

# The Hebden Diary

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

## MAY 2012

### WHAT'S ON THIS MONTH

TUE 1	TUE 8	TUE 15	TUE 22	TUE 29	TUE 30	TUE 31	
<b>Tree Walks sharing fun &amp; info identifying local trees, £1 (also 15th)</b> Valley Fibres: Spinners, weavers and fibre related activities, (also 15th) Big Fat Ethnic Cleansing 'A talk on gypsy and traveller 'rights', £4/free Learn to crochet, £15	<b>Was Ist Das? present Hush Arbors + Arboretum, £7/£8</b> Magic Words: Spoken word event with guests & open mic, £3 Learn to use a sewing machine, £20	<b>Step Teaching: 1st Floor above antiques centre, £5</b> Mayan Astrology class: call to book, £5 S. Bridge Carer Support Group: 'Info, support, socials for adult carers' Simple seam and hem techniques, £15 Get more from your sewing machine, £20 Raw/ living foods talk, demo & potluck with Francis, £5 Todmorden Scouts and Guides Gang Show, (to 19th)	<b>Wadsworth Women's Institute: Meeting, Free</b> Todmorden Conservation Group: Todmorden Civic Society meeting Walk for health: Hebden Bridge: 90 mins "Culture nonsense" Thai and British artists, free <b>Pottery springboard: 10 week course, £95.00</b> Chess night Calder Valley Organic Gardeners: Organic Open Forum, Guests £2 Quiz & Curry, £4 'Ladies Guide To Pen & Ink' / Illustrations by Mrs. Mill, free (to June 5th) opening hours Introduction to Spindle Spinning: Booking essential, £24 Luddenden Foot Community Association craft activities (& 18th), £5 Free Reiki Share: all levels welcome "May the fourth be with you" acoustic night Brian Acton & guests singers, free The Black Lanterns and Extinction of Mankind, £3/£6 Men's Breakfast with guest speaker, £3 (inc full English breakfast) Circle dance day to celebrate Beltane: Some experience needed, £25/£35 French and Breton Music Session followed by Dance, £2 + £3 Make a Fascinator, £20 Three Valleys Gospel Choir team up with three local poets, £5 Stackridge + Blackheart, £12/£15 "Original Beat Embassy" with DJ Dave Tin Red and Big Sam, free Antiques & Collectors' Fair, 60p/40p Farmers' Market, £20/stall (also 20th) Sacred Song Gathering, £8 Sunday Swing with Belleville playing gypsy jazz, £6 Keith James performs the songs of Leonard Cohen, £7/£10 Evolving Minds: discussion group, donations Wildlife group: Upper Calderdale Wildlife Network, call for details Blog Club: Friendly meeting of novices and experts interested in blogging, free Second Organic House Readers' Group, free Tod Carer Support Group: Info, support and social activities for adult carers Todmorden Library Readers' Group Organic House Café, Hebden Bridge 01422 845265 Health Centre, Todmorden 01422 369101 Walsden Library 01706 815602 Bramsche Bar, Todmorden 07742 350739 Trades Club, Hebden Bridge 01422 845265	<b>St Georges Square, Hebden Bridge 07788 818733</b> White Lion, Hebden Bridge 01422 844881 Trades Club, Hebden Bridge 01422 845265 Cheeky Sew & Sew, Todmorden 01706 816181 Old Town Cricket Club, nr Hebden Bridge 01422 846915 Queen Hotel, Todmorden 01706 814314 Valley Medical Centre Hanuman Gallery, Todmorden 07886 486991 <b>Old Stables Studio, Hebden Bridge 07904 158659</b> Fox & Goose Inn, Hebden Bridge 01422 842649 Good Shepherd Centre, Mytholmroyd 07977 929684 Trades Club, Hebden Bridge 01422 845265 Nelsons, Hebden Bridge Hardcastle Craggs 01422 844518 Luddenden Foot Community Institute Banyan Tree, Hebden Bridge 01422 845888 Hanuman Gallery, Todmorden 07886 486991 Trades Club, Hebden Bridge 01422 845265 White Swan, Hebden Bridge 01422 842905 Cragg Vale 01422 843000 Holme St Arts Centre 07729 120792 Cheeky Sew & Sew, Todmorden 01706 816181 St. Michael's Church, Mytholmroyd Trades Club, Hebden Bridge 01422 845265 Hanuman Gallery, Todmorden 07886 486991 Mytholmroyd Community Centre 01484 721013 Lees Yard Car Park, Hebden Bridge 01706 819731 Burlees House, Hangingroyd Lane 01422 844333 St Michaels Church Hall Mytholmroyd 01706 814996 Trades Club, Hebden Bridge 01422 845265 Upstairs (Stubbing Wharf Pub) 07984 808224 Todmorden 01706 816181 B@r Place, Hebden Bridge 07598 232227 Organic House Café, Hebden Bridge 01422 845265 Health Centre, Todmorden 01422 369101 Walsden Library 01706 815602 Bramsche Bar, Todmorden 07742 350739 Trades Club, Hebden Bridge 01422 845265 Cheeky Sew & Sew, Todmorden 01706 816181 <b>Bridge Mill, Hebden Bridge 07967 750588</b> 655 Rochdale Road, Walsden 01706 839776 Fox & Goose Inn, Hebden Bridge 01422 842649 Hardcastle Craggs 01422 844518 Hebden Bridge Library 07749 263620 Hebden Bridge Library 01422 280840 Nutclough Tavern 01422 847334 Hardcastle Craggs 01422 844518 Cheeky Sew & Sew, Todmorden 01706 816181 text / ring Jill for venue 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Share fun & info identifying local trees May - October

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3rd Wed/mth Boots & rainwear 2hours £2

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Normal Events Listings are free: please contact Bridget on 07747 802808 or 01422 847541

Ltd bold entries available (for advertisers only) at £1 each

Adverts start at £12: contact Julie on 01422 311218

The deadline for June's issue is 15th May

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**Feldenkrais Workshop:**  
Finding Better Balance

Sat 19th May: 10-1pm  
Hebden Therapy Centre, 9 Wragley House, Valley Rd, Hebden Bridge (E25/30)

Why not try our taster evenings:  
Sat 12th May: 7.30-9pm  
Calderdale Yoga Centre (L7)

Regular classes:  
Monday 7.30-8.30pm  
Hebden Therapy Centre (E67)

Contact Caroline Scott to book:  
caroline.scott@feldenkrais.com  
www.feldenkrais.co.uk  
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# Hebden Di

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## MAY 2012

### REGULAR EVENTS & ACTIVITIES

Early morning Taiji singing. By donation (Also Thurs)  
A Course In Miracles: one to one sessions. By donation every week day  
Gentle Yoga for the Over 50s: £7 or £24/4sessions  
Language Cafe: informal conversation, any language welcome  
The Monday Club: lunch, bingo, conversation, £3.75  
Tod. Walkabout: free short walks, (14th & 28th) also Sun 6th & 20th 11am: Morrisons)  
**Baby Yoga Class at Blessingway**  
Lift Drawing: (also Friday 10am)  
Popular Ballroom Sequence Dancing, £2  
Thula Mama: Acapella singing for mums and babies, £5  
Chatty Crochet, £2  
Riding for the Disabled: details from hebdenbridgeida@hotmail.com, from £10  
Heath Yoga Classes: £4/£5 (also Fri 9.15am)  
Judo: 5-9yrs and 9-16yrs, £3.50 also Sat 10am - 12.30pm  
Tennis: Friendly informal tennis group for teenagers and adults, £3  
Beginners' Step & Tone, £3 or £15/6weeks  
Pilates: improvers session, £5 (also Wed, 6.15 & 7.30pm)  
Gentle Yoga: booking essential (£4/£5 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  
Synchronicity: open classes with Rose and Francis: (not bank holidays), £10/ £8/ £5  
Caring All creatives: Create a life you love - group arts therapy, £8/session  
Basic Dog Obedience Training, £30 for 10 weeks  
Feldenkrais Method - Making Moving Easy, £17/£6  
Tai Kwon-Do Classes (also Wed)  
Wing Chun Kung Fu (Wing Shun Leung Method), £5  
Shorinji Karate: adults all summer, £3 (also Wed)  
Friendly Duplicate Bridge with Todmorden Bridge Club: Also a daytime session, 50p  
Ashtanga Yoga: booking essential (£7/£4 drop in), £24/£12 for 4 sessions  
Chinese Martial Arts: Cheng Man Ching Form & Qigong, £40/£20 for 10 weeks  
Circuit Training, £4.50  
Pilates Classes: beginners, (also Wed 7.15pm & improvers 8.30pm)  
Quiz night  
Natha Yoga Classes: £6/4.50  
Blessingway Baby/Post Natal Yoga, £20 for 4 classes  
Jewellery making workshop, £17  
Age Concern Lunch Club: also at Roomfield House (Wed) & the Social Club (Fri), Tod, £3.25  
Meditation: all welcome, £3 inc refreshments (see Tue 7.30pm)  
Singing For Health & Fun: for over 50s, free  
Over 50s Drop-in  
Gentle exercise to Music: for over 50s, seated or standing, £1 (also Thu)  
Family social at the Trades Club: Tiddletod lunch and craft/games available, free (also Weds)  
Starter Tennis Sessions: for 5-10 year olds (first 2 sessions free), £2  
Senior Theatre Evening (Ballet - Tap - Modern)  
**1 Spice Curry Night: for the discerning palate**  
Lift Form Tai Chi: all abilities & all ages, £3 (also Fri 7.30pm)  
Zumba: (also Wed 6-7: Social & Bowling Club Heptonstall), £4 (also Thurs)  
Yoga Classes, £6  
Personal Pilates & Core/Move/Free Programme/Contact Before Coming, £5  
**Adult ballroom & Latin beginners class: no partner required, £5**  
Special Pilates: complete beginners; with local, £12  
Fell Running Training: with Calder Valley Fell Runners' Club  
Ladies' Keep Fit, £3  
Buddhist Meditation Class at Blessingway - A beginner's class in the Samatha Tradition, donations 7pm  
Danceworks Burlesque Courses (Beginners through to Advanced) with Lady Wildflower  
Sewing class - call book: Tues morning/afternoon and Weds pm, £30/£20 for 4 weeks  
Ashtanga Yoga, £30/6wks or £7 drop in (also Yoga For Pregnancy Thu 7-8.30pm)  
Modern Sequence Dancing: new dances taught, £2  
Todmorden Beginners Belly Dancing classes: (also Weds 7.30pm-9pm), £6  
Zumba, £4  
Hebden live club: new beginners class (10th Jan), £5 (6 weeks)  
Ashtanga Yoga - Beginners / Intermediate, £30/6wks or £7 drop in  
Irish Music Session: all musicians welcome, free  
Fun Quiz: including refreshments, £2  
Folk Music Session, free  
Hebden Bridge Market: second hand, £10/90/50/100  
Nia Dance Class: Transformational Dance Class for your Mind, Body, Spirit  
Indoor Market: Secondhand and crafts market. With cafe and stalls, £7  
Horse & Pony hacks: riding experience needed, £30 (also Sat 2-4pm)  
Natura Yoga, £5  
Painting, drawing & mixed media workshops: (pay in advance), £1/session (also Weds 7-9pm)  
Guided Meditation through relaxation with Light Touches, £3  
Luncheon Club - a three course home cooked meal in pleasant surroundings, £3  
**Blessingway Pregnancy Yoga: (other times can be arranged), £24 for 4 sessions**  
Move & Groove - Dances to Chart Music for 4 - 7 yrs, call for details  
Taster: all levels welcome, £3 (also Fri)  
Adult Ballet, call for details  
Boxing Boot Camp, £5  
French/Spanish Conversation, £4/£5  
Weight Watchers: Kickstart your weight loss with healthy eating plans  
Kundalini Yoga, £5/£6/£5  
Todmorden Harriers' Pack Run, free  
Iyengar Yoga: with Debbie Bartholomew  
Traditional Wing Chun Kung Fu Class, all welcome, £6.50  
Zumba Dance Fitness Class: booking essential, £4.50  
Calder Valley Women Singers: Womens community choir, £5/£21 & £5/£3 (term time only)  
Todmorden Choral Society: weekly choir practice  
Meditation Class: beginners to advanced, £6 or £30/6weeks  
Tango Classes: Argentinian style, £6  
Hebden Bridge Camera Club: summer meetings: new members always welcome Guests £2  
Adult Fun Beginners Belly Dance, £4  
Quiz night, free  
Open Mic Surgery: acoustic session, free  
Music Session: everything from swing to bluesgrass, free  
Hebden Bridge Market: normal retail, £13.40/50/100  
Half Price Swing Day, £2.50/4hour  
Tai Chi for Over 55s: to help improve balance, phone for details, £3  
Gardeners Days: share produce & ideas, all welcome (also Fri at Bowling Club Allotments)  
Yoga groups: 3.30-4.30pm & 4.45-5.45pm, £7 or £24/4 (also Weds 6-7pm)  
French/Spanish conversation groups for intermediate/advanced levels: with Speak the Lingo  
Weight Watchers: Kickstart your weight loss with healthy eating plans  
Zumba Dance Fitness Class  
The Sew Solid Crew: free sewing and textile crafts group, free  
Beginners Acrylics Classes: To book a place and find out more phone Jude, £5.50  
Watercolour & Drawing Classes, £8.50 or £46/6weeks (starts 26th April)  
Calder Valley Yodas: Singing for fun, wide range of material. All abilities welcome!  
Meditation: all welcome, £4 inc refreshments (see Tues 12.30pm)  
Dances of Universal Peace: heart opening Sacred Dance and Chant, £6  
Keep Fit with Gary Calvert  
Adult Tap, £3.15 per class  
**Zumba Dance Fitness Class: all welcome, £4.50**  
Hebden Bridge Hill Millies: women's Cotswold Morris Dancing, Please ring first, £2  
Landlord's Quiz night with free Supper  
Quiz night  
Yoga with Julia Akrayd, £6  
Nia Dance Class: Transformational Dance Class for your Mind, Body, Spirit  
The Knit Wits' Free knitting & crochet group, free  
Tai Chi: Yang Style - for beginners, £8  
Line Dancing: All levels welcome, £2  
The Soup Dragon: soup, therapeutic arts and information, by donation  
Feelgood Singing Group: Singing for fun, wide range of material. All abilities welcome, £2  
Yoga in the Lounge: with Julia - call for details, £3  
First Ballet & Tap Top Toe (Reception Year) then Baby ballroom  
Yoga with Helen, £6/6 sessions/£7 drop in  
Nurturing Dance Classes: (not May 11th), call for details  
**Wing Chun Kung Fu Classes: all welcome, please call for info, £6**  
**3 Course Vegetarian Dining DDO Wine (Also Saturdays) "SEE OUR MAIN BOX ADVERT"**  
Boxing Fitness Circuit: (men and women), £5/£6.50  
Zumba Blast: booking essential, £4.50  
Nordic Walking Classes: (starts 4th Feb) - booking essential, £5/04 classes  
Dance classes for children aged 4-16years, £4 session  
Crafty Kids: session including refreshments, £7.50/session  
**Jewellery making workshop: new workshop, £10**  
Flea Market: £50-50p, crafts, books, jewellery & sale,  
Circular Walks with the Ramblers Association: 8-12 miles, free  
Keep Fit: all-abilities class, £4.50  
Archery: with White Rose Archers, (also Thu)  
Live music  
Iyengar Yoga with Ute Kelly, £6/£3.50 or £45/25 for 10 sessions

8am - 8.30am  
9.30am onwards  
10am - 11 am  
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10.30am-3pm  
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11am  
11am-7.30pm  
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1.30pm-3.30pm  
4.30pm - 7pm  
5.45 & 7.30pm  
6pm - 8.30pm  
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10.15am-12pm  
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From 12.30pm  
5pm-8pm  
7.30pm-9pm

Burles Hse, Hangingroyd Lane, Hebden Bridge 01422 844333  
Hebden Bridge with Julie Rose 07899 772182  
Hebden Therapy Centre, Hebden Bridge 01422 842398  
Watergate tearooms, Hebden Bridge 01422 842978  
Roomfield House, Todmorden 01706 817926  
Community College Reception, Todmorden 01706 891118  
**Birchcliffe Centre, Hebden Bridge 07967 974376**  
Arts Mill, Hebden Bridge 07889 294654  
Todmorden Town Hall 01422 845378  
Liz's living room, Hebden Bridge 01422 847702  
Hope Baptist Church, Hebden Bridge 01422 882221  
Phone/Email for details, Hebden Bridge 07963 181030  
Phone for details, Hebden Bridge 01422 844402  
Judo Excellence, Hebden Bridge 07904 955554  
Calder High School, Mytholmroyd 07875 704927  
Burnley Road Junior School, Mytholmroyd 07886 630671  
St John's Church room Crag Vale 07810 816869  
Dawn Chapman School of Dance, Todmorden 01706 839113  
please ring Jill for details 07423 350512  
Hope Baptist Church, Hebden Bridge 07788 626363  
Methodist Church, Hebden Bridge 07749 418640  
Hebden Therapy Centre, Hebden Bridge 07821 634713  
Fielden Centre, Todmorden 01706 812770  
Hebden Therapy Centre, Hebden Bridge 01422 882923  
Ferne Lee School, Todmorden 07189 074198  
Dodnaze Community Ctr, Hebden Bridge 07880 062463  
Mytholmroyd Community Centre 01422 883530  
Walden Cricket Club 01706 370692  
St John's Church room Crag Vale 07810 816869  
Holme St Arts Centre, Hebden Bridge 01706 870071  
Waterside Gym, Hebden Bridge 01422 846088  
Calden School 07515 895413  
Fox & Goose, Hebden Bridge 01422 842469  
Calderdale Yoga Centre, Hebden Bridge 01422 844402  
Birchcliffe Centre, Hebden Bridge 07967 974376  
"B'DZ", Todmorden 07900 655462  
Walden Cricket Club 01706 817926  
Hebden Therapy Centre, Hebden Bridge 01422 842424  
Mytholm Meadows, Hebden Bridge 01422 842036  
Dodnaze Community Ctr, Hebden Bridge 01422 842398  
Todmorden House, Todmorden 01706 812527  
Trades Club, Hebden Bridge 07943 717139  
Todmorden Sports Centre 01706 815265  
Dawn Chapman School of Dance, Todmorden 01706 839113  
**Cross Inn, Heptonstall 07122 630733**  
Holme St Arts Centre, Hebden Bridge 01706 870071  
Mytholmroyd Community Centre 07747 532329  
Phone for details, Hebden Bridge 01422 846088  
Fielden Centre, Todmorden 01706 819239  
**Salem Centre, Hebden Bridge 07955 165822**  
Bear Cafe, Todmorden 01422 842424  
Mytholmroyd Community Centre 01422 341578  
Mytholmroyd Community Centre 07976 958282  
Birchcliffe Centre, Hebden Bridge 01422 844656  
Danceworks Dance Academy, Hebden Bridge 07766 495291  
Word of Mouth Crafts & Supplies, Hebden Bridge 01422 845474  
Phone for details, Todmorden 01706 815039  
Mytholmroyd Community Centre (also Weds 7.30pm-9pm)  
Todmorden - call for details 07900 270320  
Luddenden Foot Civic Institute 01422 885542  
Mytholmroyd community centre 01422 842398  
Union House, Todmorden 07985 274181  
White Lion, Heptonstall 01422 842027  
White Swan, Hebden Bridge 01422 842905  
Hare and Hounds, nr Old Town 01422 842671  
Valley Forge, Hebden Bridge 01422 850249  
Waterside Gym, Hebden Bridge 07788 626363  
Holme St Arts Centre, Hebden Bridge 01422 842367  
Phone for details, Hebden Bridge 01422 844021  
Old Town Community Centre 01422 842398  
Fielden Centre, Todmorden 07900 655462  
**Hebden Therapy Centre, Hebden Bridge 01422 842424**  
Good Shepherd Centre, Mytholmroyd 01706 819379  
**Birchcliffe Centre, Hebden Bridge 07967 974376**  
Dawn Chapman School of Dance, Todmorden 01706 839113  
Mytholmroyd Community Centre 01422 341578  
Dawn Chapman School of Dance, Todmorden 01706 839113  
Hebden Bridge Boxing Club, Hebden Bridge 07732 433243  
3 Wise Monkeys, Todmorden 07806 313923  
Central Street School, Hebden Bridge 01422 845494  
Calderdale Yoga Centre, Hebden Bridge 01422 844146  
Summit Inn, Littleborough (May) 01422 844936  
St James Church, Hebden Bridge 01422 844808  
**Hebden Bridge Acupuncture Centre 07884 020028**  
Waterside Gym, Hebden Bridge 01422 846088  
Little Heath, Hebden Bridge 01422 843383  
Central Methodist Church, Todmorden 01706 810096  
Phone for details, Hebden Bridge 07799 622715  
Kershaw House, Luddenden 01422 842344  
Masonic Hall, Hebden Bridge 01422 842444  
Hebden Bridge Boxing Club, Hebden Bridge 01706 839113  
Masons Arms, Todmorden  
Stubbing Wharf Inn, Hebden Bridge 01422 844107  
Fox & Goose Inn, Hebden Bridge 01422 842849  
Valley Forge, Hebden Bridge 01422 850249  
Cheeky Sew & Sew, Todmorden 01706 816181  
Fielden Centre, Todmorden 01706 817926  
Callis Community Garden, Hebden Bridge 01422 845868  
Hildley Community Centre 01422 842398  
Bear Cafe, Littleborough 01422 813923  
Central Methodist Church, Todmorden 08457 123000  
The Old St John's Ambulance, Todmorden 01706 839113  
Cheeky Sew & Sew, Todmorden 01706 816181  
Old Town Community Centre 07903 039339  
Machpeth Works, Hebden Bridge 01422 845415  
Methodist Church, Hebden Bridge  
Hebden Therapy Centre, Hebden Bridge 01422 842424  
The Heart Centre, near Hebden Bridge 01422 886410  
Mytholmroyd Community Centre 01422 843028  
Fielden Centre, Todmorden 07922 351883  
**Waterside Gym, Hebden Bridge 01422 846088**  
Holme St Arts Centre, Hebden Bridge 01422 842314  
Cross Inn, Heptonstall 01422 847563  
Stubbing Wharf Inn, Hebden Bridge 01422 844107  
Hebden Bridge Boxing Club, Hebden Bridge 01706 839113  
Dawn Chapman School of Dance, Todmorden 07788 626363  
Cheeky Sew & Sew, Todmorden 01706 816181  
Salem Community Centre 01274 545948  
Central Methodist Church, Todmorden 01706 815337  
Holme St Arts Centre, Hebden Bridge 07923 102461  
Central Methodist Church, Todmorden 01706 815337  
Places for People, Mytholmroyd 07810 848533  
Dawn Chapman School of Dance, Todmorden 01706 839113  
Hebden Therapy Centre, Hebden Bridge 07923 102461  
Hope Baptist Church, Hebden Bridge 07949 050039  
**Hebden Bridge Acupuncture Centre 07884 020028**  
**Greens Vegetarian Café, Hebden Bridge 01422 843587**  
Hebden Bridge Boxing Club, Hebden Bridge 07775 973526  
Waterside Gym, Hebden Bridge 01422 846088  
Hebden Bridge Boxing Club, Hebden Bridge 07752 67122  
Calder High School, Mytholmroyd 07970 734639  
Word of Mouth Crafts & Supplies, Hebden Bridge 01422 848299  
**"B'DZ", Todmorden 07900 655662**  
Holme St Arts Centre, Hebden Bridge 01422 823539  
Trades Club, Hebden Bridge 07943 717139  
Waterside Gym, Hebden Bridge 01422 846088  
Salem Fields, Hebden Bridge 01706 812845  
Cross Inn, Heptonstall 01422 847563  
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