

The Hebden Diary

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

MARCH 2012

WHAT'S ON THIS MONTH

	Todmorden Energy Day: make your home warmer and reduce your fuel bills, free 11am-2pm Studio pottery - back to basics 1st of 6, £75 (6 wk course) 6.30pm-8.30pm Chess night 7pm Calder Valley Organic Gardeners: Dianne Nichol-Browne - Slugs and Snails, Guests £1 7.30pm Quiz & Curry, £4 9pm	Todmorden Central Methodist Church 01422 369101 Old Stables Studio, Hebden Bridge 07904 158659 Fox & Goose Inn, Hebden Bridge 01422 842649 Good Shepherd Centre, Mytholmroyd 07977 929684 Trades Club, Hebden Bridge 01422 845265
THU 1	Luddenden Foot Community Association craft activities (& 16th), £5 10am-12pm Art Exhibition 7pm Free Reiki Share: all levels welcome 7pm - 9pm Original Beat Embassy: grand bazaar music by DJ Sam and DJ Dave, free 8pm H.Bridge & District International Group Present Syrum, MMRX, Stations + DJ Liam, £5 8.30pm Men's Breakfast with guest speaker, £3 (inc full English breakfast) 9am Feldenkraus Workshop: Make Moving Easier: Hips & Lower Back, £25/£30 10am-1pm Reiki First Degree (Usui Shiki Ryoho): includes 4 attainments £90 (and 4th) 10am-6pm Made in Todmorden (and 4th) 10.30am-4pm French and Breton Music Session followed by Dance, £2 1pm-5pm Two mile circular walk, £2 1.30pm Making Fabric Flowers & Brooches: price includes materials, £15 6pm-8pm Launch Evening: Handmaiden shadow puppet show, £5 7.30pm Exhibition by "Larissa" and then Paul Weatherhead + super DJ Chris chalk, free 8pm Paradise Lost, £5/£7 9pm	Luddenden Foot Civic Institute 01706 813449 Sportsmans Arms, Kebleton 01706 813449 Banyan Tree, Hebden Bridge 01422 845880 Three Wise Monkeys, Todmorden 01706 817010 Trades Club, Hebden Bridge 01422 845265 White Swan, Hebden Bridge 01422 842905 Hebden Bridge Therapy Centre 01422 882923 Calderdale Chiropractic, Sowerby Bridge 07565 225019 Todmorden Town Hall 07810 514816 Holme St Arts Centre 07729 120792 Luddenden Foot Civic Union Cheeky Sew & Sew, Todmorden 01706 816181 Hebden Bridge Therapy Centre 01422 842424 Three Wise Monkeys, Todmorden 01706 817010 Trades Club, Hebden Bridge 01422 845265
FRI 2	Antiques & Collectors' Fair, 60p/40p 8am-4.30pm Farmers' Market, £20/stall (also 18th) 9am-4.30pm Sacred Song Gathering, £8 2pm-4.30pm Kim Richey, £7/£10 8pm Evolving Minds: discussion group, donations 7.30-9.30 pm Blog Club: Friendly meeting of novices and experts interested in blogging, free 8pm Valley Fibres: Spinners, weavers and fibre-related activities, (also 20th) 7pm Absolute Beginners Knitting Class: price includes materials, £15 6pm-8pm Wadsworth Women's Institute: Meeting. Free 7.30pm Todmorden Conservation Group: Todmorden Civic Society meeting, 7.30pm Tolkien Discussion Group: Discussing the works of J.R.R.Tolkien, call for details 7pm Steve Tilston's Trades Roots with Chris Smithier, £10/£13 8pm Pennine Pipers: meet-&-play session of local pipers 9pm Healthy Minds Information Session: free and confidential information (also 23rd) 11am-12.15pm 2 years Hanuman anniversary with "Nice sharp pencils" + Ben Aday, free 8pm Was Ist Das? present Snow Blending + Samandtheplants + A Rootery, £7/£8 8pm Blues Jam at Kees: all musicians welcome 9pm A full weekend of making pots on the potters wheel - lunch included, £95 (& 11th) 10am-4pm Two Northern Photographers' Meet the Artists 12pm-3pm Beginners Patchwork, £20 12pm-4pm Womens football: all ages all abilities welcome 2pm-4pm Tennis Club Annual Dinner Dance, £35 6.30pm-1am Tod. Natural Hist. Soc.: Costa Rica: Nature's Paradise, £2 non members 7.15pm Beautiful singer Jayn Hanna with Martin Wissenberg "The Ceremonies", free 8pm LGBT Fell/Trek Running 11am	Mytholmroyd Community Centre 01484 721013 Lees Yard Car Park, Hebden Bridge 01706 819731 Suite 3, Burlees House, Hangingroyd Lane 01422 844333 Trades Club, Hebden Bridge 01422 845265 Upstairs (Stubbing Wharf Pub) 07984 480224 B@r Place, Hebden Bridge 07598 233222 White Lion, Hebden Bridge 01422 844881 Cheeky Sew & Sew, Todmorden 01706 816181 Old Town Cricket Club, nr Hebden Bridge 01422 846915 Queen Hotel, Todmorden 01706 814314 655 Rochdale Road, Walsden 01706 839176 Trades Club, Hebden Bridge 01422 845265 Fox & Goose Inn, Hebden Bridge 01422 842649 Hebden Bridge Library 07769 263620 Three Wise Monkeys, Todmorden 01706 817010 Trades Club, Hebden Bridge 01422 845265 Sportsmans Arms, Kebleton 01706 813449 Old Stables Studio, Hebden Bridge 07904 158659 Water Street Gallery Todmorden 01706 839714 Cheeky Sew & Sew, Todmorden 01706 816181 text / ring Jill for venue details 07742 350512 Todmorden Town Hall 01706 815265 Central Methodist Church, Todmorden 01706 817233 Three Wise Monkeys, Todmorden 01706 817010 Various Locations, Calderdale 07709 000456 The Bear, Todmorden 01422 844881 St Michaels church hall Mythomroyd 01706 814996 Trades Club, Hebden Bridge 01422 845265 B@r Place, Hebden Bridge 01422 843321 St John's Church Room Cragg Vale 01422 884460 Organic House Cafe, Hebden Bridge 01422 844748 Health Centre, Todmorden 01422 369101 Walsden Library 01706 815602 Cheeky Sew & Sew, Todmorden 01706 816181 Methodist Church, Bridge Lane 01422 882441 The Hebden Bridge Little Theatre 01422 843907 Trades Club, Hebden Bridge 01422 845265 St Marys Church, Luddenden 01422 884273 Hebden Bridge Library 01422 392606 Trades Club, Hebden Bridge 01422 845265 Calderdale Yoga Centre 01422 882923 Calder Valley Steiner School, Cragg Vale 01422 885249 Nutclough Tavern, Hebden Bridge 01422 847334 Cheeky Sew & Sew, Todmorden 01706 816181 Todmorden Town Hall 01706 817333 Trades Club, Hebden Bridge 01422 845265 Todmorden Town Hall 01706 817333 Trades Club, Hebden Bridge 01422 845265 St James Church, Hebden Bridge 01422 201148 Hope Baptist Church, Hebden Bridge 07946 604551 Hare and Hounds, Old Town 01422 845330 Trades Club, Hebden Bridge 01422 845265 Organic House Cafe, Hebden Bridge 01282 411902 Simcha Gallery, Bridge Mill, Hebden 07967 750588 Union House, Todmorden 07944 619632 St James Church, Hebden Bridge 01422 201148 Mountain of Hope, Hebden Bridge 01422 842132 Todmorden 07963 167649 St Paul's Church, Sowerby Bridge 01422 369101 Cheeky Sew & Sew, Todmorden 01706 816181 The Heart Centre, Luddenden 01422 886410 Trades Club, Hebden Bridge 01422 845265 Birchcliffe Centre, Hebden Bridge 07967 974376 Cheeky Sew & Sew, Todmorden 01706 816181 Three Wise Monkeys, Todmorden 01706 817010 Trades Club, Hebden Bridge 01422 845265 Hope Centre, Hebden Bridge 01706 375629 Cheeky Sew & Sew, Todmorden 01706 816181 Trades Club, Hebden Bridge 01422 845265 Todmorden Unitarian Church 07806 775639 Three Wise Monkeys, Todmorden 01706 817010 Stubbing Wharf Inn, Hebden Bridge 01422 844107 3 Wise Monkeys, Todmorden
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the Dusty Miller & COINERS RESTAURANT
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Every Wednesday is curry buffet night.
£7.95 per person
6 to 9pm

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The Vicarage Practice

Danielle Colclough
BSc (Hons.) TCM: Acupuncture, MBAC, LicOM, MRCHM

Helen Bonetti
BSc(Hons.) Ost.Med; D.O. Paediatric Ost.

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OSTEOPATHY

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elaineshillito@hotmail.com www.blissingway.co.uk

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****Middle Eastern Weekend****
Fri 16th & Sat 17th March - see website, call to book

Café open Wed-Sun daytime 11am-3pm
Also open Fri & Sat eve 6.30pm-late Bring your own wine
t: 01422 843587 w: greensvegetariancafe.co.uk
Old Oxford House, Albert Street, Hebden Bridge, HX7 8AH

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the Hebden diary

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

MARCH 2012

REGULAR EVENTS & ACTIVITIES

Early morning Tai chi singing: By donation (Also Thurs)
Enlightenment through A Course In Miracles: every week day
Gentle Yoga for the Over 50s, £7 or £24/4sessions
Language Café: informal conversation, any language welcome.
Get fighting fit 50's (boxing fitness for over 50s), £5
Tod: Walkabout free short walks, (5th and 19th) (also Sun 11th and 25th 11am: Morrisons)
New Baby Yoga Class at Blissingway
Life Drawing
Painting, drawing and mixed media workshops: (includes refreshments), £7/session
Popular Ballroom Sequence Dancing, £2
Chatty Crochet, £2
Boyz Only Street Dance, £3
Pregnant Pilates & Relaxation: (please contact before coming), £35/6weeks
Riding for the Disabled: details from hebdenbridge@a@hotmail.co.uk, From £10
Fit Kick Circuit Training, £3
Tennis: Friendly informal tennis group for teenagers and adults, £3
Gentle Yoga: booking essential (£6/£3.50 drop in), £20/£10 for 4 sessions
Adult Beginner Ballroom & Latin Class and Kids Salsa & Latino, £3/£2.50
Mountain biking for women (blokes with nothing to prove welcome): beginners group ride
Nia Dance Class: Transformational Dance Class for your Mind, Body, Spirit, £6.50
5Rhythms® open classes with Rose and Francis: (not bank holidays), £10/ £8/ £5
Calling All Creatives: Create a life you love - group arts therapy, £8/session starts 7th March
Basic Dog Obedience Training, £30 for 10 weeks
Feldenkrais Method - Making Moving Easier, £7/£6
Tae Kwon-Do Classes (adults), £7/£6
Shotokan Karate: also, all abilities, £3 (also Wed)
Boxing Training: also Wed/ Thurs and Sun am, £5
Ashtanga Yoga: booking essential (£17/£4 drop in), £24/£12 for 4 sessions
Circuit Training, £4.50
Pilates: Classes: beginners (also Wed 7.15pm & improvers 8.30pm)
Quiz night
Hatha Yoga Classes, £6/£4.50
Jewellery making workshop, £12
Blissingway Baby Yoga, £20 for 4 classes
Post natal friendship support group, free/£3.50
Meditation: all welcome, £3 inc refreshments (also Thu 7.30pm)
Gentle Exercise to Music: for over 50s, seated or standing, £1 (also Thu)
Family Social at the Trades Club: Tibetan food and crafts/games available, free (also Weds)
Starter Tennis Sessions: for 5 to 10 year olds (first 2 sessions free), £2
Senior Theatre Evening (Ballet - Tap - Modern)
1 Spice Curry Night for the discerning palate,
Short Form Tai Chi: all abilities & all ages, £3 (also Fri 7.30pm)
Adult ballroom & Latin beginners class with Danvers: no partner required, £5
French class for complete beginners: with Speak the Lingo
Fell Running Training: with Calder Valley Fell Runners' Club
Ladies' Keep Fit, £3
Singing Song Song Group: (in Linden Mill). Call to book, £6/£5
Buddhist Meditation Class at Blissingway - A beginner's class in the Samatha Tradition, donations
Burlesque Courses (Beginners through to Advanced) with Lady Wildflower
Sewing class - call to book: also Tues morning/afternoon and Weds pm, £30/£20 for 4 weeks
Modern Sequence Dancing: new dances taught, £2
Zumba, £4
Hepcats jive club: new beginners class, £5 (6 wk)
Ashtanga Yoga - Beginners / Intermediate, £30/6wks or £7 drop in
Irish Music Session: all musicians welcome, £2
Fun Quiz: including refreshments, £2
Jazz Music Session, free
Hebden Bridge Market: second hand, £10.90/stall
Table-top Sale & Vegetarian Cafe, £5/free
Nia Dance Class: Transformational Dance Class for your Mind, Body, Spirit
Indoor Market: Secondhand and crafts market. With Cafe, Stalls, £7
Horse & Pony Hacks: riding experience needed, £30 (also Sat 2-4pm)
New Yoga Class with Julie Thompson: gentle yoga, £5
Mature Yoga: to regain or retain flexibility and good health, £5
Core/Cardio/Box for women, £5
Lunchbox Club - a three courses home cooked meal in pleasant surroundings, £3
Blissingway Pregnancy Yoga, £24 for 4 sessions
Drawing & Painting Class, call for details
Belly Dance with Amanda: Weekly daytime class suitable for all women, £20 for 5/£4.50
Adult Ballet, £3.75 per class
Move & Groove - Dances to Chart Music for 4 - 7 yrs: call for details
Birthright Yoga class: booking essential, £5/class or £20 for 5 classes
Bowling Boot Camp, £5
French/Spanish Conversation, £4/£5
Todmorden Harriers' Pack Run: Free
Health & Well Being Practice Group
Hebden Bridge Camera Club. New members always welcome (Sept - April), Guests £2
Adult Fun Beginners Belly Dance, £4
Adult Beginner Contemporary Dance Class, £60/11 sessions
Zumba Dance Fitness Class: booking essential, £4.50
Open Hip Surgery: acoustic session, free
Music Session: everything from swing to bluesgrass, free
Hebden Bridge Market: normal retail, £13.40/stall
Half Price Sewing Day, £2.50/hour
Tai Chi for Over 55s: to help improve balance, phone for details, £3
Fitness Classes: circuit training 6pm, body conditioning 7pm, £4.50
French and Spanish conversation groups for interm/advanced levels: with Speak the Lingo
Zumba Dance Fitness Class
Free Sewing Group, free
Ashtanga Yoga: mixed level, £6 or £30/6wks
Beginners Acrylic Classes: To book a place and find out more phone Jude, £5.50
Watercolour & Drawing Classes: beginners & improvers welcome, £7.50 or £65/10wks
Improvisation for movers and musicians: until April 12, £2
Meditation: all welcome, £4 inc refreshments (also Tues 12.30pm)
Adult Tap, £3.85 per class
Zumba Dance Fitness Class with Danvers all welcome, £4.50
Landlord's Quiz night with free supper
Quiz night
Stubbings Infant School Baby and Toddler Group: refreshments provided, £1
Yoga with Julia Ackroyd, £6
Nia Dance Class: Transformational Dance Class for your Mind, Body, Spirit
Stitch & Bitch: Knitting & Crochet Group, free
Tai Chi: Yang Style - for beginners, £8
Zumba With Iza: Dance yourself into shape.
The Soup Dragon: soup, therapeutic arts and information, by donation
Yoga class for people with mobility difficulties, £5
First Ballet & Tap Top (Reception Year) then Baby Ballroom (4 - 6 yrs)
Yoga with Helen, £24/4 sessions, £7 drop in
Finance Dance Classes, call for details
3 Course Vegetarian Dining BYO Wine (Also Saturdays) **SEE OUR MAIN BOX ADVERT**
Boxing Fitness Circuit: (men and women), £5/£6.50
Acoustic musicians (also Saturdays)
Nordic Walking Classes: (starts 4th Feb) - booking essential, £50/4 classes
Dance classes for children aged 4-16years Disco, Street Cheer and Latin, £4 session
Crazy Kids: session includes refreshments, £7.50/session
Jewellery making workshop: workshop, £12
Live music: call for details
Flea Market: bric-a-brac, crafts, books, jewellery & cafe.
Circular Walks with the Ramblers' Association: 8-12 miles, free
Keep Fit: all-abilities class, £4.50
Antiques & Collectables Valuations: different experts each Sunday, call for details, free
Archery: with White Rose Archers, (also Thu)
Live music
Iyengar Yoga with Ute Kelly: starts 11th September, £6/£3.50 or £45/25 for 10 sessions

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6pm-6.30pm and 8pm
6.45pm till late
9pm
call for details
9.15am-11.15am
10am- 12pm
10.30am -12.30pm
9am-4pm
From 9.30am
10.30-11.30am
12-3pm
From 12.30pm
5pm-8pm
7.30pm-9pm

Burlesq Hse, Hangingroyd Lane, Hebden Bridge 01422 844333
Hebden Bridge 07899 772182
Hebden Bridge Therapy Centre, Hebden bridge 01422 842398
Watergate Tearooms, Hebden Bridge 01422 842978
Hebden Bridge Boxing Club, Hebden Bridge 07132 433243
Community College Reception, Todmorden 01706 819118
Birchcliffe Centre, Hebden Bridge 07647 974376
Arts Mill, Hebden Bridge 07889 279454
Word of Mouth Crafts & Supplies, Hebden Bridge 07900 209339
Todmorden Town Hall 01422 845378
Hope Baptist Church, Hebden Bridge 01422 882221
Dawn Chapman School of Dance, Todmorden 01706 839113
Calderdale Yoga Centre, Hebden Bridge 07932 936089
Phono/Email for details, Hebden Bridge 07963 818020
Dawn Chapman School of Dance, Todmorden 01706 839113
Calder High School, Mytholmroyd 07855 704927
St John's Church room Crags Vale 07810 816869
Dawn Chapman School of Dance, Todmorden 01706 839113
please ring Jill for details 07742 350512
Hope Baptist Church, Hebden Bridge 07888 626363
Methodist Church, Hebden Bridge 07749 418640
Hebden Bridge Therapy Centre, Hebden Bridge 01422 842398
Feldenkrais Centre, Todmorden 07764 812370
Hebden Bridge Therapy Centre, Hebden Bridge 01422 882923
Ferne Lee School, Todmorden 07889 074198
Mytholmroyd Community Centre 01422 883530
Hebden Bridge Boxing Club, Hebden Bridge 07732 433243
St John's Church room Crags Vale 07810 816869
Waterside Gym, Hebden Bridge 01422 846088
Golden School 07515 895413
Fox & Goose, Hebden Bridge 01422 842449
Calderdale Yoga Centre, Hebden Bridge 01422 844402
"B'DL Todmorden 07903 655462
Birchcliffe Centre, Hebden Bridge 07647 974376
Upsy Daisys, Mytholmroyd 07762 993510
Hebden Bridge Therapy Centre, Hebden Bridge 01422 842424
Roomfield House, Todmorden 01706 815337
Trades Club, Hebden Bridge 07943 771739
Todmorden Sports Centre 01706 815265
Dawn Chapman School of Dance, Todmorden
Cross Inn, Heptonstall 07722 630733
Holme St Arts Centre, Hebden Bridge 01422 845382
Salem Centre, Hebden Bridge 07795 165082
Bear Cafe, Todmorden 07806 313923
Mytholmroyd Community Centre 01422 341578
Mytholmroyd Community Centre 07976 958282
Hebden Studios, Hebden Bridge 07878 755254
Birchcliffe Centre, Hebden Bridge 01422 846456
Danworks Dance Academy, Hebden Bridge 07764 952991
Word of Mouth Crafts & Supplies, Hebden Bridge 01422 842774
Mytholmroyd Community Centre 01422 884249
Luddenden Foot Civic Institute 01422 885542
Mytholmroyd community centre 01706 814996
Union House, Todmorden 07985 274181
White Lion, Heptonstall 01422 842027
White Swan, Hebden Bridge 01422 842905
Hare and Hounds, an Old Town 01422 842671
Valley Road, Hebden Bridge 01422 359034
Holme St Arts Centre, Hebden Bridge 01422 842367
Waterside Gym, Hebden Bridge 07888 626363
Holme St Arts Centre, Hebden Bridge 01422 842367
Phone for details, Hebden Bridge 01422 844021
Calderdale Yoga Centre, Hebden Bridge 01706 816083
Old Town Community Centre 01422 842398
Hebden Bridge Boxing Club, Hebden Bridge 07732 433243
Good Shepherd Centre, Mytholmroyd 07764 842449
Birchcliffe Centre, Hebden Bridge 07647 974376
Word of Mouth Crafts & Supplies, Hebden Bridge 01706 819391
Waterside Gym, Hebden Bridge 07981 639471
Old Conservative Club, Todmorden 07929 576785
Dawn Chapman School of Dance, Todmorden
Calderdale Yoga Centre, Hebden Bridge 01706 819023
Dawn Chapman School of Dance, Todmorden 01706 839113
Hebden Bridge Boxing Club, Hebden Bridge 07732 433243
3 Wise Monkeys, Todmorden 07806 313923
Bare Arts, Todmorden (March) 01422 844936
Hebden Bridge Therapy Centre, Hebden Bridge 07889 683430
Masonic Hall, Hebden Bridge 01422 885244
Dawn Chapman School of Dance, Todmorden 01706 839113
Holme St Arts Centre, Hebden Bridge 07766 631369
Waterside Gym, Hebden Bridge 01422 846088
Stubbings Wharf Inn, Hebden Bridge 01422 844107
Fox & Goose Inn, Hebden Bridge 01422 842449
Valley Road, Hebden Bridge 01422 359034
Cheeky Sew & Sew, Todmorden 01706 816181
Fielden Centre, Todmorden 01706 817926
Waterside Gym, Hebden Bridge 01422 846088
Bear Cafe, Todmorden 07806 313923
The Old St John's Ambulance, Todmorden 01706 839113
Cheeky Sew & Sew, Todmorden 01706 816181
Calderdale Yoga Centre, Hebden Bridge 07985 274181
Old Town Community Centre 07900 209339
Machpelah Works, Hebden Bridge 01422 845415
Union House, Todmorden 07944 619632
Hebden Bridge Therapy Centre, Hebden Bridge 01422 842424
Fielden House, Todmorden 07929 576785
Waterside Gym, Hebden Bridge 01422 846088
Cross Inn, Heptonstall 01422 847563
Stubbings Wharf Inn, Hebden Bridge 01422 844107
Stubbings Infant School, Hebden Bridge 07540 839214
Dawn Chapman School of Dance, Todmorden 07888 626363
Cheeky Sew & Sew, Todmorden 01706 816181
Salem Community Centre 01274 545948
Dawn Chapman School of Dance, Todmorden 07888 626363
Holme St Arts Centre, Hebden Bridge 01422 846768
Hebden Bridge Therapy Centre, Hebden Bridge 01422 842398
Dawn Chapman School of Dance, Todmorden
Hebden Bridge Therapy Centre, Hebden Bridge 07985 274181
Hope Baptist Church, Hebden Bridge 07940 650339
Greens Vegetarian Café, Hebden Bridge 01422 843587
Hebden Bridge Boxing Club, Hebden Bridge 07775 975226
3 Wise Monkeys, Todmorden
Hebden Bridge 07952 671235
Calder High School, Mytholmroyd 07970 734639
Word of Mouth Crafts & Supplies, Hebden Bridge 01422 648299
"B'DL Todmorden 07903 655462
Sportsmans Arms, Kebleton 01706 813449
Holme St Arts Centre, Hebden Bridge 01422 823589
Various Locations 01422 823440
Waterside Gym, Hebden Bridge 01422 846088
Hebden Bridge Antiques Centre 01422 846561
Salem Fields, Hebden Bridge 01706 812845
Cross Inn, Heptonstall 01422 847563
Hebden Bridge Therapy Centre, Hebden Bridge 01422 883877

MON

TUE

WED

THU

FRI

SAT

SUN

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£45/55

Contact Caroline Scott to book:
caroline.scott@bntinternet.com
www.feldenkrais.co.uk
01422 882923

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