



### QUIZ NIGHTS

1<sup>st</sup> November

6<sup>th</sup> December

8pm in the Community Room

Entry £5 to include supper.

Put your name down in the shop



### MIDGLEY FESTIVE BREAKFAST CAFE

14<sup>th</sup> December



10am to 1pm in the Community Room

Take away available. Come and enjoy a freshly made bacon, egg and/or sausage teacake with a cafetiere of coffee or pot of tea in the village.



### VILLAGE WHIST AFTERNOON

After a summer break, Whist will start again on **Monday 19<sup>th</sup> November** and every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month going forward 2-4 pm in the Community Room £1.50 including refreshments.

Ignore the winter weather and come and enjoy an afternoon in good company whilst exercising your grey cells.

No previous experience necessary – just be prepared to have fun.

### QIGONG EXERCISE CLASS

Due to demand there will be an additional weekly class starting on November 13<sup>th</sup> 2019 from 10.30 to 12 noon.

Qigong is a form of exercise promoting strength, flexibility and balance in the muscles and joints through gentle flowing movements.

Suitable for all levels of fitness.

There are some places available to start in November.

For further details and to reserve a place, please contact Pat Lester on 01422 885284



### Midgley Shop Volunteers

The shop is currently short of people who can spare an hour or two on Saturday or Sunday to cover the opening hours 9am to 1pm. We are looking to set up a bank of volunteers who can help to cover on a rota basis.

No experience is necessary as full training is given to all our volunteers.

If you can help, please contact Phil Lockyer on 01422 882239

### ARTIST'S TALK by PAULA MAYLAND

Friday 22<sup>nd</sup> November at 7.30pm

Midgley Community Room

Tickets £3.50(on the door) to include wine and cheese. Bar and non alcoholic drinks will be available.

Earlier this year, Paula spent three months painting, mountain biking and hiking her way around Europe in a converted van. Her series of watercolour paintings from the trip are currently on show in the Community Room.

Come and hear her talk about her work – what, how and why she paints, and listen to excerpts from her travel diary with reflections on the landscape and people she encountered.



60 min 'Taster Sessions'  
Sleep and How to Get Some!

Thursday 14<sup>th</sup> November  
at 7.30pm in the Community Room



### CHRISTMAS WREATH MAKING

Get in the mood for Christmas and make a decoration for your door.

Tuesday 3<sup>rd</sup> December 6 till 8.30pm at Midgley School.

Cost £10 to include seasonal drinks and eats.

Please bring your own little decorations to go on your wreath.

Base rings of Dogwood or Willow, greenery, wire and cutting tools will be provided but please bring your own if you have some, then there's more to go around.

Don't worry if you haven't done it before – tuition will be given and it's quick and easy to learn.

For items to be included in the next newsletter, please contact Sandra 01422 883388

email [sandyscott21@gmail.com](mailto:sandyscott21@gmail.com)



## CHRISTMAS SHOPPING TRIP TO YORK

Saturday 30<sup>th</sup> November

A great chance to enjoy the Christmassy atmosphere of this medieval city and let someone else drive.  
Leave from the bus terminus in Midgley at 8am and set off back from York at 4pm.



£15 per person.



Without sufficient numbers, we cannot run this excellent trip,  
so if you would like to go, please do book early.

**Book and pay in the shop to reserve your place.**

**Strictly no booking without payment.**

### MIDGLEY TELEPHONE BOX PROJECT

You may have noticed that the village telephone box has changed colour. Our tired telephone box is currently being given a new lease of life and it is hoped that, weather permitting, it will soon contain aspects of Midgley's history.



Kym Lockett and Pat Lester.

### MIDGLEY SHOP NEWS

It's that time of the year when comfort food seems to beckon.

Crumpets, pancakes, toasting muffins and cinnamon and raisin bagels are part of our **Warburtons** range.

Let us know if there are other comfort bread products you would like us to stock.



### EVER WONDERED WHAT MINDFULLNESS IS ALL ABOUT?

Come and find out on **Thursday 30<sup>th</sup> January 7.30pm** in the Community Room.

These sessions are given by Calderdale IAPT (Improving Access to Psychological Therapies) team which specialises in helping people with common mental health problems such as Sleep and Stress.

These aren't 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 free workshops, or the IAPT service in general, Telephone 01484 343700 or email [IAPT.Admin@swyt.nhs.uk](mailto:IAPT.Admin@swyt.nhs.uk)

### BURNS NIGHT

**Saturday 25<sup>th</sup> January 2020**

Something to look forward to in the middle of winter – an evening of conviviality, fun and good company. Celebrate Rabbie Burns's birthday in the time honoured traditional style of good food and drink followed by entertaining speeches.

Cost includes Haggis and Neeps starter, Roast Sirloin main course followed by a delicious dessert and whiskey to toast.

Vegetarians catered for.



**Entry is £17.50**



Put your name down and pay in the shop to book your place.

Something to look forward to in January – put it in your diaries!

### MIDGLEY RECREATION GROUND

**During the summer, three more pieces of equipment were installed, these were swings for the older children, a zip wire and the hip-hop.**



**This just leaves one large piece of equipment required for each of the play areas.**

**A big 'thank you' to all those Tesco customers who put their blue tokens in Midgley's box. As a result we received £2,000.**

**In the next couple of weeks, a bench in memory of Chris Cawkwell, a long time resident of Midgley, will be sited in the middle of the play area.**

**This has kindly been donated by friends of Chris.**