## AIRE VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY



April 2020

# KEEP CALM AND STAY HOME





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For over twelve years the Aire Valley Mag has been distributed by individuals in the community, however, this editon is brought to you via the Royal Mail, our fifth emergency service and with the support of



Keighley Town Council. When it is safe to do so we will resume with our community deliverers.

In the mean time we will place more emphasis on bringing you updates via social media and by expanding our services to include community podcasts and multichannel communications.

Please, please, please, support our lovely local businesses by using their services. Many are having to pivot and be creative about how to deliver their wares remotely. Some traders are classed as key workers. Plumbers and gas heating engineers are available to meet your urgent requirements. Driving Miss Daisy is another one of our advertisers who can help with shopping and other essential matters.

Most importantly we wish you well and urge you *not* to take any undo risks with your health and safety. Be kind to yourself and others...look after yourself, your family and your neighbours.

We would love to share heartwarming positive news as the community continues to feel the burden of the COVID-19 crisis. Remember that every storm runs out of rain. We are looking for the silver lining, the rainbow in the distance, (to exhaust the metaphor) and we hope you will keep in touch. Please like, share, and contact us via Facebook, email, telephone:

Worth & Aire Valley Magazines mail@worthvalleymag.co.uk 01535 642227



Editor Liz Barker

Say you saw it in the Aire Valley Mag!

**Bradford Council** is teaming up with the **NHS**, **Public** Health England and the **voluntary sector** to find the best way to provide support to our communities affected by Covid-19.

#### Firstly, your health & wellbeing is important

to us. If you or someone you live with has a particular need, you can leave your details through this number, which will be passed on to the relevant service to support you or answer your query.

## 01274 431 000

People wanting to volunteer to help during the Covid-19response should call Bradford Council on the number above and leave their name and contact details.



#### **Everyone must stay at home** to help stop the spread of coronavirus.

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home: to shop for basic essentials – only when you really need to



💥 to do one form of exercise a

day – such as a run, walk or cycle, alone or with other people you live with

3 for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person

💥 to travel to and from work – but only where this is absolutely necessary

### How to avoid catching or spreading Covid-19

The advice from the NHS is to protect yourselves and reduce any risks by practicing good hand hygiene.

- \* cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✤ put used tissues in the bin straight away
- \* wash your hands with soap and water often for 20 seconds
- \* try to avoid close contact with people who are unwell
- \* avoid touching your eyes, nose and mouth if your hands are not clean

#### **How COVID-19 spreads**





Respiratory droplets





Close contact

#### Use the NHS 111 online Covid-19 service at: 111.nhs.uk/covid-19/ Only call 111 if you cannot get help online. Use the NHS 111 online service if:

- \* you feel you cannot cope with your symptoms at home
- ✤ your condition gets worse
- wyour symptoms do not get better after 7 days

Please remember if you are helping others out, to take care of yourself first and always follow the latest advice on social distancing and self-isolation; don't break your isolation period early.

When in contact with others follow social distancing advice and keep a safe distance from others (this is approximately 2 metres or 6 feet apart).

#### Wash your hands. (We know you are tired of hearing this but it is essential!)

Be sure to wash your hands thoroughly for at least 20 seconds before and after contact with your neighbours and follow the NHS ' catch it, kill it, bin it' advice when coughing or sneezing Avoid close contact. Don't get into personal care or going into people's houses - be assured that other agencies are looking into this.



**Ask for help.** If you are helping others, be aware of your own wellbeing and ask for help and support if vou need it. Contact 01274 431 000.

**Keeping safe at home** Keep in touch. Maintain contact with friends and family by phone or online, and maintain activities that you're able to do such as reading, exercise, walking the dog, etc. Don't display information. We don't advise that people display signs in your home / windows to tell others you're self-isolating this could make some people more vulnerable to being exploited. Report concerns. Keep an eye out for suspicious activity or visitors to your neighbours, particularly those who may be more vulnerable, and report this to the Police if you feel concerned.





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#### Providing extra care and attention for your safety and well being.

## Where in the Aire Valley? COMPETITION

Where is the  $red \times located$  in the photo to the right?

This month's prize is generously donated by the Keighley & Worth Valley Railway

(x2 adult Day Rover tickets)

Email your answer including your name & address to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by 25th April 2020.



Last month's location was Tiles Taps and Tubs in Eastburn The winner is Shaun Davey from Sutton. @Google Earth

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#### April 2020 NOW IS THE TIME FOR SOWING Lee Senior

With the nation facing unprecedented conditions as the fight against Coronavirus is stepped up, there has never been a better time to spend time in our gardens. Gardening is naturally a self-isolating hobby and gives the embattled public some much needed outdoor time.

Not only that but it can play a vital role in feeding our families. Even the most non green-fingered or most reluctant gardener can grow something to eat. Salad leaves, courgettes, tomatoes and potatoes are all perfect for beginners.

The extra time off work for many provides a golden opportunity to move your veg plot or allotment forward. As luck would have it, the next two months are the busiest of the year! The majority of veg and flower seeds are sown in April and early May.

How nice it is to sow seeds which in many ways symbolise new hope at a difficult time such as this. It is uplifting, providing a feel good factor, just when we need it the most. If the soil is dry and warm enough, plant out early, second early and maincrop potato varieties, as soon as possible now. Aim for a gap of around two weeks between them. Afterwards, keep an eye out for any young shoots after planting and protect them from any frost. This can be done by earthing up the plants with soil or by using horticultural frost protection fleece.

By now your greenhouse should be a hive of activity. The staging should be positively bulging with trays of young vegetable plants! The idea is to grow them on under glass. They can then be hardened off and planted outdoors during mid-late May. Do keep an eye on greenhouse ventilation. It can get surprisingly hot reaching 30C even at this time of year and this is especially harmful for young seedlings. Herbs are great for the windowsill or containers. There is nothing to beat the flavour of fresh basil along with sun-ripened home-grown tomatoes. Or how about fresh mint with the Sunday roast.

Basil seeds can be sown now and grown on in an unheated frost-free greenhouse. Mint is a real bully and it will take over open ground or a mixed container. The best way to grow mint is to plant it in a container on its own raised up from the ground to stop the roots escaping.

Finally why not grow a few flowers on your allotment or veg plot. They will attract insects and pollinators and that is good news for edible crops too.



Lee Senior is an experienced horticulturist. He is a former green spaces and allotments manager. Lee is also an RHS Regional judge and garden adviser. allotmentsandgreenspaces.

wordpress.com or email: allotmentsguru@gmail.com Outside of gardening, Lee has written two successful walking books 'Pennine Way, The Highs and Lows' www.facebook.com/penninewaybook/ and 'Walking in the Aire' www.facebook.com/walkingintheaire/

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Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will tum up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge

amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our oveniding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!'

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