

The Hebden Diary

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

January 2009

WHAT'S ON THIS MONTH

SHOP LOCAL ~ THINK GLOBAL

The Bear Health Foods & Café

A Workers' co-operative for 30 years

Bear Health Foods • Home-cooked vegetarian food
• Fair trade with seasonal specials
• Organic local produce • Fair-trade coffee to go for busy shoppers
• Natural skin care • Environmentally friendly household products
• Herbal remedies & supplements
• Over 100 medicinal & culinary herbs & spices

Bear Café • Sunday Brunch 11.30am-3.30pm

THE BEAR ENVIRONMENTAL LOYALTY CARD
Collect 10 points per £ spent & Treesponsibility will plant a tree

Restaurant available for private parties
(please phone for menus & booking)

29 Rochdale Road, Todmorden
01706 813737
www.bearco-op.com

The Grinberg Method

GRINBERG is a powerful method, established in Europe and new to the UK. The practitioner works with the client to identify behavioural & emotional patterns & their physical symptoms. We use footwork & bodywork to help the client explore alternative ways of being, so they are absorbed on a mental & physical level.

Find out more at www.grinbergmethod.com
or contact Caroline on 07968 731521

DODNAZE COMMUNITY CENTRE
Available for meetings, classes, groups
£5 per hour, £25 per day
50p per hour for use of computers, if needed
RING 01422 843216 FOR DETAILS

The White Swan
delicious home made food served daily
Sunday lunch beer garden

Bridge Gate, Hebden Bridge
01422 844650

31st Jan - Meat Loaf tribute act

Food served:
Mon-Fri 12-3.30 & 5-9.30pm,
Sat 12-9.30, Sun 12-9pm
Teatime Tremblers:
Mon-Fri 5-7.30pm

ASK ABOUT OUR LOYALTY CARD SCHEME

fullcircle
Therapeutic Counselling
Individual, Couple and Group
Clinical Supervision

A space to understand where you are, explore possibilities, see yourself through change.

Long- and short-term work.
Based in Hebden Bridge and Leeds.

Filomena Ianni
Counsellor / Psychotherapist
BPS registered
01422 845155 or 0779 4641237
find out more on: www.fullcircle.uk.net

MUSIC FROM KISMET

'EASTERN DANCE and BALCAN BEATS'

Hole In't Wall, Hebden Bridge
Friday 16th January

| | | | |
|---------------|---|---|---|
| THU 1 | New Year's Day Meditation The Snap: live band, Free | 11.45am-12.15pm 3-6pm | Hope Centre, Hebden Bridge 01422 842424 Cross Inn, Heptonstall 01422 847563 |
| FRI 2 | The 309s: live rock'n'roll band, Free Stan's Magic Foot: live music, Free | 8pm-late 9pm | Pulse Café Bar, Todmorden 01706 817010 Hole In't Wall, Hebden Bridge 01422 845771 |
| SAT 3 | Men's Breakfast: with guest speaker, £2.50 (inc full breakfast) Feldenkrais Workshop: 'Finding Your Centre', £25/£30 Live Music: with Daz, Roo & friends, Free The Mighty Axis Sound System: vintage reggae with Dr Huxtable, Free Souled Out: the biggest soul band in the valley, £10/£8 | 9am 10am-1pm 8pm-late 8pm-late 9pm | White Swan, Hebden Bridge 01422 844650 Hope Centre, Hebden Bridge 01422 882923 Pulse Café Bar, Todmorden 01706 817010 Marshalls Bar, Hebden Bridge 07980 394648 Trades Club, Hebden Bridge 01422 845265 |
| SUN 4 | Antiques & Collectors' Fair, 60p/40p Farmers' Market Sacred Song Workshop: all welcome, £6 Wes Paul presents: Calder Cats open mic, everyone welcome, Free Open Mic Night | 8am-4.30pm 10am-4pm 2-4.30pm 7pm 8pm | Mytholmroyd Community Centre 01484 721013 Lees Yard Car Park, Hebden Bridge 01422 359034 Hope Centre, Hebden Bridge 01422 842424 Jack's House, Todmorden 07806 775639 Nelsons Wine Bar, Hebden Bridge 01422 844782 |
| MON 5 | Evolving Minds: public meeting about understanding mental health, By donation | 7.30pm | Stubbing Wharf Inn, Hebden Bridge 07984 480224 |
| TUE 6 | Hebden Bridge Library Reading Group, Free Write Out Loud: open mic poetry evening, turn up & watch or read, Free | 7.30pm 8pm | Hebden Bridge Library 01422 844748 Hole In The Wall, Hebden Bridge 07791 074250 |
| WED 7 | Todmorden Writers Group, Free Wadsworth Women's Institute: talk followed by refreshments, new members welcome Todmorden Conservation Group: planning & development issues | 7pm 7.30pm 7.45pm | Pulse Café Bar, Todmorden 01706 817010 Old Town Cricket Club, nr Hebden Bridge 01422 842623 Todmorden Community Offices 01706 839656 |
| THU 8 | Life Drawing Session, minimal charge Calder Valley Organic Gardeners: with Wim Van Der Spek of Little Valley Brewery Pennine Piperholics: meet-&-play session of local pipers Steve Tilston's Trades Roots: with Pete Morton, £10/£7 | 7-9pm 7.30pm 9pm 9pm | Pulse Café Bar, Todmorden 01706 817010 Good Shepherd Centre, Mytholmroyd 07977 929684 Fox & Goose Inn, Hebden Bridge 01422 842649 Trades Club, Hebden Bridge 01422 845265 |
| FRI 9 | Kapeesh: with Beat Swanking & Daddy Tone, £6/£4 | 9.30pm | Trades Club, Hebden Bridge 01422 845265 |
| SAT 10 | Yoga Workshop: with Elaine Shillitoe, booking essential, £20 inc refreshments Friends of Nutclough Woods Activity Day: wear work clothes, bring lunch Todmorden Lawn Tennis Club's Dinner & Dance: with 5-course meal, live music & DJ, £35 6.30pm-1am Exhibition Opening: with live music from Joe Rybicki, Free 'Marine Life Around the British Isles': Todmorden Natural History Society talk, Visitors £2 Peculiar Blue: acoustic duo, Free Mik Artistik & Nice Sharp Pencils: surreal comedian, singer & performance artist, £6/£4 | 10am-1pm 10.30am-4.30pm 6.30pm-1am From 6.30pm 7.15pm 9pm 9pm | Hope Centre, Hebden Bridge 01422 842424 Nutclough Woods, Hebden Bridge 01422 847334 Todmorden Town Hall 01706 815265 Pulse Café Bar, Todmorden 01706 817010 Central Methodist Church, Todmorden 01706 817233 Hole In't Wall, Hebden Bridge 01422 845771 Trades Club, Hebden Bridge 01422 845265 |
| SUN 11 | LGBT Fell/Trek Running | 11am | Various Locations, Calderdale 07709 000436 |
| MON 12 | Creative Courses: 9.30am-12: Art for the Terrified (£85/10-weeks), 7-9pm: Bookbinding (£45/5-weeks) Calderdale Amnesty International Group Meeting: all welcome | 9.30am-12 7.15-9.15pm | Northlight Art Studios, Hebden Bridge 01422 843519 Upstairs in Spirals, Hebden Bridge 01422 842579 |
| TUE 13 | Creative Course: Women and Art, £45/5-week course Second Organic House Readers' Group, Free Carers Support Group: transport & sitter costs can be arranged, Circle Dance For All: start of 10-week course, £55/10 weeks (with discounts available) Todmorden Library Readers' Group | 9.30am-12 10am 10.30am-1pm 7.30-9.30pm 7.30pm | Northlight Art Studios, Hebden Bridge 01422 843519 Organic House Café, Hebden Bridge 01422 844748 Oddfellows Hall, Todmorden 01422 369101 Riverside School, Hebden Bridge 01422 382952 Todmorden Library 01706 815600 |
| WED 14 | Creative Course: Painting and Drawing, £85/10-week course 'Yorkshire Cotton': Hebden Bridge Local History Society talk by George Ingle, £4/£2 inc pie/peas St Joseph's Players present: 'Dick Whittington', pantomime, £7/£5 (to 17th) Hebden Bridge Astronomy Society: talk on 'The Aurora Borealis', Visitors £3 | 7-9pm 7.15pm 7.30pm 7.30pm | Northlight Art Studios, Hebden Bridge 01422 843519 Hebden Bridge Methodist Hall 01422 882441 Hippodrome Theatre, Todmorden 01706 818181 Hope Baptist Church, Hebden Bridge 01422 378368 |
| THU 15 | Creative Courses: 9.30am-12: Creative Textiles, 7-9pm: Writing For The Stage, £85/10-weeks Circle Dance (& some Alexander Technique) For Women: all welcome, £55/10 weeks Auction: antiques & collectables, viewing in morning & Wed 4-6.30pm Of Dreaming Faces present 'Fortunes': performance fusing music & live mixed film, £3/£2 | 9.30am-12 7-9pm 10.15am-12.15 12 noon 8.30pm | Northlight Art Studios, Hebden Bridge 01422 843519 New Oddfellows Hall, Todmorden 01422 382952 Fairlea Mill, Luddenden 01422 886648 Trades Club, Hebden Bridge 01422 845265 |
| FRI 16 | Rock Night: with Heltter Skelter, Revolver & rock DJs, £6/£4 Kismet: Eastern dance & Balkan beats with DJ Babel, Free | 9pm 10pm-late | Trades Club, Hebden Bridge 01422 845265 Hole In't Wall, Hebden Bridge 01422 845771 |
| SAT 17 | Non-Duality Meeting: with Jeff Foster, also 2-5pm on 18th, £20 Sat/£15 Sun/£30 both Funk Night: with DJ Taz, Free | 11am-5pm 8pm-late | Hope Centre, Hebden Bridge 07881 665909 Pulse Café Bar, Todmorden 01706 817010 |
| SUN 18 | Farmers' Market Open Mic Night, Free | 10am-4pm 8pm-late | Lees Yard Car Park, Hebden Bridge 01422 359034 Pulse Café Bar, Todmorden 01706 817010 |
| MON 19 | Guitar Circle: with Hebden Bridge Guitar Society, £2 Introduction to Aromatherapy, £6/£5 Todmorden Women's Institute Meeting | 7-9pm 7.30pm 7.30pm | St James Church, Hebden Bridge 01706 375098 Zion Housing Co-operative, Hebden Bridge 07790 761702 Oddfellows Hall, Todmorden 07966 753807 |
| WED 21 | L.E. Butler reads from her acclaimed novel 'Relief', Free Todmorden Writers Group, Free Feminist Readers' Group, Free | 6pm 7pm 7.15pm | Pulse Café Bar, Todmorden 01706 810159 Pulse Café Bar, Todmorden 01706 817010 White Lion, Hebden Bridge 01422 844748 |
| THU 22 | Life Drawing Session, minimal charge Fallen Horses: high octane country rock, £6/£4 | 7-9pm 9pm | Pulse Café Bar, Todmorden 01706 817010 Trades Club, Hebden Bridge 01422 845265 |
| FRI 23 | Alexander Technique Group Course: 6-week course starting, £38/6wks S R Gents & Dr Butler's Hatstand Medicine Band: good time rags and reels, £6/£4 Rebel Alliance: eclectic dance & reggae, Free Family Social, Café & 'Kids Stuff Magic': part fund-raising for Steiner Initiative, £7/£5/Free | 10am-12 9pm 10pm-late 3-5.30pm | Salem Centre, Hebden Bridge 07939 521934 Trades Club, Hebden Bridge 01422 845265 Hole In't Wall, Hebden Bridge 01422 845771 Trades Club, Hebden Bridge 01422 844135 |
| SAT 24 | Golden Years: reflexology for the elderly, please book appointment, £10 'Detox' Night: with DJ Beaky, Free Women's Disco, £3 The Call: blues & jazz band, Free Sneeze presents: DJ Andy Votel and Jonjo Feather, £7.50/£5 | 11am-4pm 8pm-late 9pm-1am 9pm 9pm | Hope Centre, Hebden Bridge 01484 682498 Pulse Café Bar, Todmorden 01706 817010 B@r Place, Hebden Bridge 01422 842814 Cross Inn, Heptonstall 01422 847563 Trades Club, Hebden Bridge 01422 845265 |
| SUN 25 | Songs of Praise with Todmorden Community Band: a New Year Celebration, Free Free Radicals: with video activist collective 'Reel News', Free | 7pm 8pm | Todmorden Town Hall 01706 508085 Trades Club, Hebden Bridge 01422 845265 |
| MON 26 | Agriculture & History in the Pennine Landscape: 10-week research project, £50/£40 | 7.30-9.30pm | Hope Baptist Chapel, Hebden Bridge 01422 842847 |
| WED 28 | 'The Mixenden Treasure': HB Local History Society talk by John Billingsley, £2 non-members Sally Rocks The Valley: metal night with Vehicle Field, Bury Tomorrow & Rising Armed, £4/£3 | 7.15pm 9pm | Hebden Bridge Methodist Hall 01422 882441 Trades Club, Hebden Bridge 01422 845265 |
| THU 29 | Auction: antiques & collectables, viewing in morning & Wed 4-6.30pm Open Worship: reflection, discussion, meditation, all religions & beliefs welcome Bike Boot Sale Brian Acton: jazz guitarist, Free | 12 noon 7.30-8.30pm 7.30pm 9pm | Fairlea Mill, Luddenden 01422 886648 Todmorden Unitarian Church 07806 775639 Big D's, Todmorden 01706 839107 Cross Inn, Heptonstall 01422 847563 |
| FRI 30 | Tales from the Wharf: traditional storytelling, £5/4 Dirty Ticket: Women's Refuge Association benefit with eclectic DJs & performance, £5 | 8pm 9pm | Stubbing Wharf Inn, Hebden Bridge 01422 844107 Trades Club, Hebden Bridge 01422 845265 |
| SAT 31 | Yoga Day: booking essential, £25 Meat Loaf tribute act, Free Universal Worship Service: interfaith service Cabaret Heaven: with Lorraine Bowen and the Hi-Tone Poppas, £10/£7 Svengali: shake your ass to garage, psych, freakbeat, mod, funk & soul, Free | 12-4.30pm Evening 7.30pm 9pm 9pm-late | Hope Centre, Hebden Bridge 07961 093137 White Swan, Hebden Bridge 01422 844650 Spirals, Hebden Bridge 07825 168742 Trades Club, Hebden Bridge 01422 845265 Hole In't Wall, Hebden Bridge 01422 845771 |

All Events Listings are free
Adverts start at £12 per month
Please contact us with details
or enquiries on **01422 844956**
The deadline for February's
issue is Thursday 15th JANUARY

Are you interested in running
The Hebden Diary?

Due to other commitments, we
are looking for someone to pass
it on to and enable this
publication to keep going.

Please contact us on 01422
844956 if you're interested,
or even merely curious.

FOX & GOOSE INN

NEXT BEER FESTIVAL:
6th Anniversary: 'The Big Five-0'
From Friday 22nd to
Monday 25th May 2009

MUSIC SESSION: every Wednesday
From Cajun to English.
All welcome.

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Chef **Paul Hannam** Full Menu **Wed-Sun**

Mon: open 6-11
Tue: 6-11 (Irish Music Night "If you can play it fetch it")
Wed, Thu, Fri, Sat: open 12-11 (Food 12-3 & 5-9)
Sun: open 12-10 (Traditional Sunday Lunch 12-8)

Last food orders 15 minutes before close
Teas, coffees, sandwiches & snacks also available
Small buffets & parties catered for

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High-quality Homemade Food and Drinks.
We use only Fresh Ingredients, with no added
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