

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2017

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AIRE VALLEY MAG
COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

KEEP TRADE LOCAL

01535 642227

Getting outside for some length of time is one of the joys of spring. Local residents, Richard and Joe McEvoy, know something about that; in fact, they specialise in making the most of an outdoor experience with their Bushcraft courses (see page 23 for details).

If it is encouragement you need to shed the few extra pounds that have crept up on you over winter, be encouraged, help is at hand, and thankfully Slimming World has at least seven local meetings to choose from.

Want to get involved in the community? South Craven Community Library is looking for volunteers (see p 17).

Finally, if you have a business that would benefit from reaching up to 20,000 households in the Aire & Worth Valleys, please do get in touch. We are delighted to support businesses in many different ways. mail@worthvalleymag.co.uk 01535 642227.

Have a great month.

Liz Barker, editor

live happy!

with
Slimming World

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7:00PM
Laycock Village Hall
Call Lynn: 07800 865331

TUESDAY
5:30PM or 7:30PM
LongLee Methodist Chapel
Call/text Carla: 07881 953118

WEDNESDAY
5:00PM or 7:00PM
Oakworth Holden Hall
Call Andrea: 01535 642319

ALSO WEDNESDAY 7:30PM
Riddlesden Reformed Church
Call/text Barbara: 07582 468366

THURSDAY
9:30AM
Riddlesden Reformed Church
Call/text Barbara: 07582 468366

THURSDAY cont.
5:00PM or 7:00PM
Haworth Baptist Centre
Call Andrea: 01535 642319

SATURDAY
8:30AM or 10:30AM
Church of Nazarene
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With winter approaching, it's the perfect time to start enjoying your conservatory every day!



To arrange your home visit call **01422 202 919** or visit www.ploughcroft.co.uk



Rated 4.7 out of 5
★★★★★



Does your conservatory give you the chills?



A solid roof has many advantages in terms of energy efficiency. Designed and installed with thermo-efficient insulation, a solid roof has the added benefit of helping to control your winter energy costs.

Avoiding the pitfalls

Conservatories can make a fantastic addition to your home, giving you that extra room for your family to enjoy. Unfortunately, many conservatories tend to suffer from the same problems. Often, the roof can become unsightly and difficult to clean, can spring roof leaks and is noisy in the wind and rain. Sadly, most people cannot use their conservatory as and when they wish – it's freezing cold in winter and too hot in summer.

As we now move further into winter and the temperature drops so will the amount of time that you spend relaxing in your conservatory.

If you would like to relax all year round in your conservatory then maybe you could think about changing your existing plastic or glass roof with a permanent, solid replacement roof to match the aesthetics of your existing home.

New luxury living

A replacement tiled roof effectively converts your conservatory into a true home extension, which you can enjoy every day – regardless of the weather. The look and feel of your new luxury living space is completed with Velux roof windows and modern lighting to suit your lifestyle.

One challenge with replacement tiled roofs is finding the right contractor to undertake your project and avoiding the pitfalls of choosing price rather than experience. We spoke to replacement conservatory roof expert Chris Hopkins of Ploughcroft who said "One of the easiest ways of finding a reliable company is by consulting Which? Trusted Traders. Companies approved by Which? have a commitment to straight forward communication, high quality workmanship and an unrivalled reputation."



With over twenty years experience in general and heritage roof repairs and replacements, Ploughcroft have grown to today become a respected authority in replacement tiled conservatory roofs with a number of installations and satisfied customers throughout the region.

Want to know more?

Chris says *"All it takes to get started is a quick call to 01422 202 919 and a member of my team will arrange a home visit to discuss your requirements, answer any questions and provide a quote"*.

We'd like to thank Chris Hopkins of Ploughcroft for his advice. Should you want to find out more information, see case studies or browse their other services visit www.ploughcroft.co.uk

Go on, you can do it too!



Our local Slimming World groups meet every week and help people make changes to their shopping, cooking, eating and activity habits.

A healthy eating plan called Food

Optimising, is easy to follow, generous and flexible; it makes slimming much easier than many other weight loss programs.

Slimming World is based on sound nutrition principles using normal everyday healthy foods – no fads or gimmicks, incorporating Free Foods like fruit and veg, pasta rice potatoes with meat fish and more.

There are so many meals you can enjoy without weighing, measuring or counting a single bean! Tuck in to spag bol, steak, egg and chip suppers and even mushy peas, roast dinners, curries, & cooked breakfasts.

Debbie Henson, one of the local Slimming World members, is a mum of 4, works part-time and also runs her own business Starbakery. Debbie joined early 2016 and has lost a total of 4 stone 10½lbs and dropped 5 dress sizes! Debbie says Slimming World has given her a new lease of life and raised her confidence levels.

We know it takes courage to walk

through the doors and join a group, and it can be overwhelming when you're starting a brand new eating plan – and a brand new way of life.

Through group support, which Slimming World calls IMAGE Therapy, (Individual Motivation and Group Experience)

– members are given the tools they need to succeed. One hour, each week is

what you get to soak up all the love, foodie ideas, insight, sharing and humour that will help you feel a million dollars Debbie says - even on those weeks when the scales go in the wrong direction (and we all have them) you'll keep motivated and most importantly, guided back on track – all the way to your personal target.

Slimming World also helps members to gradually increase their physical activity levels in ways which suit their lifestyle and at their own pace. Body Magic gets members moving and enjoying an active life. . Debbie now enjoys walking & running about with her children and hubby. You will find more details about the local Slimming World meetings on page 2 in this magazine. Let them know you read about it in the Aire Valley Mag. Best of luck, You can do it too!



Debbie Henson



dropped 5 sizes!

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COUNTRY COOKING

For Health & Wellbeing by Cath Bromwich



Potato Cakes

I like to eat potato cakes with a good fry-up as an alternative to toast. With a little practice they come up golden and crunchy on the outside and soft and creamy on the inside. Ideally boil your potatoes the Irish way, skins on, to keep them dry. Alternatively use up cold mash, but you may need more flour. I use a mixture of cornflour and rice flour which make them an easy and cost-effective option without containing gluten, egg or dairy. However wheat flour works too. I mainly use Maris Piper potatoes for this recipe.

Ingredients:

- 3 medium Potatoes**
- Olive oil**
- Salt and Pepper**
- Optional: herbs dry or fresh chopped**
- 2 rounded teaspoons of corn flour**
- 2 rounded teaspoons rice flour**
- More seasoned corn flour and rice flour, equal amounts, mixed for dusting**

Method:

Simmer the potatoes, ideally in their skins until cooked. Peel while hot! Mash (or use old mash). Knead the mash a little as you add the flours, you want to add enough to get a fairly dry dough, but so it still comes together into a 'cake' when you squeeze it in your hand. Add more flour if needed. Add plenty of seasoning. Dust your hands in flour. Make little 'cakes'. They should be no thicker than ¾ cm so the flour cooks. Dust the cakes in flour. Place on a plate with flour. This mixture amount makes 15-20 little patties about 5 cm across, but its thickness that matters! Heat a thick based frying pan with up to ½ cm oil in the bottom. Too little and they can burn more easily. I get this oil as hot as I dare, until 'smoking point', but be careful. Place the cakes into the oil and do not move for a couple of minutes, you can turn the heat down a little. When you think they are golden on the bottom turn them over and cook on the other side. Add more oil if needed. Place on a warmed plate and serve.

Cath Bromwich is a cookery teacher & forager. Her livelihood includes sessions such as Cooking for Special Diets, On a budget and Foraging. She trained at Ballymaloe Cookery School, Ireland. For more information, contact Cath at www.facebook.com/foragercathyorkshire

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Sudoku Puzzles

4	3			8	5			1
7	1		3					6
				9			4	
		2	7		6	3		
	2	3	8	6	9			
3	6		9	4				
8		9						
3			5		2	1		
1	7	6			3	5		

1				2	6	4		
	6	4	1	3	8			
	8		5	7				
9	3	2	8					
6	8				4		2	
			4	9	1		8	
			6	7		1		
	7	1	5	8	9			
6	1	9						3

2			4	5			9	8
				8				1
	9	8						4
		5	3	2		4		
	3		1	4	5			
4						1	6	
5		2						
1	2			6	7			5

		6	5					3
	3	9				8		2
			6	3				5
	1		8	4				
6		3				2		4
				6	3		5	
9				8	6			
4		8				6	7	
3				9	4			

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

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We only have **10** places available for the course starting on **Thursday 16th March 2017** so please get in touch as soon as possible – it's too good an opportunity to miss!

Contact - Wendy Spencer
Airedale Enterprise Services
Sunderland Street
Keighley
West Yorkshire BD21 5LE
Telephone 01535 607775



To advertise call Jo or Liz on 01535 642227

Where in the Aire Valley? **COMPETITION**



Where is the red x located in the photo to the right? ?

This months prize is generously donated by **Keighley & Worth Valley Railway**

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Email your answer to:
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Last month's location was JAK Travel, Riddlesden. The winner was Don Whittam from East Morton

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The winner will be selected from all correct answers received by 15th March 2017.

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Big blue & green smoothie

We've been sharing mainly juicing recipes in the past few months but we thought we'd throw in a super smoothie recipe. This one is ever so easy to make and has eight ingredients, all of which you can find at the local health food store.

All you need is a blender and 5 minutes spare.

I keep a few bananas in my freezer. It is best to peel them and place them in a plastic bag, then they are ready to go when you need them. Berries freeze well too.

The base for this smoothie is frozen ripe banana and organic, frozen blueberries. Almond butter is included for some plant-based protein, and almond milk binds everything together. Flax and chia seeds add fiber and omega-3 & 6 fatty acids and give the drink body. Spinach is a top source of magnesium, iron, vitamins B2 & B6.

The result is healthy & soooo delicious. It's a mix between a blueberry milkshake and a banana smoothie...and it is a perfect



Haworth Wholefoods &
WORTH VALLEY MAG

breakfast option or afternoon perk up.
You're kids are going to love it too.

Ingredients

Frozen bananas 1 1/2 cups (1 1/2 bananas or 200 g)
Frozen blueberries 1/2 cup (74 g) (organic if possible)
Baby spinach ...1 handful (organic if possible)
Almond butter 1 Tbsp (16 g) (or peanut butter)
Unsweetened plain almond milk 3/4 cup (180 ml)
Flaxseed meal 1 Tbsp (7 g)
Chia seed 1 Tbsp (12 g)
Protein powder 1-2 Tbsp (5-10 g)

Method

Add frozen banana, blueberries, almond butter, spinach, flaxseed meal, chia seeds, and almond milk to a blender and blend on high until liquid & smooth. The Protein powder is optional. If it seems a bit too thick add more almond milk.

This recipe is Vegan & Gluten Free.

March 24th, Haworth Wholefoods celebrates its 1 year anniversary! Come along to the shop on Haworth Main Street for tasting sessions & juicing demonstrations from 11am as well as other surprises on the day. All welcome.

We look forward to seeing you!



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Library Volunteers needed in Crosshills

South Craven Community Library, based at Crosshills, will be run by the local community from April 2017. North Yorkshire County Council will still be supporting the library, but the overall running of the library will be done by volunteers.

The library is open on five days per week and we still need more volunteers to cover all sessions.

Training is available and there are a number of roles:

General Library Support Volunteer

Helping users, signing up new members, stock management etc.

Specific Projects / Activities

Such as homework clubs, story time, book sales, fundraising, book sales etc.

Computer Support

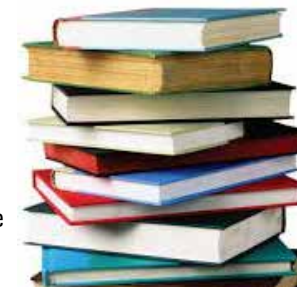
Helping members use the library's computers, offering advice and support as needed.

Benefits of Volunteering

Our volunteers tell us that the benefits for them are:

Meeting new people and making new friends

- Satisfaction of providing a valuable service



- Supporting the local community
- Developing and learning new skills

For more information please contact Christine Myers on acmyers@btinternet.com or call on 01535 631119.

Games and Social Club

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WORTH VALLEY

It's easy to overlook what's on your doorstep, which is especially surprising when we have visitors travelling from far and wide to visit the gem at the bottom of the hill... Next year we will have been operating the Railway for 50 years, but we know that there are still some of our near-neighbours who haven't visited at all or not for many, many years.

That's all the more surprising when recently I've been talking to a family from Australia who will be visiting us as part of a trip of a lifetime for one of their children who is a Railway Children and Flying Scotsman fanatic, and another family visiting from mainland Europe for similar reasons. Having shown many visitors round over the years, it makes all our volunteers' efforts so worthwhile when they marvel at the magical charm of Oakworth station; the gas lighting at Haworth, Oakworth and Oxenhope; the lamps at Ingrow; the quality of the two

museums at Rail Story, Ingrow; the amount of work it takes to maintain the operational fleet; and the mainline connection at Keighley and the quality and ambience of our side of Keighley compared with the much more modern Northern facilities on platforms 1 and 2. They are also impressed by Keighley's canopy, waiting room, the subway between the platforms and the turntable.

We have a local residents' discount scheme, meaning that once they've applied for their card, residents of BD20/21/22 can enjoy a discount for travel on regular services. Please visit the website or any of the stations when we're running for more details. We do hope that you will make the most of what's on your doorstep!

Whilst we run trains every weekend and daily in the holidays, we run special events as well (for some of which residents' discounts are different, so please do check for details).

To make all this happen takes such a wide range of skills that we always have openings for new volunteers. If you would like to help run a station, work towards qualifying to operate a level crossing or work on the operation of the train, then please do get in touch via the contact details on the website. **Matt Stroh**

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Keighley & Airedale Business Awards Back again even bigger and better than before.

Celebrating all that is good for local businesses the awards return for the 5th year and culminate in a gala presentation evening, complete with 4 course meal, on Friday 30th June at Keighley's Victoria Hall. Tickets for the event, compered by BBCs Harry Gration, can be obtained from the website, www.keighleybusinessawards.co.uk

Has your business entered yet?

If you have a business based in the Haworth or Keighley area then why not enter? Entry is completely free and there are a variety of categories for you to choose from, you can enter into two categories that are relevant for your business, deadline for entries is 28th April, and full details and entry forms are on the website. Don't leave it until the last minute, enter now and who knows it could be you receiving an award from Harry this year



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Haworth Fairtrade group are once again linking up with the KWVR for Fairtrade Fortnight to repeat the award winning Fairtrain. The theme this year is **'It's time to put Fairtrade in your break'**

so passengers on the **11am steam train from Oxenhope to Keighley** and back on **11th March** will be treated to free Fairtrade drinks with snacks sponsored by Oxenhope Coop. Music by Reubik will entertain passengers



Watch the video: <https://youtu.be/q35hFHj2VQk>

on the train; and look out for Ryan the banana too! Normal fares apply, local concession rates are available. www.kwvr.co.uk Go to www.fairtrade.org.uk for more information about Fairtrade and learn how you can get involved.

Sutton's Green Hut Theatre Company

Magic of the Musicals

Calamity Jane Oklahoma My Fair Lady
Hello Dolly Back to the 80's All Shook Up
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7th 8th April at 7.15pm
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Sutton's Green Hut Theatre Company are affiliated to the National Operatic & Dramatic Association.

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Going wild.

It's not something we are encouraged to do these days! We live in our controlled suburban worlds with risk averse tendencies and cosseted experiences.

When was the last time you allowed your kids to climb a tree or build a shelter in the woods? How about start a campfire? Or forage for food and cook outdoors?

Spending an afternoon in the woods, learning the basic skills associated with bushcraft and survival is a real opportunity not to be missed. Father & son from Oakworth, Richard & Joe McEvoy, have created a business that enables people to do just that...experience nature, feel the satisfaction of gaining bushcraft skills, & the utter joy of spending time in the woods.

Brigantia Bushcraft is the name of the business inspired by the Celtic tribe that occupied the North of Britain in ancient times. It is their tradition of self sufficiency and a deep respect for the natural world that provides a framework for the courses Richard and Joe have devised.

Youth groups, schools, families, dads-n-lads, mothers & daughters, grandparents, small teams, anyone really, who wants to enjoy the fresh air and experience nature in an exciting and challenging way, will find that Brigantia Bushcraft courses hit the mark.

It might initially be a shock to leave certain 'devices' behind; no smart phones,

ipads, or ipods are required for a Brigantia Bushcraft experience. But the rewards are many, not least, a boost in self confidence and the surprise at how empowering it is to thrive without certain modern conveniences.

Richard is a life long mountaineer and walker. He loves being in wild places and testing himself with whatever nature has in store. "it's about learning to thrive not just survive" is his view.

Richard has a background in working with disadvantaged and troubled children and knows the benefits of being in the outdoors and the positive effect it has on the well-being of those who struggle with routines and boundaries.

Joe is a keen hill walker with four years experience of bushcraft and survival skills. His passion is for ancient cultures and practices, from Mesolithic through to the Viking period. Joe has spent time with Native American people of the Blackfeet tribe in Montana. His specialist skills are firefighting and foraging.

Both Richard and Joe are DBS checked and have remote locations First Aid certificates.

The courses are run locally and can be tailored to suit folk from aged 6-86. You will find a booking form on www.brigantiabushcraft.com Or you can phone 07950 575752 We hope you will answer the call of the wild!



Every Tuesday 1.30 - 3pm **Games & Social Club at Glusburn Institute.** Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. Table Tennis is also available. £2 including refreshments. More info call 01535 630223 or 07834 713735

1st Wednesday in each month Breathe Easy Aire Valley 1.45 -3.45 at the Steeton Hub BLF Respiratory Support Group Contact Ann Caden 07720810294 or

email: anncaden@yahoo.co.uk **Saturday Workshops at Glusburn Institute** including Needle Felt Creations, Spring Flower Arranging & Your Life Story in a Day. Call 01535 630223 or email sarah@gicac.org.uk.

Every 2nd Tuesday 10am - 12pm Time for Me (Carers Resource) is a monthly group for carers and over 50's. Fun activities and friendly support at Steeton Hub, Stone Grove. More info call Carolyne 01274 449660.

Dementia Friendly Keighley seated exercise classes are every Monday 11.15am -12pm at Central Hall, Keighley, BD21 3JD More info call Maggie 07971 527525 or email info@dementiafriendlykeighley.org.uk.

Staincliffe Court Luncheon Club Lunch and socialise for over 50's. Have a tasty, home-cooked, nutritious 2 course hot lunch and make new friends all in a relaxed and pleasant atmosphere. **Every Thursday - Staincliffe Court, Elliot St, Silsden.** Please call 01535 677177 to book a place. £4.00 per session.

The Silver Line Helpline for older people Information, friendship, advice



Calls are FREE: 0800 470 80 90 FREE, confidential 24 hour service www.thesilverline.org.uk. For a group talk/presentation about The Silver Line Contact the Community Engagement Volunteer, Jeanette House, Tel: 07873459188. **Sat 3rd, 10th, 17th, 25th & 31st March Bicycle & Wheelchair recycling by Skipton Rotary Club** at Skipton Building Society, The Bailey, Skipton. Unwanted bicycles and wheelchairs, no matter the condition, can be left between 10am - 2pm **Mon 6th - Sat 11th March One Man, Two Guvnors** at Keighley Playhouse.

www.keighleyplayhouse.co.uk **Thurs 9th March at Steeton Hub 6.45pm to 8:45pm Prize bingo, with live singer** between games, free tea coffee and biscuits, when you buy your book of bingo tickets at £4. In aid of Yorkshire Cancer Research. All Welcome. Call Diane 01535 658285

Sat 11th March Jacksons of Silsden Charity Car Wash in aid of Sally can Wait 10am to 2pm 10 Ryefield Way Silsden, BD20 0EF

Sat 11th & Sun 12th March Keighley Model Railway Club 42nd Annual Exhibition. University Academy Keighley. see page 26.

Wes 22nd March South Craven Over Fifties Forum Roadshow - open meeting with organisations supporting older people giving information about

their activities., 10.00 - 11.30 a.m. in St Peter's Church Hall, Cross Hills. For more information call 07834 713735

Sat 25th March 10am-noon Steeton Methodist Church Easter Fair Easter Bonnet competition, stalls, greeting cards, raffles & competitions.

Sun 26th March Keighley Big 5K & 10k run & walk. 9 am at from Victoria Park, Keighley (10K). The 5K will start from Lund Park, Keighley.

Sun 26th March 12.30 -2.30 Mother's Day Wild flower planting at East Riddlesden Hall. Would you like to leave your mark by helping to create a traditional wild flower meadow? The event is free but normal admission charges apply for the venue.

Sun 26th March 2pm at Cliffe Castle, Keighley - Steeton Male Voice Choir Join us at Cliffe Castle Museum for a FREE performance by Steeton Male Voice who were the 2013 winners of the Royal Armouries' "Choirs Rock" No need to book, just turn up and enjoy.

Friday 31 March and Saturday 1 April, Backstage Live! Free event 11am to 3pm at Airedale Shopping Centre will be hosting the ultimate fashion show! see page 28/29.

Fri 31st March 7.30pm at Glusburn Institute Container Gardening for flowers, fruit & vegetables Talk by

David Allison of the National Vegetable Society.

Sat 1st April 10am -12 Coffee Morning at Steeton Methodist Church. Everyone Welcome.

Sat 1st April Steeton Hub Yorkshire tea party 9.30am to 12 30pm, Cake stall, Easter Craft Stalls, Tombola, Raffle, tea coffee stall. All welcome. For any enquires call Diane 01535 658285. In aid of Yorkshire Cancer Research.

Sat 1st & Sun 2nd April Flying Scotsman locomotive on static display at Ingrow Railway Station. **Thurs April 27th Fundraising Fashion Show in aid of So Sally can wait 7pm-10pm at Silsden Sports Club.** Hosted by Aire View Infant School. Tickets on sale at the school.



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KEIGHLEY MODEL RAIL SHOW

University Academy of Keighley (UAK) 11/12th March
10am-4.30pm. Green Head Road, Keighley BD20 6EB

NEW VENUE!

2017



Our 42nd annual Exhibition will be held over the weekend of March 11th and 12th 2017. It heralds a new start, with a bigger and better show than ever in a new venue. It will be held at University Academy of Keighley (UAK), Green Head Road, Utleigh, Keighley. BD20 6EB.

Opening Times are 10.00am until 4.30pm. Admission charges:- Adults £6.00, Children £3.00, Family £15.00 (2 Adults & 2 Children). We accept most major credit and debit cards.

Each admission to the show includes entry into one of two prize draws for a state-of-the-art digital train set worth up to £400 – one held each day. Extra tickets for the prize draw can be purchased for £1 each.

We have 18 layouts for you to see in a wide range of scales from the tiny 1:220 Z gauge, (which can be fitted into the smallest space) to the much larger 1:22.5 G scale often used outdoors as garden model railways.

Especially for families with children we have Lego, Brio and K'Nex to play with, face painting and an interactive Lego layout. 'Thomas' fans will be able to see him and his friends on a special layout! In addition to all this, rides will be available on an outdoor

live steam model railway provided by Keighley Model Engineering Society.

For active modellers we have some exceptional layouts in the popular scales, an enormous range of traders selling everything a modeller could need including tools, materials, new and used model railways, kits, books and electronics.

There will also be demonstrations in paint weathering and kit building for modellers to extend their knowledge and sharpen their skills take place throughout the weekend. We are hoping to provide something for everyone, from the discerning modeller, to the beginner and families.

If you enjoy your day with us, as we hope you will, pay us a visit at the clubrooms in Knowle Mills, South Street, Keighley, BD21 1SY. We are open Tuesday and Thursday evenings from 7.00pm

until around 10.00pm and on Saturday afternoons 1.00pm – 5.00pm and would welcome anyone interested in learning more about us and our hobby. The clubroom provides facilities to cater for any need, being one of the largest model railway clubhouses in the UK. Full details can be found on the club website www.keighley-mrc.org.uk or the dedicated exhibition Facebook page – just search for 'Keighley Model Railway Show 2017'.



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Backstage Live at Airedale Shopping Centre

From 11am to 3pm on Friday 31 March and Saturday 1 April, Airedale Shopping Centre will be hosting the ultimate fashion show – **Backstage Live!**

We'll be giving you the shopper the real backstage experience where you'll be able to receive **FREE hair and beauty makeovers** from professional stylists and make-up artists. As well as that, models will be showcasing the latest clothing and accessories from the retailers at the centre in a **LIVE catwalk** at various intervals from 11am to 3pm.

Plus, you'll be able to get your hands on a whole host of **exclusive offers and discounts** from the great retailers on display.

This fantastic **FREE** event is definitely not one to miss!

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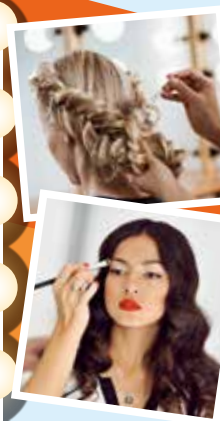
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