

Bear Café-bar
LICENSED VEGETARIAN EATERY

Open 7 days serving local & seasonal homemade meals from organic soups to sunshine platters

Sunday brunch, lazy breakfasts & local Ploughman's

Fairtrade coffees, smoothies & local beers

Free Wifi & Viva/student discounts

Professional catering service for business & events

Bear Healthfoods
A WORKERS CO-OP FOR 30 YEARS

Fresh organic vegetables & fruit with local deliveries

Natural organic skincare products & Burt's Bees

Local Saker bread, Cluckers eggs & Tod cheeses

Herbal remedies homopathy & supplements

New therapy room available for consultations & rent

29 Rochdale Rd, Todmorden - 01706 813737

THE BOOK CASE
Independent local bookshop for 26 years

Books, diaries, calendars, cards, gifts

Market Street near Hebden Bridge Co-op

01422 845353; www.bookcase.co.uk

simcha gallery
contemporary jewellery and textiles by stephen and anne roper

discover our studio/shop in hebden bridge mill, at george's sq

07967 750 588
www.simchagallery.co.uk
www.stephenroperjewellery.com

Osteopathy Helen Bonetti
BSc(Hons) Ost/Med Paediatric Ost.

PAIN RELIEF WITHOUT DRUGS

Specialist in Neuro-Musculo-Skeletal, Cranio-Sacral & Paediatric Osteopathy

Treating Children, Adults & Babies

Clinics in Hebden Bridge & Sowerby Bridge

07825 698 565

TURN A WALK INTO A WORKOUT

AFFORDABLE OVER WORKS
SOCIAL 50+ SOLE BODY

www.nordicwalking.co.uk
For details of our classes call Kaya Reynolds on 07952 671235 for more details

I spice
www.ispice.biz

Connoisseur Curry at The Cross Heptonstall. Tuesdays 6 to 8pm.

New Curry Night at The Three Pigeons Halifax. Wednesdays 6 to 8pm.

Get Bold with I spices!
Cookery class Sat April 8th. See listings

Nia
Dance

Tone up and energise your body, clear your mind and feed your soul through dance!

See diary for weekly classes

077 88 62 63 63

Shiatsu Healing bodywork

Relieve stress & anxiety, aches & pains

Philip MRSS(t) 077 67 666467
Tod & Hebden all day till 9pm

Ceremony NorthWest:
Independent Celebrant

For a beautiful, meaningful, respectful celebration of your wedding or civil partnership, or a delightful naming ceremony, or memorably lovely eulogy and funeral service.

Contact: Lita Hallyburton at lita@ceremonynorthwest.co.uk on 01422 846505 or go to www.ceremonynorthwest.co.uk

DOGSBODIES

Dog Walking
Cat Feeding
Housesitting

07917 195 953

Hebden Wing Chun Kung Fu

For classes or private tuition

call 07884 020 028

www.hebdenwingchun.co.uk

The Hebden Diery

THE FREE GUIDE TO WHAT'S ON IN UPPER CALDERDALE
covering Hebden Bridge, Todmorden, Mytholmroyd & surrounding villages

APRIL 2012

WHAT'S ON THIS MONTH

SUN 1	Antiques & Collectors' Fair, 60p/40p Farmers' Market, £20/stall (also 15th) Easter Eggstraordinary Crafts/Activities/Easter Egg Trail (£1.50): Call for details. High Brown Knoll Walk: 7.5miles - booking essential. Collage & Core Values Workshop: 'The Artist's Way', £40 Sacred Song Gathering, £8 Last Harbour/A Rookery/Johnny Powell and the Big Sad Face of Infinity, £6/£7 Harmony Open Mic: Harmony Acapella Singing, free	8am-4.30pm 9am-4.30pm (to 15th) 10am 11am-3pm 2pm-4.30pm 7.30pm 8.30pm	Mytholmroyd Community Centre 01484 721013 Lees Yard Car Park, Hebden Bridge 01706 819731 Hardcastle Craggs 01422 844518 Hardcastle Craggs 01422 844518 Calderdale Yoga Centre, Hebden Bridge 07810 378643 Suite 3, Burles House, Hangingry Lane 01422 844533 Trades Club, Hebden Bridge 01422 845265 Stubbing Wharf, Hebden Bridge 07940 850328 Upstairs (Stubbing Wharf Pub) 07984 480224 St John's Church Room, Cragg Vale 01422 884660 B@r Place, Hebden Bridge 07598 233227 White Lion, Hebden Bridge 01422 844881
MON 2	Evolving Minds: Donations C.Vale's Yorkshire Countrywomen's Association: Essential Cosmetic Surgery, £1 visitors Blog Club: Friendly meeting of novices and experts interested in blogging, free	7.30-9.30pm 7.30pm 8pm	Trades Club, Hebden Bridge 01422 845265 White Lion, Hebden Bridge 01422 844881 Old Town Cricket Club, nr Hebden Bridge 01422 845915 Queen Hotel, Todmorden 01706 814314 Trades Club, Hebden Bridge 01422 845265
TUE 3	Dare to Dance, £5 Valley Fibres: Spinners, weavers, fibre-related activities, (also 17th) Wadsworth Women's Institute: Meeting, free Todmorden Conservation Group: Todmorden Civic Society meeting Dublin up the Downfall Presents Folk the System, £4/£6	7pm 7pm 7.30pm 7.30pm 8pm	Trades Club, Hebden Bridge 01422 845265 Trades Club, Hebden Bridge 01422 845265 HB Arts Festival Shop, Hebden Bridge 01422 847599 Cheeky Sew & Sew, Todmorden 01706 816181 Walsden Cricket Club 1706813179
WED 4	New Far, Sew Good: A textile exhibition by Threadhead (to 10th) Sewing Workshop: Glove bug or sock puppet, £20 Walsden Cricket Club Beer festival with over 20 beers: John Kenny and Judith Pardee "real and surreal" Photo Exhibit, free tapas bar, free Chess night: Calder Valley Organic Gardeners, guests £1 Quiz & Curry, £4	10am-5pm 1pm-4pm 5pm/12pm-late 6pm 7pm 7.30pm 9pm	Hanuman Gallery and Bar, Todmorden 01706 817010 Fox & Goose Inn, Hebden Bridge 01422 842649 Good Shepherd Centre, Mytholmroyd 07977 929684 Trades Club, Hebden Bridge 01422 845265 Luddenden Foot Civic Institute Banyan Tree, Hebden Bridge 01422 845880 Trades Club, Hebden Bridge 01422 845265 Hanuman Gallery and Bar, Todmorden 01706 817010 Cheeky Sew & Sew, Todmorden 01706 816181 Holme St Arts Centre 07729 120792 text / ring jill for venue details 07742 350512 Central Methodist Church, Todmorden 01706 817323 White Swan, Hebden Bridge 01422 842905 Trades Club, Hebden Bridge 01422 845265 Various Locations, Calderdale 07709 000436 The Bear, Todmorden 01422 844881 Trades Club, Hebden Bridge 01422 845265 HB Visitors Centre Hebden Bridge B@r Place, Hebden Bridge 01422 843321 Organic House Café, Hebden Bridge 01422 844748 Health Centre, Todmorden 01422 369101 Mytholmroyd Community Centre 01706 814996 Walsden Library 01706 815602
THU 5	Luddenden Foot Community Association craft activities: (& 20th), £5 Free Reiki Share: all levels welcome Likely Lads, £6/£9 Original Beat Embassy, free Sewing Workshop: Bunting Master Class, £20.00 French and Breton Music Session followed by Dance, £2+£3 Women's football: all ages all abilities welcome Todmorden Natural History Society talk, visitors £2 Men's Breakfast with guest speaker, £3 (inc full English breakfast) Martin Turner's Wishbone Ash £13/£16 LGBT Fell/Trek Running Bear Knitters: Knitter's group Hebden Bridge Comedy Club with Seymour Mace, £7/£6 Calderdale Heritage Walks: Trouser Town: Justine Wyatt, £3 Easter Monday Duck Race: Ducks £1, street entertainment, free Amnesty International letterwriting group: all welcome Second Organic House Readers' Group, free Todmorden Carer Support Group: Info, support, social activities for adult carers Hepcats jive club- new beginners swing jive course, £5/lesson Todmorden Library Readers' Group	10am-12pm 7pm - 9pm 8pm 9pm 1pm-4pm 1pm-5pm 2pm-4pm 7.15pm 9am 9pm 11am 12pm 7.30pm 2.15pm 3.15pm 7.30pm 10am 11am-1pm 7.15pm 7.30pm	Trades Club, Hebden Bridge 01422 845265 Luddenden Foot Civic Institute Banyan Tree, Hebden Bridge 01422 845880 Trades Club, Hebden Bridge 01422 845265 Hanuman Gallery and Bar, Todmorden 01706 817010 Cheeky Sew & Sew, Todmorden 01706 816181 Holme St Arts Centre 07729 120792 text / ring jill for venue details 07742 350512 Central Methodist Church, Todmorden 01706 817323 White Swan, Hebden Bridge 01422 842905 Trades Club, Hebden Bridge 01422 845265 Various Locations, Calderdale 07709 000436 The Bear, Todmorden 01422 844881 Trades Club, Hebden Bridge 01422 845265 HB Visitors Centre Hebden Bridge B@r Place, Hebden Bridge 01422 843321 Organic House Café, Hebden Bridge 01422 844748 Health Centre, Todmorden 01422 369101 Mytholmroyd Community Centre 01706 814996 Walsden Library 01706 815602
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