



GIVE IT



A GO!

Try something new this autumn and winter

WHY not take this opportunity to try something new and give it a go?

Lots of local organisations are based in the Huddersfield area and can offer a new interest to local people. Whether you would enjoy singing, dancing or enjoying a new way of life, there is lots of help available.

● Like many organisations **Honley Male Voice Choir** is looking for new members and is sure there is a lot of untapped talent out there just waiting to be discovered.

Of course the choir would love to welcome experienced singers but also wants to attract men who may never have sung a note in their lives but have always fancied having a go.

If you are interested you can go along to a rehearsal at the Honley Nursery and Infant school on Tuesday night at 7.30pm. You will be sure of a warm Yorkshire welcome. For more details phone the choir's secretary Steve Hepworth on 01484 608963 or email him at info@honleymvc.co.uk.

For news of the choir's activities look at their website at www.honleymvc.co.uk

This year the choir is celebrating its 75th anniversary and to mark the occasion is staging a gala concert starring internationally known soprano Lesley Garrett at Huddersfield Town Hall on Saturday September 24. The choir will be joined by the world famous Cory Band in the

Christmas concert at the Town Hall on December 10.

Tickets for concerts can be bought at Kirklees box offices at information centres at

Huddersfield (01484 223200) and Holmfirth (01484 222444).

● If you fancy taking up dancing, why not take a look at **Tristan Dance Studios** based at Park Valley, Meltham Road, Lockwood.

With a wide range of classes for beginners and more experienced dancers, there really is something for all ages and abilities.

Private lessons are also available, as well as ever-popular zumba classes which offer great fun for all.

All teachers are highly qualified with years of experience. To find out more, take a look at the website www.tristandance.com

● If you want to improve your lifestyle and enjoy better health, then why not start now with a little help from **Cath Finegan, naturopath and nutritional therapist?**

She is a firm believer that good nutrition and a healthier way of living can make all the difference to an individual's well being.

Changing what and when you eat can improve many health issues. Cath has successfully helped people with stress, tiredness, digestive problems, thyroid issues, blood pressure, weight, menopause and fertility.

Take a look at www.naturopath.me.uk



Tristan Dance Studios
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Est. 40Yrs

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www.tristandance.com
Tel 01484 300136
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Park Valley, 2nd Floor, Meltham Rd,
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(Follow Signs for Nethererton)

**Change your health,
Change your life!**

Stressed?
Tired all the time?
Digestive problems?
Full of colds?



Take the first step to your new life now with expert nutritional advice from Naturopath Cath Finegan,

Call: **07772 736671** today
www.naturopath.me.uk



COME AND JOIN US

Honley Male Voice Choir is celebrating its 75th anniversary and is looking for new members

Apply to our Secretary Steve Hepworth on 608963 or email him at info@honleymvc.co.uk

For news of the choir's activities go to our website at www.honleymvc.co.uk