bring along any items to mend/darn/renew.

See if you can fix it!

We meet on the second Thursday of each month at 7.30pm

Why not come and join us? Everyone is most welcome.

Norma Riley – President - any enquiries to Tel Hx 839861

VILLAGE CHRISTMAS CAROL SINGING

**The weather almost held out for this festive village event.
Thank you to all who came along and joined in – you were in good voice.
£100 was collected for the Food Drop In.**



Thank you to Santa for taking time out of his busy schedule to take presents to our more senior villagers and those who don't get out very easily.

Especial thanks go to Pat and Eileen for welcoming us all to New House Farm and to the providers of mince pies and mulled wine which went down a treat.



For items to be included in the next Newsletter, please contact

Sandra. Email: sandyscott21@ymail.com or 01422 883388.