

# The Hebden Diary

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

## JULY 2009

### WHAT'S ON THIS MONTH

SHOP LOCAL ~ THINK GLOBAL

### The Bear Health Foods & Cafe

A Workers' co-operative for 30 years

**Bear Health Foods** • Home-cooked vegetarian food with seasonal specials

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We use only Fresh Ingredients, with no added colourings or flavourings. Baby-change Facilities & High Chairs available.  
Beautiful Tea Garden. Functions catered for.

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**Music and Live Bands every Friday & Saturday**

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- Home cooked food
- Regular entertainment

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### DRY STONE WALLING COURSE AT COLDEN

Saturday 15th and Sunday 16th August 2009

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[info@hadriansdrystonewalls.com](mailto:info@hadriansdrystonewalls.com)

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New Beer Garden with Free BBQ Facilities

Open Mon-Fri, 4-11.30pm, Sat & Sun 12-11.30pm  
Small events catered for

WED 1

THU 2

FRI 3

SAT 4

SUN 5

MON 6

TUE 7

WED 8

THU 9

FRI 10

SAT 11

SUN 12

MON 13

TUE 14

WED 15

THU 16

FRI 17

SAT 18

SUN 19

MON 20

WED 21

FRI 23

SAT 24

SUN 25

MON 26

FRI 30

SAT 31

Fred Langford Edwards' photographic exhibition, Free to 12th July	10.30am - 5.30pm	Arts Festival Shop, Hebden Bridge	07765 235989
'Labyrinths at the Fringe', led by Linda King £1.50 - £5	3.45-5.30/7.15 - 9.30pm	Holme St. Arts Centre, Hebden Bridge	01422 845845
Renew exhibition: Designers creating new from old, (until 19th July)	6pm-8pm	Arts Centre, Hebden Bridge	01422 842424
Steps Programme: spiritual teaching, £5	7pm	Hope Centre, Hebden Bridge	01422 842424
Todmorden Choral Society, with new Youth Choirs: Summer Concert, By donation	7.30pm	Central Methodist Church, Todmorden	01422 846140
Wadsworth Women's Institute: Wadsworth WI Summer Soiree	7.30pm	Old Town Cricket Club, Hebden Bridge	01422 842623
Hebden Bridge Library Reading Group: Free	7.30pm	Hebden Bridge Library	01422 844748
Todmorden Conservation Group: planning & development issues, Mark Steel - BAFTA nominated comedian: 'What's Going On?', £13/£15	7.45pm	Todmorden Community Offices	01706 839566
The Re-Entrants: Two voices and two ukuleles £6	8pm	Picture House, Hebden Bridge	01422 842684
'Dance for Life': a Biodanza taster session with Roger King (Love2Dance), £4/£5	9.30pm	Hole In't Wall (upstairs), Hebden Bridge	01422 842684
The Northern Jazz Orchestra: big band standards & contemporary jazz, £5/£8/£10	7pm - 9.30pm	Central Street School, Hebden Bridge	07765 235989
Dis John Armstrong & Waka: Dance music, Free (also 16th)	8pm	Calder High School, Mytholmroyd	01422 842684
Nabara Performance Dance: with Kikassan Jan & Roger (Love2Dance), £3/£4 (also 12th)	8pm	Pulse cafe, Todmorden	01706 817010
Hebden Bridge Open Studios: 58 visual artists and craftspeople, free (to 5th)	11am-5pm	Methodist Church Hall, Hebden Bridge	07765 235989
Dorothy Simister - Open Studio: Paintings: shops and seeds (top floor), Free (also 4th & 5th)	11am-5pm	Various studios, Hebden Bridge	01422 845151
Full of Sound & Fury: Dreamscape Theatre dark comedy, By donation	8pm	Machpelah Mill, Hebden Bridge	07814 193045
Battle of the Bands 2: Free	9pm	Calder High School, Mytholmroyd	01422 842684
Empirical: Tribute to Eric Dolphy - (jazz hip hop), £8/£10	9.30pm	Hole In't Wall, Hebden Bridge	01422 845771
80's disco night	Evening	Trades Club, Hebden Bridge	01422 842684
Went's Breakfast: with guest speaker, £2.50 (inc full breakfast)	10am-1pm	Sportsman's Arms, Kebleton	01706 813449
Yoga Workshop: including refreshments, £20	10am-1pm	Hope Centre, Hebden Bridge	01422 843756
Kundalini Workshop: 'Creating Abundance', £54	10am-5pm	Fielden Centre, Todmorden 07704 855296 or	01706 810750
Street Entertainment: ft. Desperate Men's 'Darwin and the Dodo', Free	11am	St Michael's Square, Mytholmroyd	01422 842684
Long Nose Puppets: Flyaway Katie by Polly Dunbar, £4/£6	11am-3pm	Little Theatre, Hebden Bridge	01422 842684
Labyrinth Walk: walking meditation with the Chartres labyrinth, £5	1pm	Mytholmroyd Community Centre	01422 843232
Gemma Beeson: piano recital, £4/£6	1pm	Parish Church, Heptonstall	01422 842684
Literary Lunch: with Katie Forde & Eleanor Moran (2 courses + wine), £24	1pm	Noyles, Hebden Bridge	01422 842684
The Hebden Singers: British Sign Language Practice Group, Free	3pm	B@r Place, Hebden Bridge Deeslopwer@gm.com	01422 842684
Katie Forde and Eleanor Moran: Readings and discussion, £6	4.30pm	Artsmill, Linden Mill, Hebden Bridge	01422 842684
The Hepton Singers: English and Scottish vocal music, £2/£8/£10	8pm	Parish Church, Heptonstall	01422 842684
Pic: rock, blues, folk & jazz, free	9pm	Sportsman's Arms, Kebleton	01706 813449
Lisa Marie Glover: acoustic / jazz / , Free	9pm	Pulse cafe, Todmorden	01706 817010
The Elms: Free	9pm	Hole In't Wall, Hebden Bridge	01422 845771
Went's Breakfast: Grand 25th anniversary - ska, rock & reggae, £6/£8	9.30pm	Trades Club, Hebden Bridge	01422 842684
Antiques & Collectors' Fair: 40p/40p	8am-2.30pm	Mytholmroyd Community Centre	01422 843232
Farmers' Market: £20/stall (also 19th)	10am-4pm	Lees Yard Car Park, Hebden Bridge	01706 819731
Peadar Long & Dave Nelson: Global jazz ensemble 11/£4/£6	1pm	Heptonstall Church	01422 842684
Sacred Song Workshop: all welcome, £6	2-4.30pm	Hope Centre, Hebden Bridge	01422 842424
Blue Aurora: rock, Free	2.30pm-5.30pm	Pulse cafe, Todmorden	01706 817010
Dance Space for all: 5 Rhythms for everyone with Sarah Blagg (Love2Dance), £3-£6	3.30pm-5.30pm	Holme St. Arts Centre, Hebden Bridge	07765 235989
Open Mic Night	8pm	AJ's, Hebden Bridge	01422 842684
TC Collective: A brew of jazz, flamenco, gypsy and hotclub influences, £8/£10	9pm	Nelsons Wine Bar, Hebden Bridge	01422 842684
Evolving Minds presents Piagamort! Entertaining lecture, £6 includes chips!	7.30-9.30pm	Upstairs (Stubbing Wharf Pub)	07984 800223
The Wrekin Cycle: tales about travels aboard a narrowboat, £6	8pm	St Michael's Church Hall, Mytholmroyd	01422 842684
Poetry Workshops with Julie Kose Clark: Bring colour!	10am-12pm	Nutclough Zoon Co-op, Hebden Bridge	01422 843232
Ruth Padell and Jan Fortune - Wood: Poetry, Darwin and theory, £8	8pm	Little Theatre, Hebden Bridge	01422 842684
Write Out Loud: open mic poetry evening, turn up & watch or read, Free	8pm	Hole In't Wall, Hebden Bridge	07791 074250
Nat King Bing	9pm	Hole In't Wall, Hebden Bridge	01422 845771
Harp & Hangovers: laid back, late night chill-out music, £6	9.30pm	Hole In't Wall (upstairs), Hebden Bridge	01422 842684
Todmorden Writers' Group: Free (also 22nd)	7.30pm	White Hart, Todmorden	07588 122919
Jon Richardson and Shappi Khorsandi: comedy double bill, £10/£12	8.30pm	Pulse Cafe Bar, Todmorden	01706 817010
Dave McKinley and Squaredore: Acoustic double bill, £6	9.30pm	Picture House, Hebden Bridge	01422 842684
A Chance to Dance 5 Rhythms: with Mark Boylan (Love2Dance), £5-£9	7.15pm-9.45pm	Hole In't Wall (upstairs), Hebden Bridge	01422 842684
Torq guitar quartet: African influences, rock and jazz, £2/£6/£8	8pm	Central Street School, Hebden Bridge	07765 235989
Trades Roots CD launch: Steve Hilston, Wizz Jones, Maggie Boyle, Dave Bowie, Chris Parkin, £8/£10 9pm	8pm	St Michael's Church, Mytholmroyd	01422 842684
Reggae night: with Anonymously, Free (and 23rd)	9pm	Trades Club, Hebden Bridge	01422 842684
Pennine Pipers: meet-&-play session of local pipers, Flossie Malavalie: £7/£10	9pm	Fox & Goose Inn, Hebden Bridge	01422 842649
Blues night	Evening	Hole In't Wall	01422 845771
Homeopaths: free Consultation (Fortnightly) Also alt. Sats	Evening	Cross Inn, Heptonstall	01422 847563
Fun Circus Show: with Professor Fiddlerskiss. (For all ages), £3/£4 (also on 11th at 1pm)	5.30pm	The Bear, Todmorden	01706 813737
'The World's Wife': Linda Marlowe's one-woman show adapted from poems of Carol Ann Duffy, £8/£10 7.45pm	7.45pm	Central Street School, Hebden Bridge	07765 235989
Barb Jung Award winning singer: songs of war and peace in her new show £5/£10/£12	8pm	Little Theatre, Hebden Bridge	01422 842684
Curry Night: (includes curry & a pint), £6	9pm-late	Calder High School, Mytholmroyd	01422 842684
Svegnali: shake your ass to garage, psych, freakbeat, mod, funk & soul, Free	9pm-late	Sportsman's Arms, Kebleton	01706 813449
The Steals: Mysterious, heart-breaking, life-affirming psychedelic folk music, £8	9.30pm	Hole In't Wall (upstairs), Hebden Bridge	01422 842684
La Putea Let's Get Fringe-y: festival party: wear fringes and get £1 off on the door, £5/£7.50 9.30pm	9.30pm	Trades Club, Hebden Bridge	01422 845265
Friends of Nutclough Woods Activity Day: wear work clothes, bring lunch, Yoga Workshop: Booking essential - call Julia, £25	10.30am-4.30pm	Nutclough Woods, Hebden Bridge	01422 847334
Trades Roots CD launch: Steve Hilston, Wizz Jones & walkabout theatre, Free	12pm-4pm	Hope Centre, Hebden Bridge	07961 093137
Heptonstall Festival: bands, catering, organic beer, face-painting etc, Free	12pm-6pm	Picture House, Hebden Bridge	01422 842684
Maryn Jackson: violin recita, £1/£3/£6	1pm	Weaver Square, Heptonstall	01422 842629
Circus Skills: Free play work shops (6+), £4/£6	2.30pm	Heptonstall Church	01422 842684
AL Kennedy: Multi-award winning novelist and columnist, £8	8pm	Central Street School, Hebden Bridge	07765 235989
Martin Sturfall: Acclaimed Swedish pianist £2/£8/£10	8pm	Little Theatre, Hebden Bridge	01422 842684
Urban Strings: Dynamic urban music, £7/£9	9pm	Heptonstall Church	01422 842684
Fat Rascals (rock covers) and Low Riders (Singer-song-writers): Free	9pm	Trades Club, Hebden Bridge	01422 842684
Graham Robinson: (solo acoustic, blues & ragtime), free	9pm	Sportsman's Arms, Kebleton	01706 813449
Mabel Blue: (singer-songwriter) , Free	9pm	Pulse cafe, Todmorden	01706 817010
Shake your Tailfeather, Free	9pm	Hole In't Wall, Hebden Bridge	01422 845771
Electronic Fringe Weekend	All weekend	Hole In't Wall (upstairs), Hebden Bridge	01422 845771
Buddhist meditation & discussion group (Western Chan Fellowship), £3 inc. soup (also 26th)	7pm-9pm	The Pulse Cafe, Todmorden	01706 160721
LGBT Fell/Trek Running	11am	Various Locations, Calderdale	07709 000436
Natasha Lea Jones: (acoustic) , Free	2pm	Pulse cafe, Todmorden	01706 817010
Ensemble: Small voice choir sings acappella music of Finland, £6/£8	2pm	Waincote Chapel, Old Town	01422 842684
Ian Marchant: Author of 'The Longest Crawl' will read his work & host a quiz, £5	8pm	Noyles, Hebden Bridge	01422 842684
Nathan Riki Thomson: and multi-instrumentalist: an evening of world jazz, £7/£9	9pm	Trades Club, Hebden Bridge	01422 842684
Calderdale Amnesty International Group Meeting: all welcome	7.15-9.15pm	Upstairs in Spirals, Hebden Bridge	01422 842579
Larers Support Group: transport & sitter costs can be arranged	10.30am-1pm	GP Practice, Todmorden	01422 369107
Second Organic House Readers' Group: Free	1pm	Organic House Cafe, Hebden Bridge	01422 844748
Todmorden Library Readers' Group: Free	7.30pm	Todmorden Library	01706 815600
Feminist Readers' Group: Free	7.15pm	White Lion, Hebden Bridge	01422 844748
Calder Valley Auction: antiques & collectables (a televised auction for IVI), Free (and 23rd)	11.2pm	Fair Lea Mill, Ludendenfoot	01422 846498
Black Umfalos: spectacular songs and dances - from Zimbabwean group, Black Bloc	9pm	Trades Club, Hebden Bridge	01422 845265
The Wes Paul Band: 50s/60s rock n roll, blues, country, rockabilly, Free	9pm	Trades Club, Hebden Bridge	01422 845265
Miners Club: free	9pm	Hole In't Wall, Hebden Bridge	01422 845771
Feldenkraus workshop: Finding your feet, £25/£30	10am-1pm	Hope Centre, Hebden Bridge	01422 842923
Craft Market: Hand-made local crafts and great vegetarian cafe, Free	11am-5pm	Holme St Arts Centre	01422 843186
Quiet Rebellion: Free	9pm	Hole In't Wall, Hebden Bridge	01422 845771
Palestine Fundraiser: with Fat Rascals & Ed Trance, The Invaders: (reformed band), Free	Evening	Trades Club, Hebden Bridge	01422 845265
Nonduality Talk: with Jeff Foster (upstairs), £35	9pm	Sportsman's Arms, Kebleton	01706 813449
Todmorden Changes Heritage Walk: meet Ed Westbrook at Todmorden Town Hall, £3	11am-5pm	Hole In't Wall, Hebden Bridge	01422 845771
Folklore of Birds: ( acoustic / folk / indie ) , Free	2pm	Pulse cafe, Todmorden	01706 817010
Pie, pint & praise: celtic worship from Runfield Baptist Church, Free	7.30pm	Sportsman's Arms, Kebleton	01706 813449
Todmorden Women's Institute Meeting	7.30pm	Oddfellows Hall, Todmorden	07966 753807
Guitar Circle: with Hebden Bridge Guitar Society, £2	9pm	St James Church, Heptonstall	01422 845771
Non Fiction Reading Group: Free	11am	Organic House Cafe, Hebden Bridge	01422 841902
Trades Question Time: What future for British Politics?	11am-1.15pm	Trades Club, Hebden Bridge	01422 845265
Geek Girl: Free	9pm	Hole In't Wall, Hebden Bridge	01422 845771
Guitar George	Evening	Cross Inn, Heptonstall	01422 847563
Damien Howard and the Ploughboys: an eclectic mix of folk musicians, Golden Years: reflexology for the elderly, please book appointment, £10	Evening	Trades Club, Hebden Bridge	01422 845265
Black & White Radio: (electroacoustic / fusion / folk rock) , Free	11am-4pm	Hope Centre, Hebden Bridge	01422 845265
Idle Hands: Free	9pm	Pulse cafe, Todmorden	01706 817010
Women's Disco: £3	9pm-1am	Hole In't Wall, Hebden Bridge	01422 845771
Fund raiser for White Ribbon Campaign: Mean Business	11am-1pm	Trades Club, Hebden Bridge	01422 845265
Birthdays party all invited: various live musicians, Free	9pm	Sportsman's Arms, Kebleton	01706 813449
The Troubadors: ( indie / folk rock / country ) , Free	2pm	Pulse cafe, Todmorden	01706 817010
Open Worship: reflection, discussion, meditation, all religions & beliefs welcome, Free	7.30-8.30pm	Todmorden Unitarian Church	07806 775639
Trades Question Time: The People's vision for Hebden Bridge	Evening	Cross Inn, Heptonstall	01422 847563
Approaches to Landscapes: weekend course £150 inc lunch and basic kit (also 1st/2nd August 9pm/10am-4pm)	11am	Trades Club, Hebden Bridge	01422 845265
Tales from the Wharf: traditional storytelling, £5/£4	8pm	Stubbing Wharf Inn, Hebden Bridge	01422 842117
What the Freak: Free	Evening	Hole In't Wall, Hebden Bridge	01422 845771

All Events Listings are free: please contact Bridget on 07747 802808

Adverts start at £12: please contact Julie on 01422 311218

The deadline for August's issue is 15th July

### FOX & GOOSE INN

NEXT BEER FESTIVAL:  
Friday 20th to Sunday 22nd  
November

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

## JULY 2009

### REGULAR EVENTS & ACTIVITIES

<p>Early morning Taize singing (also Thursdays), by donation Love 2 Dance - Daily morning dance/meditation space, £2/£3 (every day) Therapeutic Yoga Classes: booking essential, £40/£6 sessions Pilates Courses with Yanda: beginners 10am, improvers 11.10am Language Cafe informal conversation, any language welcome Ladies non-contact boxing &amp; fitness, £4 Jewellery making workshop, £12 (also Weds 6.30pm) Kundalini Yoga, £5/£5 Todmorden Walkabout: short ambles (13th &amp; 27th) (also Sun 5th &amp; 19th, Drawing &amp; Painting Workshops all welcome, phone to book, £5.75 Popular Ballroom Sequence Dancing, £1.50 Non-contact boxing, fun &amp; fitness age 6-11, £4/£7 (pair of siblings) Hatha Yoga Classes, £6/4.50 (also Fri at 9.15am) Tennis floodlight pay &amp; play, beginners welcome, racquets provided, £4 Pilates improvers session, £5 (also Wed, 6.15 &amp; 7.30pm) Beginners Step &amp; Tone, £3 or £15/6wks Krit &amp; Matter Knitting group for beginners &amp; intermediates, £5 inc refreshments Riding for the Disabled details from hebdenbridgeda@btinternet.com, £10 Evening Dance Classes: adult tap, 7.15-8pm, jazz dance, 8-8.50pm, £3.50 per class Circus Session, £4 Ashtanga Yoga: booking essential (in reception room) £24/£12 for 4 sessions Shotokan Karate adults, all abilities, £3 (also Wed) Hebden Bridge Chess Club, £1/50p Drawing Classes with Peter Stanyer, £5 Todmorden Bridge Club: new members welcome, phone to confirm details, 50p Basic Dog Obedience Training, £30 for 10 weeks Feldenkrais Method: making moving easier, £7/6 (No class 27th July) Tai Kwon-Do Classes, (also Wed) Wing Chun Kung Fu (Wong Shun Leung Method), £5 Circuit Training with Weights: women only, £4.50 Chinese Martial Arts: Cheng Man Ching Form &amp; Qigong, £40/£30 for 10wks Music around the fire, Free Pilates Classes beginners (also Wed 7.15pm &amp; improvers 8.30pm) Horse &amp; Pony Hacks: riding experience needed, £25 (also Sat 2-4pm) Volunteer drop-in info on local volunteering opportunities, Free Meditation all welcome, £3 inc refreshments (also Thu 7.30pm) Gentle Exercise to Music for over 50s, seated or standing £1 (also Thu) Over 50s Drop-in Yoga for Pregnancy, £7 (also Wed 1.30pm) Short Form Tai Chi: all abilities &amp; all ages, £3 (also Fri 7.30pm) Yoga Classes all levels welcome - No classes between 16th July &amp; 1st September Pilates intermediates 6.30pm, beginners 7.30pm, booking advisable £5 Circuit Training with Weights &amp; Cardio: women only, £4.50 Ladies' Keep Fit, £3.50 Ashtanga Yoga, £30/6 weeks or £7 drop in (also Yoga for Pregnancy Thu 7-8.15pm) 7-8.30pm Iyengar Yoga all welcome, £6 waged/£5 unwaged (also Thu 7.30-9pm) Hatha Yoga Classes, £6/4.50 Modern Sequence Dancing: new dances taught, £2 Kundalini Yoga everyone welcome, £6 Circle Dance for All with Sophia Hatch, £57 waged/11wk (11 weeks course) 7.30 - 9.30 pm Irish Music Session: all musicians welcome. Free Folk Music Session, Free Kum Nye early morning Tibetan Yoga, £3 (also Fri) Hebden Bridge Market: second hand £10.90/stall Drawing &amp; Painting Workshops all welcome, phone to book, £5.75 Occasional Break Art &amp; Craft Group all aspects of craftwork, all welcome, £1.50 Nia Dance Class: new classes &amp; personal growth classes, £6.50 (first class free) 10-11.30am Yoga with Julia Ackroyd - No classes between 16th July &amp; 1st September (also Thu) 6pm Taekwondo all levels welcome, £3 (also Fri) Fitness Classes: Boxercise Class 6.30-7.30pm, Bodifit Circuit 7.30pm, £4.50 Boxing mixed classes, £4 Todmorden Harriers' Pack Run fell running, free Iyengar Yoga with Debbie Bartholomew Slimming World classes healthy eating plans Painting Group anyone welcome, Small change Meditation Class beginners to advanced, £6 or £30/6wks Calder Valley Women Singers all women welcome, £5/£3 Todmorden Choral Society weekly choir practice, (1st July last session till Sept) Hebden Bridge Camera Club Meeting new members welcome, Guests, £2 Heart Circle with Heart-opening Sacred Dance and Chant, £5 Blue Grass music, free Juggling &amp; Circus Skills Club all welcome, £1.50/75p Open Mic Surgery acoustic session, free Music Session everything from swing to bluegrass, free Todmorden Women's group until end of July Hebden Bridge Market: normal retail, £13.40/stall Volunteer drop-in info on local volunteering opportunities, free Watercolour &amp; Drawing Classes beginners &amp; improvers, £7.50 or £60/term Circle Dance for Women with Sophia Hatch, £57 waged/11wk Tai Chi for Over 55s to help improve balance, phone for details, £3 Pilates Classes please book, 11.20am Pilates Plus, 12.30pm Beginners, 1.40pm Pilates after baby Gardeners Days share produce &amp; ideas, all welcome (also Fri at Bowling Club Allocations) 12pm Knitting Group Kid Gloves non contact boxing for children aged 6 upwards £4 (to end of term in July) Weight Watchers: Kickstart your weight loss with healthy eating plans Fitness Classes: circuit training 6pm, body conditioning 7pm, £4.50 Life Drawing Family Games Night some games in club, own games and guests welcome Life Drawing with Alan Gummerson, all abilities welcome, £5 Keep Fit with Mary Calvert Quiz night with cash prize, £1 Tai Chi &amp; Chi Gung Chinese ways of health &amp; well-being, all welcome, £6 Therapeutic Yoga Class booking essential, £40/6 sessions Hebden Bridge Hill Millies women's Cotswold Morris Dancing, all welcome, £2 Open Mic Night with Nick, everyone welcome, free Puls Cafe Open Mic Night, free Glitterball 70s, 80s &amp; 90s night, £2 Folk Music Session singers &amp; musicians Yoga with Julia Ackroyd - No classes between 16th July &amp; 1st September (also Wed 9.30am) 9.30 &amp; 11.15am Nia Dance Class new fitness &amp; personal growth classes, £6.50 (1st class free) 10-11.30am Alexander Technique Group Course 6wk course from 8th May, £38/6wks Line Dancing: All levels welcome, £2 Feelgood Singing Group Singing for fun, all abilities welcome! £2 Yoga with Helen small, friendly class, £30/6 sessions Wing Chun Kung Fu Classes all welcome, £5 Open Mic for more details www.myspace.com/pulsecafebar Acute Homeopathy Clinic with consultation &amp; prescription, £5 inc treatment Live Music for more details www.myspace.com/pulsecafebar Live Music: See Monthly Listings for more details, free Hea Market bric-a-brac, tratts, books, jewellery &amp; art Circular Walks with the Ramblers' Association 8-12 miles, free Keep Fit all abilities class, £4.50 Boxing mixed classes, £4.50 Antiques &amp; Collectables Valuations different experts each Sunday, call for details, free 12-3pm Summer Archery with White Rose Archers, (also Thu 7.15-9pm) Acoustic afternoons for more details www.myspace.com/pulsecafebar Live Music, free Becky's Singing Class: suitable for all levels, £3</p>	<p>8am - 8.30am 8.30am - 9am 9.15-10.30am &amp; 10.45am-12 (also Tue) 10-11.30am 10-11am 10-12am 10.15-11.45am 11.15am from (Morrison's) 10.45am 1-3pm 1.15-3.45pm 4.15-5.15 5.45 &amp; 7.30pm 6-7.30pm 6.15pm 6.15-7.15pm 6.15-6.30-8pm 8-9.30pm 7.15pm 7.15pm 7.30pm - 9pm 7.30pm 7.30pm 7.30pm 7.30-8.30pm 7.30-8.45pm 7.30-9pm 8-9.30pm 9.30pm 8.40pm 9.30-11.30am 10am-1pm 12.30pm 8pm 6.45-8pm 2-3pm 2-3.30pm 5.45-7pm 6pm 6.15 &amp; 8pm From 6.30pm 8pm 6.45-8pm 7-8.30pm 7-8.30pm 7.15pm 7.15-9.45pm 7.30-9pm 8.30pm 9pm 8-8.30am 8am - 4pm 9.30am-12, 1-3pm &amp; 7-9pm 11.30am-1.30pm 10-11.30am 6-7pm 6-7pm 6.30pm 6.45pm 7pm 7-8.30pm 7-8.30pm 7-9pm 7.30-9pm 7.30-9.30pm 7.30-9.30pm 7.45pm 8pm 8pm 8-10.30pm 9pm 9pm 10am-1pm 8am - 4pm 10am-1pm 10am-12, 1-3, 7-9pm 10.15am 10.30-11.30am 7.30-9.30pm 7.45pm 8pm 8-9pm 8-9.30pm 8-9.30pm 8.30pm 9pm til 3am 9.30pm 10am-12pm 11.30am - 12.30pm 1.30-2.30pm 5.30-7pm 6-7pm 8pm 11am-4pm 9pm 9pm 9am-4pm From 9.30am 10.30-11.30am 11.45am From 12.30pm Afternoon 6.30pm 7-8pm</p>	<p>Hope Centre, Hebden Bridge 01422 842424 Heptonstall Social Club 07765 235989 Hope Centre, Hebden Bridge 07725 452713 Waterside Gym, Hebden Bridge Yanda Gaskell 01422 823743 Watergate Tearooms, Hebden Bridge Kays 01422 842798 Mytholmroyd St Michael's Church Hall 01422 842018 "B" DZ @ Artisan 07903 655662 Dodnaze Community Ctr, Hebden Bridge 01422 844146 Acorn Centre, Todmorden 01706 810733 Hope Baptist Church, Hebden Bridge 01422 843126 Todmorden Town Hall 01422 845378 Mytholmroyd Community Centre 01422 842018 Phone for details, Hebden Bridge 01422 844402 Calder High School, Mytholmroyd 07974 235637 Burnley Road Junior School, Mytholmroyd 07734 791853 Calder High Sch. Dance Studio, Mytholmroyd 07806 620443 Artica Yarns, Hebden Bridge 01422 844337 Phone/Email for details, Hebden Bridge 07963 810330 Conservative Club, Todmorden 07929 574785 Burnley Road Junior School, Mytholmroyd 07734 791853 The Hole In't Wall, Hebden Bridge 07810 816869 Mytholmroyd Community Centre 01422 883530 Trades Club, Hebden Bridge 01422 842426 Sportsmans Arms, Keboctoe 01706 813449 Conservative Club, Todmorden 01706 813518 Fielden Centre, Todmorden 01706 812270 Hope Centre, Hebden Bridge 01422 842923 Ferne Lee School, Todmorden 07789 074198 Dodnaze Community Ctr, Hebden Bridge 07734 791853 Waterside Gym, Hebden Bridge 01422 846088 Holme St Arts Centre, Hebden Bridge 01706 870071 Sportsmans Arms, Keboctoe 01706 813449 Colden School 07515 895413 Phone for details, Hebden Bridge 01422 844021 Salem Centre, Hebden Bridge 01422 348777 Hope Centre, Hebden Bridge 01422 842424 Roomfield House, Todmorden 01706 815337 Dodnaze Community Ctr, Hebden Bridge 01422 843216 Hope Centre, Hebden Bridge 01422 842424 Holme St Arts Centre, Hebden Bridge 01422 845382 Phone for details, Hebden Bridge 07961 093137 Fielden Centre, Todmorden 07734 791853 Mytholmroyd Community Centre 01422 841578 Girls Gym, Calder High School 07976 958283 Phone for details, Todmorden 01706 815039 Union House, Hall St, Todmorden 07944 647139 Phone for details, Todmorden 01422 844402 Mytholmroyd Community Centre 01422 884249 Hope Centre, Hebden Bridge 01422 844146 Riverside school Hebden Bridge 01422 382952 White Lion, Heptonstall 01422 842027 Hare and Hounds, nr Old Town 01422 842671 Hope Centre, Hebden Bridge 01422 842424 Valley Road, Hebden Bridge 01422 359034 Fielden Centre, Todmorden 01422 843126 Blackshaw Chapel, nr Hebden Bridge 01422 844808 Waterside Gym, Hebden Bridge 07788 626363 Ring for details, Mytholmroyd 07961 093137 Mytholmroyd Community Centre 07901 833249 Waterside Gym, Hebden Bridge 01422 846088 Heptonstall Social &amp; Bowling Club 07775 973526 New Delight 01422 844936 St James Church, Hebden Bridge 01422 844808 Hope Baptist Church, Hebden Bridge 01422 883149 Dodnaze Community Ctr, Hebden Bridge 01422 843216 Phone for details, Hebden Bridge 07799 627215 Little Theatre, Hebden Bridge 01422 843338 Central Methodist Church, Todmorden 01706 810096 Masonic Hall, Hebden Bridge 01422 845244 The Heart Centre, near Hebden Bridge 01422 886410 Sportsmans Arms, Keboctoe 01706 813449 Salem Centre, Hebden Bridge 01422 846693 Stubbing Wharf Inn, Hebden Bridge 01422 844107 Fox &amp; Goose Inn, Hebden Bridge 01422 842649 Fire Station Community Room, Todmorden Valley Road, Hebden Bridge 01422 359034 Social Car Service, Todmorden 01422 348777 Machpelah Works, Hebden Bridge 01422 845415 New Oddfellows Hall, Todmorden 01422 382952 Fielden Centre, Todmorden 01706 817926 Hope Centre, Hebden Bridge 07515 895413 Callis Community Garden, Hebden Bridge 01422 845868 Pulse Cafe Bar, Todmorden 01706 817010 Calder High Dance studio 07800 899923 Central Methodist Church, Todmorden 08457 123000 Waterside Gym, Hebden Bridge 01422 846088 Pulse Cafe Bar, Todmorden 01706 817010 Heptonstall Social &amp; Bowling Club Higher Strines, Colden 01422 842014 Mytholmroyd Community Centre 01422 883023 Sportsmans Arms, Keboctoe 01706 813449 Waterside Gym, Hebden Bridge 01706 214180 St James Church Hall, Hebden Bridge 07723 452713 Holme St Arts Centre, Hebden Bridge 01422 842314 B@r Place, Hebden Bridge 01422 842014 Pulse Cafe Bar, Todmorden 01706 817010 Hole In't Wall, Hebden Bridge 01422 845771 Venue nightclub, Todmorden 01706 819944 Masons Arms, Todmorden 01706 812180 Hope Centre, Hebden Bridge 07961 093137 Dawn Chapman School of Dance, Todmorden 07788 626363 Salem Centre, Hebden Bridge 07939 521934 Central Methodist Church, Todmorden 01706 815337 Central Methodist Church, Todmorden 01706 815337 Hope Centre, Hebden Bridge 07925 102461 Waterside Gym, Hebden Bridge 07884 020028 Pulse Cafe Bar, Todmorden 01706 817010 The Bear, Todmorden 01706 813737 Pulse Cafe Bar, Todmorden 01706 817010 Sportsmans Arms, Keboctoe 01706 813449 Holme St Arts Centre Hebden Bridge 01422 823589 Various Locations 01422 823440 Waterside Gym, Hebden Bridge 01422 846088 Waterside Gym, Hebden Bridge 07775 973526 Hebden Bridge Antiques Centre 01422 846561 Ferne Lee Junior School, Todmorden 01706 812945 Pulse Cafe Bar, Todmorden 01706 817010 Black Swan, Todmorden 01706 810590 Trades Club, Hebden Bridge 07973 741530</p>
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