



ILLINGWORTH MESSENGER

Where Church and Community meet together:
Illingworth Moor, the former St Mary's & St Malachy's



*Merry Christmas!
Happy New Year!*



DECEMBER 2022 / JANUARY 2023

Printed & Distributed free by the Illingworth Messenger Trust
for the Churches and People in Illingworth

**JOIN US ON OUR JOURNEY OF FAITH AT ANY OF
THE SERVICES**

EVERYONE IS WELCOME

ST. MALACHY'S CHURCH

Times of Mass at St. Malachy's:

Saturday (Vigil Mass) at 5 pm and

Sunday Mass at 9 am

HOLY NATIVITY CHURCH

the Church of England Parish of Mixenden & Illingworth

Sundays at 10.00 am

All Age Eucharist, everyone welcome

24th December Christmas Eve Christingle Service at 3 pm

Midnight Mass at 11.30 pm

25th December Christmas Morning Service at 10 am

**PREACHERS AT ILLINGWORTH MOOR METHODIST
CHURCH IN DECEMBER 2022**

All services commence at 10.30 am unless otherwise stated

4th December Toy Service - Parade & Family Service

11th December Mr David Brackenridge

18th December Rev. Paul Welch **at 1 pm Carol Service**

25th December Rev Paul Welch **at 11 am**

Mount Zion Carol Service, Per Lane, Ogden

11th December at 2.30 pm Rev Paul Welch

PREACHERS FOR JANUARY 2023

1st January No Service

8th January Ms Val Heward

15th January Rev Paul Welch Covenant Service

22nd January Rev David Briggs

29th January Mr Tim Asquith

MESSAGE FOR DECEMBER/JANUARY

As we approach Christmas and into the New Year no doubt the cost of living crisis really will start to bite. This past year has been one of those years which we will remember for lots of different reasons. A new King, as many Prime Ministers in a month as Chelsea Managers and the rise in energy and living costs and of course the loss of the Queen and others who are known to us.

Some things in life are totally out of our control and life and circumstances just happen. We cannot dictate what happens globally, nationally or locally and yet we do have a voice. We can use our voice, our platform, and our ability to choose to do the right thing to make small but significant contributions that make a difference. For instance some churches are opening up their buildings to make a warm space available for those who wish to come and be in that space.

As we approach Christmas I am reminded of a young couple who were looking for some warm welcoming space to bring their child into the world. Sadly, nearly everywhere they looked they found no room that is until they came across a compassionate pub owner who had a bit of space in his shed. The space was gratefully accepted by the young couple and their new born baby was born in a warm available space. These were not ideal conditions for a child to be born in, the space did the job. The space was gladly offered and gladly accepted and made a massive difference to the life of that new family. Of course, this is part of the nativity story which signifies generosity, welcome and acceptance. Over the winter there are warm welcoming spaces available. So, if you are struggling to heat your home, if you are feeling a bit lonely or isolated then remember the words of the Inn Keeper 'There is room and you are welcome'. Perhaps over this difficult period we might try and be more compassionate, caring and loving to those who might be struggling. Jesus birth was a significant point in history and without it there would be no Christmas or no offer of God's love, forgiveness or hope.

Whoever you are, wherever you are, no matter what you have done or where you have been, God's love and acceptance as demonstrated through Jesus are offered freely. 'There is room'!

Every Blessing,

Rev Paul Welch

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SUDOKU MODERATE

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WORDSEARCH CLUES

Christmas is nearly here! Two *thousand* years ago the Jews were *longing* for the coming of their *Messiah*. The Old Testament had promised that when He came, He would preach good news to the poor, bind up the *broken hearted*, proclaim *freedom* for the captives and release from *darkness* for the *prisoners*, proclaim the year of the Lord's *favour*, *comfort* all who *mourn* and to *bestow* on his people a *crown* of *beauty* instead of *ashes*.



Jesus did all those things. He was and is the *Son* of *God*, and whoever has *seen* Him has seen the *Father*. Whoever believes in Him will have the best gift of all – His Spirit within them, which gives them eternal life.

Live well, *your* way

"I love that I get plenty of time to sit and chat with Linda. We have loads in common and lots to talk about."

Start your home care journey with Home Instead today

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- Personal Care
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- Hourly care.



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www.homeinstead.co.uk/calderdale

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No Call Out Charge
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email: ggelectricals@aol.com

Illingworth Moor Methodist Church

Join us for Christmas crafts, food and hear
the Christmas story

Thursday 8th December



3.15pm
till
5pm

Christmas

WHAT'S ON AT ILLINGWORTH MOOR

'GOOD AS NEW SHOP'

Open on FRIDAYS ONLY 10 am to 3.30 pm

Why not drop into our *"Cosy Corner"*?

No need to buy! Just sit and watch the world go by in warm and pleasant surroundings. Enjoy a cuppa, from the Cafe, or read a magazine, or just relax.

THE NEXT SATURDAY OPENINGS ARE 18th DECEMBER & 21st JANUARY 10 AM - 12 NOON



CAFE AT THE MOOR

Our Chef, Sarah, makes a range of meals on four days a week, Tuesday, Wednesday, Thursday & Friday from 9 am to 1 pm.

Why not pop in for a coffee, a piece of home made cake, a bowl of home made soup, a sandwich (*either to eat in or take away*).

Or have a full meal from Sarah's tempting menu?

BOYS' BRIGADE - MONDAYS

Anchor Boys: 5 - 7 years (arrive 6.15 pm to start at 6.30 pm until 7.30 pm)

Junior Section: 8 - 10 years (arrive 6.15 pm to start at 6.30 pm until 8.15 pm)

Company Section: 11 - 18 years (arrive no earlier than 7 pm for a 7.15 pm start - ending at 8.45 pm)

If anyone can help out, even if only occasionally, please get in touch with Captain Andy on 07833910698.

GIRLS' BRIGADE - WEDNESDAYS

Explorers: 4 - 7 years (5.30 pm - 7.15 pm) waiting list at the moment

Juniors, Seniors & Brigaders: 8-18 years
(6.45 pm - 8.30 pm)

For more information contact Janice Crowther on 07745529385



SUNDAYS

Sunday Worship & Sunday School at 10.30 am

EVERYONE IS WELCOME TO JOIN US AT ANY OR ALL OF THE ADVERTISED EVENTS

LOCAL HISTORY

From Local Historian David Craven

History of Providence Congregational Church, Ovenden by W. B. Trigg - Published 1937

Continued from November

The religious history of Ovenden, dates from the building of the first St Mary's Church at Illingworth in 1525. This was a Free Chapel, the parishioners appointing their own Chaplains, many of whom, in the early days, were local men. Unless there was some private Chapel connected with one of the larger houses, which is not very likely, this was the first place of worship to be built. There is a tradition that the Illingworth Family of Fold Farm, took a leading part in the foundation of the Church owing to a murder having been committed at the house during the time the rest of the inmates were away at the Parish Church.

The next place of worship was a Quaker Conventicle, also at Illingworth, which is included in Archbishop Sheldon's Returns in 1669. It is not generally realised that in this district in the 17th century the Quakers outnumbered all other denominations of dissenters put together, and the Returns alluded to show that in Yorkshire the Quakers had 46 conventicles, whilst the rest, including Catholics, had only 39.

The Civil War, and the religious disturbances of those times were reflected in Ovenden. A skirmish took place at Mixenden, in which the Royalist party were successful. One of the principal supporters of the Commonwealth in the West Riding was Joseph Furness, who built and resided at Ovenden Hall, after he had made a considerable fortune as an Army contractor in the war. During this period Oliver Heywood lived and laboured at Northowram, and he had many adherents in Ovenden. His brother Nathaniel was Minister at Illingworth Church between 1652 and 1656. Both of them were ejected in 1662.

Matthew Smith, formed the Church at Mixenden in 1687 and gathered there many who had come under the influence of Heywood.

No further developments occurred until the Wesleyan Revival, when Mount Zion Chapel was built towards the end of the 18th century, after Wesley himself had visited the district. All the rest of the numerous places of worship in Ovenden township are 19th century foundations.

Providence Chapel, unfortunately, has little claim to have descended from the old dissent. In the 18th century most of the Churches of Independent or Presbyterian origin in the West Riding town centres became Unitarian, and only the country churches like Mixenden, Warley and Northowram remained true to their Trinitarian Faith. The founders of Providence Chapel, were nearly all previously connected with Square and Sion Chapels, both of which owed their origin more to the Wesleyan Revival than the ejection of the previous century; indeed, Titus Knight, the first Minister of Square Chapel, had previously been a Wesleyan Minister and was contemptuously described by Watson, the Historian of Halifax, as the Collier, who turned Preacher. The particular brand of Independency which flourished so abundantly in these parts in the mid 19th century under the generous patronage of the industrial magnates of the time, was indebted far more to Wesley and his followers than to the nonconformists of 1662, both for its theological doctrine and its conduct of public worship.



Cube Choir presents

*Songs of Peace
and Joy of Christmas*

Friday 9th December 7:30pm
The Square Chapel

Musical Director: Laura Durrans
Accompanist: Jenny Sheldon
BSL Interpreter: Paul Whittaker OBE

Tickets available £12 or £10 concessions
visit www.squarechapel.co.uk or call 0343 208 6016

ST. MALACHY'S NEWS

Our Parish Priest is Mgr Michael McQuinn

ST. MALACHY'S NURSERY St. Malachy's School, Cousin Lane.

There is a place for your child so why not give your child the best start? Apply for a place now and come and see what we have to offer. Contact St. Malachy's School on 01422 244628.

ST. MALACHY'S WALKS



If you would like to join us you will be made most welcome. Walking boots and suitable clothing are essential. For more information please contact Philip or Pat at 01422 259761 or e-mail us at p29.moran@gmail.com

FUND RAISING GROUP

We are collecting old gold. Have you any broken chains? Odd earrings? Rings without stones? Please donate your old jewellery for Church funds. Items can be left in the box on the Paper Stall.

'WALKING THE WAY' which is a monthly reflective walk around Calderdale which takes place on the second Sunday of the month starting at 2pm.



For more information, here is the website link

<https://www.calderdalemethodistcircuit.org.uk/about-us/walking-way.html> or

Facebook <https://www.facebook.com/walkingthewaycalderdale>

Sequence & Ballroom Dancing

at Forest Cottage, Cousin Lane, Illingworth, HX2 8AD



Everyone Welcome - Singles and Couples

Tuesdays and Thursdays 1.45 pm to 4 pm

£2.50 per person includes tea and biscuits

For more information ring 01422 248080

**HOLY NATIVITY CHURCH, THE CHURCH OF ENGLAND
PARISH OF MIXENDEN AND ILLINGWORTH**

Sunny Bank Road, Mixenden, HX2 8RX.

www.holynativity.co.uk

Family Communion every Sunday at **10 am.**

Communion Meal every 2nd Sunday of the month at **6 pm.**

The communion meal is an opportunity to worship whilst gathered around the dinner table. Food is provided.

Rock Mass every 3rd Sunday of the month at **6 pm.**

The Rock Mass is a service for people who like to worship **LOUD!**

Vicar: Revd Robb Sutherland, 01422 353929 email **robb@priest.com**

Church Wardens: Mrs Margaret Henderson 01422 243596

Church Pantry: Mondays 2 - 3.30 pm. Providing food and essentials to people from the Parish in need.

Church Youth Group: Tuesdays 7 pm -8.30 pm

For baptisms, weddings & funerals contact the Vicar or Church Warden



**Illingworth Moor Methodist Church
every Friday, 12 o'clock start**

Where can you get (for instance) home made Lasagne, Salad and Garlic Bread, a pudding and a cup of tea, together with good company for £5.50 ?

The **Access Bus** picks up some of our regulars so if you need transport just ring 0113 3481902 to register with Metro.

Researched by Sue Taylor following her work in tidying up the graveyard at Illingworth Moor Methodist Church.

RUFUS STIRK, OBE, JP



[1874-1953] Son of John Stirk

He was a machine fitter's apprentice and joined the family business, J. Stirk & Sons (Ovenden).

In the 1881 census his father, John is listed as a Machine Tool Maker Employing 30 Men & Boys.

In 1903 Rufus married Jessie Lees at the Wesleyan Chapel, Nursery Lane, Ovenden. Jessie's parents are also buried at Illingworth Moor.

Rufus was Mayor of Halifax 1931-1932.

In November 1932 he opened the corporation's new Elm Wood bus depot.

At the time of his death he lived at Beechfield, the family also lived at Grafton Place and Lentilfield Street, Ovenden

ENOCH JARVIS died 3rd May 1960 aged 79 years. He was born in the Pontefract area and employed on the railways. He also had experience of public service with Pontefract Council. Enoch was employed as a Railway Guard in Goole and transferred from there to Halifax in 1928. He first became a Council member in 1932, and was a Labour Councillor and Alderman of Halifax for 21 years until his retirement in 1953. He retired having also completed 50 years railway service.

He lived at 1. Park Crescent. Lee Mount. Halifax before retiring to Wands Lane. Hensall. near Goole.

Photo courtesy of Malcolm Bull's Calderdale Companion.



Mouse Makes

HAPPY CHRISTMAS!

Read the Christmas story in Luke 2:1-21.

Answer the questions, colour the picture and colour one star each day until Christmas.

Where was Mary's baby born?
Why were Joseph and Mary there?

What did Mary dress her baby in?

Where did Mary lay her baby and why?

Why were the shepherds afraid?

What good news did the angel tell?

What did the shepherds do after they had seen the baby?

Who appeared praising God, what did they say?



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ALL • DECREE • JOSEPH • DAVID • BETHLEHEM • MARY • BIRTH • SON • LAID • MANGER
 INN • SHEPHERDS • FLOCK • NIGHT • LORD • GLORY • GOOD NEWS • JOY • DAY
 SAVIOUR • CHRIST • SIGN • BABY • GOD • PEACE • ANGELS • GO • SEE • TOLD • PRAISE



MOTHERS' UNION PARTNERS CAMPAIGN AGAINST DOMESTIC ABUSE

Mothers' Union has teamed up with Women's Aid in a campaign to help draw attention to end domestic abuse.

The campaign aims to highlight the fact that 1.6 million women in England experience domestic abuse every year. Three women are killed each fortnight by a current or ex-partner. And one in every seven children will have to live with domestic violence at some point in their childhood.

As Bev Jullien, CEO of Mothers' Union, says: "It's what happens behind closed doors which is so very worrying. Domestic abuse takes many forms. As well as the bruises and violence, which is absolutely shocking, it's restricting access to money, it's tracking your partner online, it's controlling who they speak to. It's very much about exercising power over those who are closest to you. Of course, the longer it continues, the more impact it has on any children in a relationship as well.

"God created man and woman as equal. He teaches us to love one another, and those core principles should lead us all to be in healthy relationships and help others to be so too."

More details at: <https://www.mothersunion.org/partnerships/womensaid>

SMILE LINES



The Holy Family

A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary."

The teacher then asked, "Who knows what Jesus' father's name was?"

Another child ventured: "Verge?" Confused, the teacher asked, "Where did you get that?"

He replied hesitantly: "Well, you know they are always talking about Verge n' Mary."

Good home

After the christening of his baby brother in church, young Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That minister said he wanted us to be brought up in a good Christian home, but I want to stay with you guys."

Lord's Prayer, updated

I had been teaching my three-year-old daughter, Caitlin, the Lord's Prayer. For several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word right up to the end of the prayer. Then she implored: "and lead us not into temptation but deliver us some e-mail."

Visiting Father Christmas

A mother took her young daughter to visit Father Christmas in his grotto at the garden centre. He greeted the youngster merrily and asked: "And what would you like for Christmas?" The little girl stared at him, open-mouthed with horror. "Didn't you get my email?!"

Presents

December is the month when the children begin to discuss what to get Dad for Christmas. Some insist on getting him a shirt, others a pair of socks. But the argument always ends in a tie.

Seasonal smiles

What do you call Santa's helpers? - Subordinate Clauses.

What do you get when you cross a snowman with a vampire? - Frostbite.

A little boy rushed home from school and said excitedly: "I got a part in the Christmas play!" "What part?" asked his mother. "I'm one of the three wise guys!"

Any astronomer can predict with absolute accuracy just where every star in the universe will be when the clocks chime midnight on Christmas Eve. He can make no such prediction about his teenage daughter. - *Anon.*

New Year's Eve is coming soon...

The bagpipes are the missing link between music and noise. - *E K Kruger*

The inventor of the bagpipes was inspired when he saw a man carrying an indignant asthmatic piglet under his arm. Unfortunately, the man-made sound never equalled the purity of the sound achieved by the pig. - *Alfred Hitchcock.*

THE MAN WHO GAVE US SAFE MILK AND SAVED THE SILK INDUSTRY



Two hundred years ago, on 27th December 1822, the French biologist, microbiologist and chemist **Louis Pasteur** was born. One of the fathers of germ theory, he was best known for the pasteurisation process, which is named in his honour.

At school he was not an outstanding student, his favourite subject being art. But he eventually became a professor of chemistry first at the University of Strasbourg, where he met his wife Marie, and then, in 1854, at the University of Lille, where he was also dean of the science faculty.

A Roman Catholic by birth, he was said to have retained strong beliefs in God and eternity, saying that studying nature led to his amazement at the works of the Creator. But he rarely attended church, saying that he prayed while working in the laboratory.

His achievements were many and varied, though after his death some doubt was cast on his methods and his failure sometimes to attribute the work of other scientists. He is best known for the now familiar process of pasteurising milk, removing harmful bacteria, but he also developed vaccinations for anthrax, TB and rabies. He also created, in 1865, a method of eliminating microbes that attacked silkworm eggs and was said to have helped save the silk industry as a result.

In 1868 he suffered a stroke and became partially paralysed, but he was able to continue his work. In 1885 he vaccinated a boy who had been bitten by a rabid dog: the success of this brought him fame and led to fundraising and the building of the Pasteur Institute in Paris in 1888. He died in 1895.

ANSWERS

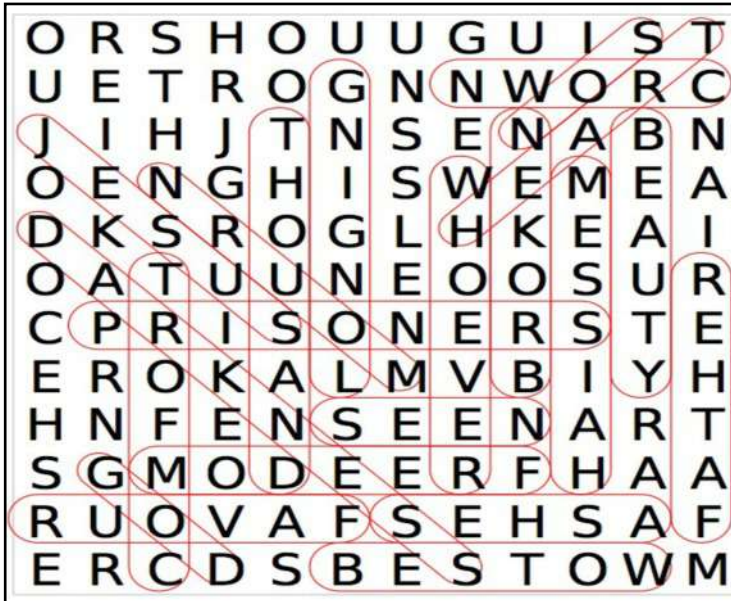
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4	6	5	8	9	2	3	1	7

WORDSEARCH



WALKING FOOTBALL

at Forest Cottage, Cousin Lane, HX2 8AD

Tuesdays at 12 noon

All welcome

For further information contact
revpwelch@gmail.com

ALL IN THE MONTH OF DECEMBER

It was:

200 years ago, on 27th December 1822 that Louis Pasteur, French biologist, microbiologist, and chemist was born. One of the fathers of germ theory, he was best known for the pasteurisation process, which is named in his honour.

100 years ago, on 8th December 1922 that Lucian Freud, German-born British figurative artist and draughtsman was born. One of the leading portrait artists of the 20th century.

Also 100 years ago, on 14th December 1922 that John Reith (later Lord Reith) was appointed as General Manager of the BBC.

Also 100 years ago, on 30th December 1922 that the Soviet Union was founded. Officially known as the Union of Soviet Socialist Republics (USSR), it was dissolved in 1991.

90 years ago, on 25th December 1932 that the first Royal Christmas Message was broadcast on radio. King George V addressed the nation live from Sandringham.

80 years ago, on 1st December 1942 that the British Government published the Beveridge Report, which formed the basis of the welfare state.

Also 80 years ago, on 17th December 1942 that British Foreign Secretary Anthony Eden told the House of Commons about the mass executions of Jews by the Nazis in occupied Europe. Ministers and Members of Parliament condemned the massacres and held a minute's silence as a mark of respect for the victims.

65 years ago, on 25th December 1957 that Queen Elizabeth II's Christmas message was televised for the first time.

50 years ago, on 22nd December 1972 that 14 people were found alive in the Andes more than two months after their plane crashed. They had survived by eating dead passengers.

40 years ago, on 12th December 1982 that 30,000 women joined hands around the Greenham Common RAF base in Berkshire to protest against the siting of US Cruise missiles there.

25 years ago, on 11th December 1997 that Sinn Fein president Gerry Adams met Prime Minister Tony Blair at 10 Downing Street – the first Irish Republican leader to do so since Michael Collins in 1921.

Also 25 years ago, on 11th December 1997 that the Kyoto Protocol, aimed at reducing greenhouse gases and combating global warming, was adopted at a conference in Japan. More than 190 countries have signed the agreement, which came into effect in February 2005.

20 years ago, on 7th December 2002 that Iraq submitted a weapons declaration to the United Nations in which it said it had no weapons of mass destruction. This was part of the prelude to the March 2003 Invasion of Iraq.

10 years ago, on 9th December 2012 that Patrick Moore, British astronomer, television presenter and musician died. Best known for hosting the astronomy series *The Sky at Night* (1957-2013) the longest-running TV series with the same presenter.

YORKSHIRE SMOKEFREE CALDERDALE

THINKING ABOUT STOPPING SMOKING?

Did you know Calderdale residents are now able to get free Nicotine Replacement Therapy?

That means the following products are free to use whilst accessing service:
Nicotine patches, gum, quickmist, lozenges and nicotine Inhalator.

Start your journey today, and give our team a call or request a call back and someone will get back to you.

01422 262373 (local number)
0800 612 0011 (free from landlines)
0330 660 1166 (free from mobiles)

<https://yorkshiresmokefree.nhs.uk/pages/callback-request>



BEECHWOOD ROAD LIBRARY

Following the recent refurbishment at Beechwood Road Library the staff are looking forward to welcoming old and new members to visit them during any of the following opening hours:

Monday 10 am - 5 pm
Thursday 10 am - 5 pm
Friday 10 am - 5 pm
Saturday 10 am - 1 pm



We are well into the cricket close season but there is still plenty to do to keep on top of the work needed both physically and administratively to keep the club going forward. The grass keeps growing these days well into the winter and of course needs to be cut. The cricket playing area has been re-seeded and top dressed with soil and is growing well. There are leaves to sweep up and always plenty of maintenance to do. Work re-pointing our big boundary wall continues and will do so whenever the weather permits. We couldn't exist without our volunteers and there is always room for more to join the team. Finance is always an issue and we are lucky that some people are prepared to use their talents to help us in lots of different ways.

I wrote last month of how many sports clubs in the Halifax area are struggling to exist in the modern age for a whole host of reasons and whilst things are never easy we work hard to be relevant to the younger generations and we like to think we are as vibrant as any. We try to contribute as much as we can to both the local and wider community and we have to continue to adapt to ever changing circumstances to survive and hopefully prosper. Our phased work to totally upgrade our 60 year old clubhouse came to an end last week with the completion of the electrical re-wire and installation of a new fire alarm and emergency lighting system. We couldn't have done this without massive help from our volunteers and terrific financial support from Calderdale MBC Small Grants and an award from the Community Foundation for Calderdale both of which do a great job in supporting voluntary groups such as ours. It is important to celebrate and thank our own volunteers who sacrifice so much of their spare time in keeping this club alive. Phil Smith, who spends so much time in tending our ground as well as doing so much to assist the recent work going on in our clubhouse, is the recipient this year of our annual Club Person of the Year Award to be presented at our forthcoming Annual Dinner and Prize Presentation at Halifax Golf Club.

Another innovation at the Annual Dinner will be the donation of food parcels in support of the Holy Nativity Food Pantry which does so much valuable work in and around Illingworth and Mixenden.

Fund raising too will be a club priority over the winter period with club funds low and energy costs and many other overheads rising considerably as they are for everyone.

Winter nets have been booked at Trinity School starting on Thursday, 23 February 8 pm - 9.30 pm for six weeks. All are welcome.

The club is also available during winter for private functions. Please do support us. Do get in touch if you would like to use the club's facilities. Our web address is www.illingworthcc.co.uk

We take this opportunity of wishing everyone a Happy Christmas and Peaceful New Year.

Andrew Smith

Club President



CREW is a local registered charity

"Aiming to keep Calderdale fit and healthy"

We have an exercise class at Forest Cottage every
Thursday at 9.45 am

We have walk-it health walks of 60 - 150 minutes

**From Beechwood Medical Centre at 1 pm on the
1st, 3rd & 5th Monday in each month**

**From Keighley Road Medical Centre, Illingworth at 1 pm on the
2nd & 4th Monday in each month**

**Every Friday 10 am Illingworth Moor Methodist Church
Approx. 4 miles**

All of our information is on our website

www.crewheartsupport.co.uk

crewpartners.hsg@gmail.com



ILLINGWORTH ARLFC

PLAYERS WANTED

All abilities welcome.

**Be part of the best sport in the world
and join the rugby league family.**

Boys & Girls

HAVE FUN – GET FIT – CHALLENGE YOURSELF

Facebook Page: Illingworth ARLFC

Instagram: illygirlsrugby

Illingworth Sports and Social, Mason Green, Halifax, HX2 8HG





THE DAISY CHAIN CAFE

ON WEDNESDAY, 14th DECEMBER AND
WEDNESDAY, 11th JANUARY

AT BLACKBURN HOUSE, NURSERY LANE

FROM 1 PM TO 3 PM

Working towards a Dementia Friendly
North Halifax

For more information contact Karen Scanlon on
03005550266 or 01422 252209

Topcoat Decorating Services

Qualified decorator with over 25yrs experience

internal / external painting

Wallpapering

Free no obligation quotes

Call Paul today on

07913264591



HOW LONG SHOULD YOU SLEEP WHEN YOU ARE OVER-50?

The amount of sleep you get each night can have a huge impact on your health.

A recent study has found that middle-aged people need at least seven hours a night. This reduces their risk of developing various serious health conditions including cancer, diabetes, and arthritis.

This contrasts with the effect of having only five hours of sleep a night. People over 50 who slept for five hours were found to be 30 per cent more likely to have chronic diseases, including depression, liver disease, stroke, heart disease, diabetes, cancer, and Parkinson's. The researchers were based at University College London (UCL).

WHY NAPS FOR CHILDREN ARE GOOD

Short naps in the daytime are very good for your young child. They can be key to allowing their young brain to fully develop.

According to a recent study, the part of the brain that processes memories, the hippocampus, is underdeveloped in children. Taking a nap will help them, as their immature hippocampus quickly reaches its limit of memory storage. Taking a nap will ensure that nothing is forgotten, and free up more brainpower for learning.



As one scientist explained: “they have a massive amount of information that must be learned,” yet “the neural systems that support learning are still under construction.” So naps help children to deal with the information coming in, and to store it properly.

Naps also help a child to consolidate their emotions from the day. As one scientist observed: “This provides a potential explanation of the oft observed phenomena that habitually napping children are emotionally dysregulated at the end of the day if they do not nap (the ‘witching hour’).”



OSCA FOUNDATION (based at Forest Cottage, Cousin Lane, Halifax, HX2 8DA)

In association with OSCA Foundation

Activities to be held in DECEMBER & JANUARY

Monday: 6.30 pm to 8 pm Taekwondo

Monday: 6.30 pm to 9 pm (except Bank Holidays) **ANDY'S MAN CLUB**

Tuesday: 12 noon Walking Football (outside)

Tuesday: 2 pm to 4 pm Old Tyme / Modern Sequence Dancing

Tuesday: 6.30 pm to 8 pm Taekwondo

Wednesday: 6.30 pm to 8 pm Taekwondo

Thursday: 9.45 am to 10.45 am Keep Fit

Thursday: 10.45 am to 11.45 am Keep Fit

Thursday: 2 pm to 4 pm Old Tyme / Modern Sequence Dancing

Thursday: 6 pm to 9 pm Youth Club 13 years -19 years

Thursday: Halifax Gateway Club 6.30 pm - 8.30 pm Enderby Hall

Whitehill/Ovenden WR U/14 Girls Football Team are recruiting players for this season, girls must be under 14 by August 31st. Matches are on Sunday mornings on the OSCA Foundation site, more info phone David Clifford 07359205276.

Floodlit All Weather 5 a-side football 3G pitch available for hire seven days a week at competitive prices.

Halifax Panthers Rugby League Open Age Ladies Team are now based at OSCA Foundation @ Forest Cottage. Fixtures will be held on Sunday afternoons at Four Fields on the OSCA Site.

PUBLIC BAR OPENING HOURS

Friday 7 pm - 10 pm / Saturday 2 pm - 8 pm / Sunday 1 pm - 9 pm

LIVE MUSIC @ OSCA FOUNDATION

OSCA Foundation are continuing with their Live Music theme on

SATURDAY, 17th December with EVOLVED, five piece band, girl singer. Doors open 7 pm. Admission is FREE.

NO TICKETS REQUIRED

BAR

ALL WELCOME

Function rooms along with various rooms are available for hire at very competitive prices. Receptions, Funerals, Parties, any form of event can be catered for at very competitive prices. **For further information on all activities give Steve a call on 07727860731**

HAIRY POPPINS

DOG WALKING & GARDENING

Regular, occasional and one off walks

Puppy visits to feed, play and toilet

Cats, rabbits, fish etc. cared for



Lawns mowed—regularly or occasional

General Gardening

Phone Andrea on 07886527537

Email: hairyppoppins15@gmail.com

Find us on Facebook

Fully Insured



**In the Enderby Hall, OSCA FOUNDATION,
Forest Cottage, Cousin Lane, HX2 8AD**

**SUNDAY, 4TH DECEMBER
INDOOR TABLE TOP SALE / CHRISTMAS FAYRE
AND INDOOR TABLE TOP SALES ON 18TH DECEMBER,
8TH & 22ND JANUARY 2023**

Sellers 8.30 am - Buyers 9 am Start

Tables £5 each . To book a table phone Neil 07530874386

Light refreshments will be on sale

TOY SERVICE SUNDAY 4th DECEMBER

Parade & family friendly service. Please bring a new toy for any age. All toys and donations are welcome. Donations are for Bradford Action for Refugees.

CAROL SERVICE MOUNT ZION HERITAGE CHAPEL, PER LANE, OGDEN

Sunday 11th December 2.30 pm with Rev Paul Welch. Refreshments Tea & Coffee, Mince Pies & Christmas Cake will be served after the service in the cottage. All welcome.



CHURCHES TOGETHER IN NORTH HALIFAX WILL BE CAROL SINGING AT MORRISONS ON SATURDAY 17TH DECEMBER AT 12 -1 PM.

Everyone is welcome for carol singing with people from Holy Nativity, St John's, Illingworth Moor and St Malachy's.

EMPTY TABLET BLISTER PACKS

Although Superdrug are not taking the blister packs in Halifax, please keep collecting them and bring them along to Illingworth Moor Methodist Church.

SAVE YOUR STAMPS

As we head towards Christmas we'd like to remind all our supporters that you can save the stamps on your Christmas cards, UK and international, and send them into us in the new year to help raise funds for our rescued residents.

Lots of you already do this for us and we are so grateful for them, thank you so much.

You can post your stamps to the following address or leave them at Illingworth Moor Methodist Church:

Redwings Horse Sanctuary
Hapton,
Norwich,
NR15 1SP





The Local Activities (LA) Group in Illingworth and Bradshaw was formed specifically to improve the health and wellbeing of **people over 50 in this area of Halifax**. If you are interested in meeting new friends and doing new activities please get in touch:

Join us on Facebook: Illingworth & Bradshaw Local Activities Group /
Ring the Secretary on 01422 249070 / attend one of the activities

The Bowling Section of the LA Group meet every Monday at 10 am at Holmfield Bowling Club, Holmfield 1st April to 30th Sept.

THE FOLLOWING ACTIVITIES RUN EACH WEEK AND TAKE PLACE AT ILLINGWORTH MOOR METHODIST CHURCH, HX2 9LL

TUESDAYS

KEEP FIT from 10 am to 11 am £4.00

Not too hard, but not too easy!

This is a fun aerobic exercise class to get you fit and keep you healthy

NEW AGE KURLING from 11.15 am – 12.15 pm £2.00

Both the above activities are suitable for a range of abilities

SITTING DOWN PILATES from 11.15 am – 12 noon £3.50

WEDNESDAYS

CRAFTY CLUB from 10 am - 12. noon £2.00

Join the friendly group for knitting, sewing & card making .

Refreshments available from the Church Cafe

THURSDAYS

INTERMEDIATE PILATES CLASS from 9.45 am – 10.45 am £4.00

BEGINNERS PILATES CLASS from 11 am – 12 noon £4.00

To improve core stability and strength

The last classes before Christmas are on Thursday, 15th December and the first classes in the New Year will be on Tuesday, 3rd January 2023

THE FIRST SESSION AT EVERY CLASS IS FREE

*****NEW MEMBERS ALWAYS WELCOME AT ANY OF THE ACTIVITIES*****

CHURCH CONTACTS

Holy Nativity Church, the Church of England Parish of Mixenden and Illingworth

Minister: Rev Robb Sutherland
Tel: 01422 353929
Address: Holy Nativity Church, Sunnybank Road,
Mixenden, HX2 8RX
Web: www.holynativity.co.uk
Facebook: [holynativitymix](https://www.facebook.com/holynativitymix)
Twitter: [@holynativitymix](https://twitter.com/holynativitymix)

St Malachy's

Parish Priest: Mgr Michael McQuinn
Tel: 01422 361682
Email: office.stmalachy@dioceseofleeds.org.uk
Pastoral Assistant: Sister Anne C.P.
Address: St Columba's Presbytery, Highroad Well
Lane, Halifax, HX2 0QF

Illingworth Moor Methodist Church, Keighley Road,

Illingworth, Halifax, HX2 9LL

Minister: Rev Paul Welch
Tel: 01422 244418
Address: The Manse, "St Ives", 160 Whitehill Road,
Illingworth, Halifax, HX2 9UH
Web: www.illingworthmoor.org.uk
Facebook: Illingworth Moor Methodist Church
Facebook: Illingworth Moor Church Good As New Shop
Centre Manager: immccentremanager@gmail.com
Children & Schools Worker: immctracy@gmail.com

The last day for contributions to be included in the FEBRUARY edition is Friday, 20th January 2023

Items can handed in to your Church representative or sent direct to the Editor: Irene Mulhall at greenwoodtree7@gmail.com
Tel: 01422 249070