

ABC Hub Notices – 04 October 2023 Week 5

WHAT'S ON IN THE ABC HUB

Black History Month event - Exploring

'Our Music, Our History'



A free, welcoming space for members of the community to come and celebrate their memories of music and the Windrush generation's influence on music in Huddersfield.

Refreshments provided.

Time: 11.30am – 3.30pm

Venue: St John's Centre, St John's Road, Huddersfield HD1 5BW

Organisers: Oasis Care support services and Kirklees Cohesion Team

Book this event:

[Black History Month event Tickets, Thu 12 Oct 2023 at 11:30 | Eventbrite](#)

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH

CREATE SPACE
Promoting Positive Mental Health

OCTOBER 2023 SCHEDULE
Here's what's coming up in our face-to-face, Zoom and Facebook sessions this October

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS UNLESS OTHERWISE STATED
To book your place on an S2R session, call 07933 358800 or email contact@s2r.org.uk

PLEASE NOTE THAT S2R WILL BE CLOSED ON TUESDAY 24TH OCTOBER. WE WILL BE OPEN AGAIN AS USUAL ON WEDNESDAY 25TH OCTOBER.

FACE-TO-FACE SESSIONS
Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid-19. Age restrictions apply: some sessions are family-friendly, others are for 18+ years so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton HD2 1AG	Monday 9 th & 23 rd October 10:00 - 14:00 Facilitated by: Michelle	NEW FINISH TIME Help us to grow plants and flowers for local parks, volunteer groups and green spaces at the Kirklees Council polytunnels. No previous gardening experience needed. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Every Monday 11:00 - 12:00 Facilitated by: Elizabeth	Boost your fitness through walking, jogging and gentle exercises to improve your agility, balance and coordination. Progress at your own pace and find your own level with a friendly group of people and an emphasis on fun. Please book in advance so we can make sure this is the right activity for you. Trainers, water bottle and clothes that are suitable for exercise required. Meet us by the notice boards in Norman Park.
Cemetery Road Allotment Cemetery Road Alkhampton, Osborne Road, Birkby HD1 5HB	Monday 2 nd , 16 th & 30 th October 12:30 - 14:30 Every Wednesday 11:00 - 14:00 Facilitated by: Michelle & Andy	Join us on the allotment to help grow a variety of soft and hard fruit, salads, herbs and lots of vegetables which you can harvest and take home with you. No previous experience needed. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Birkby & Fartown Library Gardening Group Birkby & Fartown Library, Lea Street HD1 6HF	Tuesday 3 rd , 10 th , 17 th & 31 st October 11:00 - 12:45 Facilitated by: Elizabeth	A gentle gardening session helping to maintain and develop the garden at Birkby Library. Enjoy some interesting horticultural activities, find out about volunteering at the library garden and share a drink and a chat. No previous experience needed. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Autumn Gathering Highfields Community Orchard, Wentworth Street, Huddersfield HD1 5PX	Friday 13 th October 13:00 - 15:00 Facilitated by: Dawn & Andy	Welcome in the autumn season and enjoy the new and improved Highfields Community Orchard at our Autumn Gathering. Help us cook some delicious Apple Clobber over the fire and have a go at some seasonal crafts. All of our activities will be outdoors so please wear clothing and footwear suitable for the weather.
Huddersfield Repair Café* Magic Rock, Sewing Co Ltd, Willow Park Business Centre, Willow Lane, Huddersfield HD1 5EB	Saturday 14 th October 11:00 - 15:00	The Repair Café is out and about this month! Come and see us in Birkby and bring your broken or faulty items along to see the friendly fixing volunteers from Huddersfield Repair Café who will show you that not everything that's broken needs binning. No microwaves please. Suitable for ages 16+. Anyone under 16 must be accompanied by an adult. <small>*Supported by the Community Plus Fund.</small>
Norman Park Family Event Norman Park, Birkby, Huddersfield HD2 2UE	Tuesday 31 st October 13:00 - 15:00	Join us for this family event in Norman Park and have a go at some free autumnal nature-based activities, bug hotel making and some delicious seasonal food. Materials and refreshments will be provided.

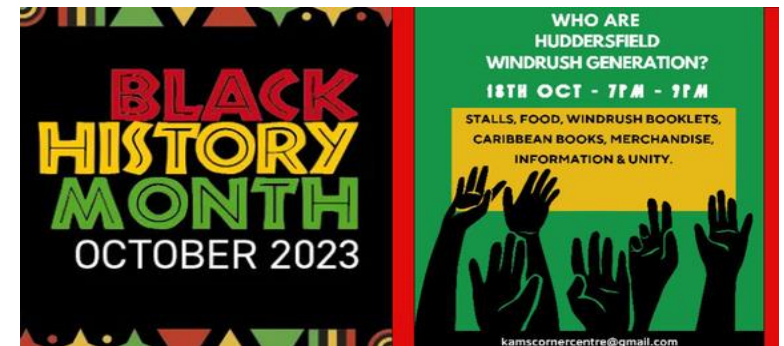
Saturday 28 October - "Let's talk"

An opportunity for the African and Caribbean diaspora communities to come together for an open discussion on issues facing our community.

Time: 6.30pm – 8.30pm

Venue: St John's Resource Centre, St Johns Road, Birkby, Huddersfield

Organisers: Building African Caribbean Communities (BACC)



Venue: Bradley Community Seventh-Day Adventist Church 5 Cophorne Gardens, Bradley, Huddersfield, HD2 1RH

More information and to book: Email kamscornercentre@gmail.com

Organiser: Kam's Corner

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WHAT'S ON AROUND THE ABC HUB

Model Citizens workshops

Every Tuesday, 3, 10, 17 and 24 October

Led by award winning creative artists, performers and industry specialists, these workshops provide young people with access to the latest technology and industry led technical support. Booking advisable.

Time: 4pm – 7pm

Venue: Kirklees College, Huddersfield Centre, Waterfront Quarter Manchester Road, HD1 3LD

To book: Contact Franklin Castle 07518 820 365

Organisers: Locorum

Tuesday 10 October

World Mental Health Day

Things like fear, stigma and lack of culturally sensitive treatment can act as barriers to accessing mental health care for people from Black and mixed heritage backgrounds. There are options available to help you overcome some of these barriers and get support with any treatment. Come along to find out more.

Time: 1pm – 3pm

Venue: The Mission, Lord Street, Huddersfield, HD1 1QA

To book: Email kamscornercentre@gmail.com

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Connect Music for wellbeing workshops, Huddersfield. HD1 3DX. Every Thursday 10:30 – 12:30 and 14:00 - 16:00

Free of Charge | Accessible | Aged 18+ | Living in Kirklees | Want to look after their well-being and mental health

Join our regular music group to explore music-making and song writing.
No need to read music and no experience playing instruments needed - we promise!

If you're interested in joining then please complete the sign up form on our website.

Our friendly team can tell you more about the activities and the sign up process.

Telephone: 01484 516 224 | E-mail: info@hootcreativearts.co.uk | [hoot creative arts](https://www.hootcreativearts.co.uk)
[Facebook page](#) | [Twitter account](#) | [Instagram account](#)

[SIGN UP TO JOIN ON HOOT'S WEBSITE](#)



Stitches Society - Knit for a Need (Crochet too)

Thursdays 7pm - 8.30pm

The Studio, Above the White Cross Inn, 2 Bradley Road, Bradley, Huddersfield. HD2 0XD.

kirsty@art2artsociety.co.uk | 07905922559

Knitting for Charity Projects includes creative fundraising ideas, neonatal baby blankets, breast cancer awareness, red nose day, and more.

Bring your yarn and needles. Some resources can be provided, just let me know.

Covers the Knitty Gritty Costs = £3 per week (paid weekly on attending)
Concessions available from 15%-50%

Discounts available for block payment and booking. For example x 10 weeks = £30-15% = £25.50 (paid in advance at week 1)



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TRAINING & DEVELOPMENT

ENCOURAGE & SUPPORT & GROW
together

BE YOURSELF

It can be really hard when we are feeling down to be with other people. We feel like we have to be our best and brightest, but we need each other the most when we are feeling sad.

BE TOGETHER

The groups are a place where you can be yourself and feel accepted as you are. A place where you can meet people, make friends and share stories.

ONE TO ONES

We can offer 1 session of one to one therapeutic support with our qualified and experienced practitioners to support you with any challenges or difficulties you are facing in life.

WHEN

The three workshops will run
Thursday evenings
6.30 -8pm
on the
5 Oct, 9 Nov, and 7 Dec

WHERE

At the **HIVE Community Cafe**
46 John William St, Huddersfield
HD1 1ER

There'll be tea, coffee and cake.

COME ALONG?

If you'd like to join us, please email kaye@aswellbeing.co.uk or give me a call, text or whatsapp. Kaye on 0759 1157841 to find out more or go on our list. We'll be running more groups in the New Year so even if you can't make these dates, get in touch and let us know you are interested.

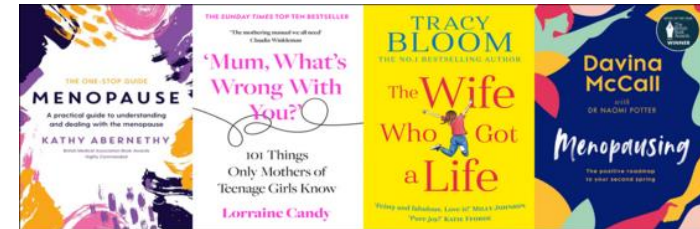
AbsoluteSpecialists Wellbeing Support. Empower. Inspire.

FOR MORE INFORMATION
EMAIL [KAYE@ASWELLBEING.CO.UK](mailto:kaye@aswellbeing.co.uk)
WWW.ASWELLBEING.CO.UK

COMMUNITY FUND

World Menopause Day: October 18

Books to give you the tools you need to embrace menopause and peri-menopause and help make it a positive time. A wide range of diet, medical, yoga, holistic and natural approaches and some fiction thrown in that many will find very relatable!



Browse, download and read titles from our [Menopause Awareness collection](#)

Wed 18 Oct 2023 1:00 PM - 1:30 PM

If you would like to find out more about the menopause, please join the link:

[Menopause Awareness webinar session](#)

If you are unable to join, the webinar will be recorded for you to watch later.

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Celebrating Black History Month in Kirklees



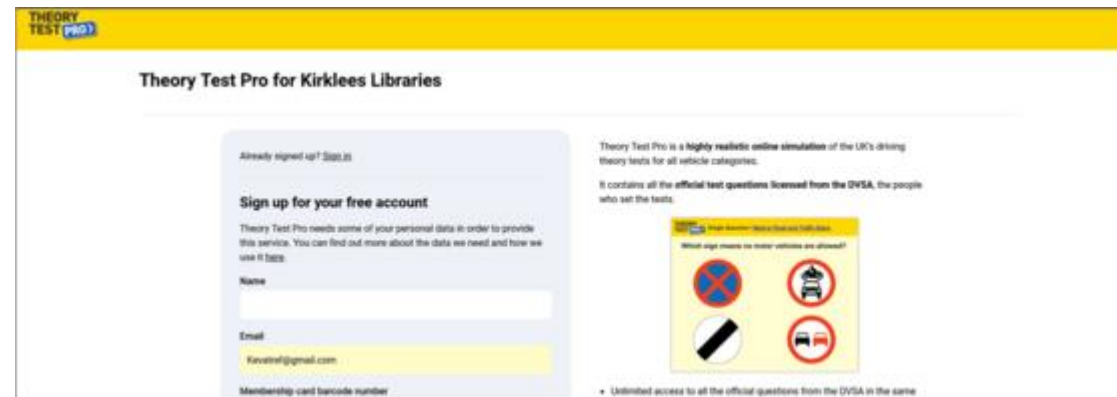
Black History Month is a national celebration promoting and celebrating the contributions people of Black African and Caribbean descent have made to the UK, and world history. We've pulled together a calendar of brilliant events and activities in Kirklees.

[Events and activities](#)

[Weekly News Update](#)



Online Resources: Theory Test Pro



Theory Test Pro is a highly realistic online simulation of the UK's driving theory tests for all vehicle categories.

It contains all the official test questions licensed from the DVSA, the people who set the tests.

Available at all libraries and at home or wherever you are on the interweb.

kirklees.theorytestpro.co.uk

Stoptober 2023



Let's try quitting

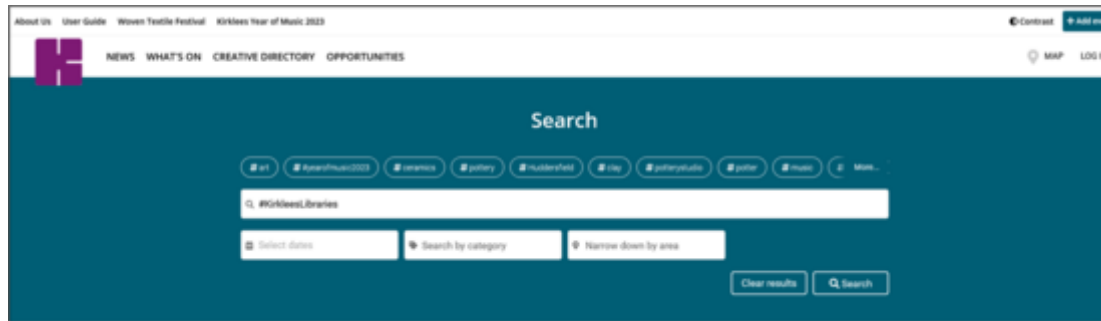
If you or someone you know would like support to stop smoking the [Kirklees Wellness Service](#) can help.

A combination of support from a stop smoking advisor along with nicotine therapy products has been proven to increase the 'quit' success rate.

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Regular Events at Kirklees Libraries

Creative Kirklees



Find out the where and the when of regular events such as Lego Clubs, Storytimes and Craft groups across our libraries.

Go to www.creativekirklees.com and search using **#KirkleesLibraries**

Bookable events at Kirklees Libraries



For events with partner organisations and touring performances.

Go to www.ticketsource.co.uk/kirkleeslibraries