

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

December 2018 / January 2019



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December is a month to both celebrate  
and take stock.

Following a recent week away in the USA  
to take part in the American celebration  
of Thanksgiving, I am still counting my  
blessings. What a privilege to be able to  
freely move between countries and visit  
friends and family. I must admit, while  
being a resident of the UK for the past 28  
years, it remains an absolute pleasure to  
return 'home' to Yorkshire.

As we head in to full-on December  
celebration mode, you will find Amy Firth's  
show stopper of a cake recipe on page 17;  
it's worthy of the holiday table. Enjoy it.

And then when January  
rolls around, you can find a  
Slimming World class to  
get your waistline where you  
want it to be. It's all good.  
Have a lovely festive season.



*Liz*  
Editor Liz Barker

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# Ceri's Success Story

**2019 celebrates Slimming World's 50th year of helping individuals lose weight without hunger, improve health and gain confidence.**

Ceri Galluci joined Riddlesden Slimming World in 2016 and achieved her target weight with a loss of 3 stone that same year. Ceri says "I remember feeling really



*uncomfortable; bursting out of a generous size 16 jeans and as my youngest child turned 1, I didn't have the excuse of having a "baby" any more.*

*I love the fact I've been able to incorporate food optimising as a lifestyle change*

*rather than just a fad diet. Realising there was so much I could eat and that I didn't have to feel deprived; looking for recipes and planning meals became like a hobby itself! I plan meals we can all eat as a family and we have firm favourites - Campfire stew, Beef hotpot, Carbonara, Fish and chips and Cottage Pie to name but a few! My sweet tooth has been my biggest challenge- and learning to tap into eating when you're hungry rather than just eating for eating's sake! I still have a sweet tooth but I can still indulge in my chocolate bar!"*

*"I have so much more energy and my fitness levels have improved dramatically. I can keep up with my 6 and 3 year old and take part in their activities, without*

*feeling self-conscious and embarrassed. Without Slimming World I'd have never considered exercising and it was their concept of 'Body magic' which got me going. I started walking in an evening, completed a 'Couch to 5k', progressed to weekly Saturday Park runs and now do lots of 10k events. This September I took on my biggest challenge to date- running my first half Marathon- the Great North Run. The sense of achievement, well-being and sanity (peace and quiet from the kids!) which I get from running is really important to me".*

*"Being overweight affected my self-esteem, confidence and self-worth so much and as a result this had a huge impact on my mood and mental well-being. That has been the biggest change and although I still have my fair share of up's and downs, I can't imagine Slimming World and my group not being part of my life now."*

**So if you are looking to change your life in 2019, join one of our many local groups and we will show you how.**



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#### A message from a reader with thanks & praise

After suffering the most calamitous computer crash and at a complete loss as to what I should do to try and restore status quo, I turned to my copy of Aire Valley Mag – simply having moved to this area from Scotland in recent years, I didn't have any established contact with a suitable expert.

How grateful I am that you deliver this magazine to my home every month.

A half page advert on page 27 displaying Computer Universe attracted me to that very business, where I was advised my computer had been hacked and all the data potentially lost. I was devastated!

Precisely one week later, I received a call to advise they had succeeded in completely restoring everything and my computer was, in their own words - 'good as new'.

To be honest, I didn't at first believe their confident assurance, I imagined having to use my own back-up facilities to restore crucial bits of information. I needn't have worried, I came home, plugged it in and in precise accordance with the received advice everything worked perfectly.

The account I settled was little over half the originally quoted price! I've even been invited back to their Silsden premises for a bit of tuition to try and prevent a further occurrence.

That kind of honesty and quality of service isn't easy to find, if you can find a corner in your publication to replicate the foregoing, I would hope it might help to bring more business to this splendid local enterprise, I shall recommend it to anybody and everybody. Kevin and Tristan – the two chaps I dealt with – I cannot praise them highly enough.

Best wishes. *Jeremy Law*

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To be honest with you, dear reader, I don't really take kindly to this time of year. You get up in the dark and you go home in the dark. Occasionally there's a sunny day, but mostly it's full of damp and mist. It now seems a very long time ago that we were basking in record temperatures and wondering whether football was coming home. Even taking the dogs out in this weather becomes a chore for the dogs themselves.



## Inside The Weekend Wanderer

by Antony Silson

So, what do we do then? Well, I propose that we give our full attention to the weekends and make them extra special. We have a wealth of walks, pubs, cafes and restaurants in the local area and they are all deserving of your attention. You could walk around St Ives and then pop into Bingley for a well-deserved pint or a crumpet. Is there honestly anything better than a toasted teacake or a crumpet on a damp and miserable day? You may disagree, but you're wrong.

What about a walk up to Keighley Gate and then an amble over to Ilkley? Plenty to see and do there, before you catch the bus back. Or you could walk towards Baildon Moor along the paving stones instead of Ilkley. If the weather is good you can see all the way to Emley Moor TV Mast. It goes without saying that this 1,084 ft tower is the tallest freestanding structure in the UK.

There are so many award winning, quirky pubs around here that it would be a sin, yes it would, not to visit one as you pass through Haworth or Goose Eye. Haworth

itself offers the Bronte Falls, Top Withins or any number of more sheltered walks. If you haven't been to Slippery Ford and walked around Keighley Moor Reservoir then quite frankly, you haven't lived. When we complain, as we Keighley folk always do, about the downside of living here we often forget about the wild, the windswept and the magnificent scenery we have. And then there's the beer, but that's a different story. Happy wandering!



Antony Silson loves walking with his two dogs, has a vast music collection, watches a lot of films, enjoys cheese and lives in Keighley. His show airs on Drystone Radio Sundays 5-7pm

## 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 Picture House**

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The winner will be selected from all correct answers received by 15th Jan 2019.



Last month's location was Dog & Gun, Malsis, Sutton in Craven. The winner was Debbie Spurr from Keighley.

@Google Earth

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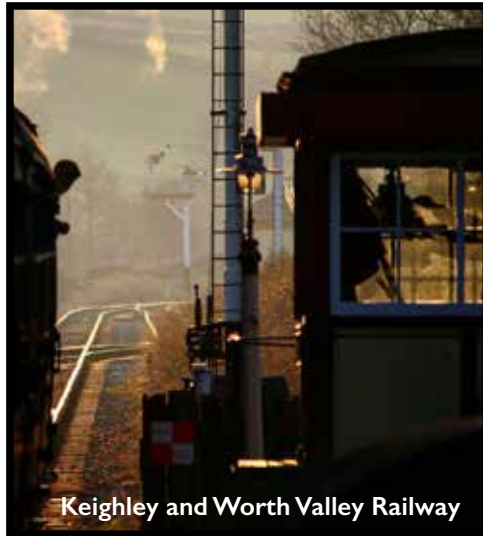
## WORTH VALLEY

As we approach the end of 2018, we draw to a close a year of celebrating fifty years of operation of the Railway. We've welcomed Royalty, in both the guise of HRH the Duchess of Cornwall and the 'Royal Scot' locomotive, and recognised volunteers who have given decades of service to the Railway. Reflecting on what we have achieved is very humbling, and makes all of us involved in the Railway very proud.

The Railway has changed a great deal in that 50 years, but some things remain popular. Santa first arrived on the Railway in the earliest days of operation at Haworth and even before the line was fully reopened in 1968. The Santa Specials may have changed in form over the decades, but their charm and popularity hasn't and we are yet again running a sell-out service throughout December for Santa and his Pixies. We will also be running our Mince Pie Specials from Boxing Day to New Year's Day so you can continue to enjoy the festivities with us until January 1st.

The Railway's catering offering has also developed over the decades and in response to demand we now open the buffet carriage at Oxenhope every Wednesday to Friday even when trains are not operating. **We offering a discount during December, and you can enjoy a 20% discount at Oxenhope Buffet when the trains are not running. Simply ask for the Winter Discount at the till .**

As well as the buffet, the gift shop at Haworth is also open during the week, so



if you're looking for some railway-themed festive gifts you can avoid the weekend crowds by visiting Monday to Friday instead.

Looking forward to 2019, we have great plans including the reintroduction of the popular Diesel Gala event, a weekend that appeals to the generations of passengers who remember widespread diesel rather than steam traction from their younger days. Building on the success of the 50th Anniversary event back in June, we will be running the event as a 'Mixed traffic' Gala, allowing us to run a prototypical blend of steam and diesel services. We will have a wide range of special events, including Prosecco and Whisky tasting trains; the 'Haworth Haddock' fish and chip supper services; and plenty more for you to enjoy. Finally, I would like to thank you all for continued support during our 50th anniversary year, and we look forward to welcoming you board as we embark on our second half-century of operation.

*Matt Stroh Chairman KWVR*

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# SMITHY'S TECH TIPS

By Liam Smith

It's fast approaching that time of the year we've all been waiting for, from gift giving to family festive traditions, and surrounding yourself with friends and family you cherish and love. But no matter how well we plan for this joyous occasion, there's always going to be something that doesn't go according to plan. Whether that's the Christmas Turkey, the dog destroying the presents, or perhaps something that isn't considered as often, not being able to view your favourite movies or TV shows around your busy schedule.

Gone are the days of setting the timer of the VCR recorder to record live TV which undoubtedly aired too early or too late to enjoy the full content. Nowadays, there are no tapes, no discs, and no USB sticks to export to, it's all done internally! What does this mean exactly? Well, Freeview (aerial) and Freesat (satellite) recorders have an HDD – Hard Disk Drive built-in, meaning that you no longer have to frantically scour the cupboards or TV stand for DVD's or VHS tapes to record to before the content starts, it's all stored on this one device.

If you've ever had Sky or anything of the

like, you'll know just how easy it is to record your favourite shows, but there was always a catch, the recording facility was only available through subscription, well, not anymore. Freesat and Freeview recorders are subscription free products, meaning you can watch all of the channels available and record them too without any additional cost.

But, these recorders don't just give you the ability to record individual programmes, you can also schedule a series link to record every episode within a series, so you don't have to worry about setting a recording every time a programme is aired. These are internet based products as well, which enables catch-up and on-demand services, meaning that if you have forgotten to record something on BBC 1 for example, you can just use BBC iPlayer to stream it given that you have an adequate internet connection.

All of that functionality and more exists within the smart platform, and it's an ever-growing progression towards a more cohesive, integrated network within the conventional smart home. Smart is the future, and it's sooner than you might expect.



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## Chocolate cake with Cointreau & chocolate-orange ganache

When it comes to desserts, I must admit, I'm not a fan of Christmas cake, or Christmas pudding, or mince pies for that matter. I love the idea of them and try every year to get on-board but they just don't do it for me. My kids are the same. A nice big festive chocolate cake on the other hand, I could inhale in one sitting. The pull of chocolate is too powerful! I went with a really rich chocolate cake and added orange zest and dash of Cointreau to the frosting. For the decoration, I used vegan icing painted with edible gold paint and sprayed with edible gold glitter.

### Ingredients

#### Frosting

2 x 400ml cans coconut milk  
525g dairy-free chocolate chips  
105g unrefined coconut oil  
250g icing sugar  
Zest of 2 large oranges  
2 caps of Cointreau (optional)

#### Cake

350g whole wheat flour  
270g cacao or coco powder  
200g sugar  
1 tbsp bicarbonate of soda  
1 ½ tsp baking powder  
1 pinch of salt

720ml of non-dairy milk (I used oat)  
210g unrefined coconut oil  
375g of applesauce, neutral yogurt or silken tofu  
470g maple syrup  
1 tbsp apple cider vinegar  
1 tbsp vanilla extract

### Method

To make the frosting, microwave the coconut milk and chocolate chips for 3 mins, stirring regularly. Once melted, add the (melted) coconut oil, icing sugar, orange zest and Cointreau (if using) and blend until smooth. Refrigerate, preferably overnight, or until firm.

For the cake, mix the wet ingredients together. In a separate bowl, mix the dry ingredients. Once combined, add the dry ingredients to the wet bowl and stir until just combined. Divide the mixture between 3 greased, lined cake tins and cook at 180°C for 35-45 minutes (remove once a cake skewer comes out clean). Allow to cool on a rack, then use the frosting to build the layers. Finish by adding frosting to the outside and decorate.

Until next year,  
Happy Christmas everyone!

Amy



@amy\_firh78

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- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral point, to meet family and friends directly at the crematorium

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- The payment of the Doctor's fees
- The payment of the Minister's fees
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- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral point, to meet family and friends directly at the crematorium
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## Sudoku

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

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

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

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

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.

## We need your help

to sprinkle festive fairy dust over child victims of crime across the North of the UK this Christmas.

Embrace CVOC (Child Victims of Crime) charity is running 'Dear Santa 2018' – a seasonal fund-raising campaign to bring joy and happiness to children and young people who have suffered trauma as a result of crime. Local individuals and businesses in Worth & Aire valleys are grouping together to purchase gifts for children. Some are replacing their Secret Santa with Embrace's Dear Santa initiative.

Airedale Enterprise Services has been taking on the role of Santa's Elves and recently hosted a gift wrapping session with the AWWesome Business Club. Small's of Keighley and other shops in the town kindly donated wrapping paper and other supplies to support the campaign.



**You can still purchase a gift for a child victim of crime directly from Amazon Smile online.** Simply select the wish-list for your area. Here you'll find a list of Dear Santa gifts together with details of the recipients. **Search online: Dear Santa 2018 Embrace CVOC.** Follow the simple steps below.



Dear Santa  
2018

Christmas Shopping?

Buy an extra gift for a child victim of crime when you shop online. It's as easy as...

-  Visit [www.embracecvoc.org.uk/dear-santa](http://www.embracecvoc.org.uk/dear-santa)
-  Pick a Dear Santa wish-list based on where you live
-  Choose a child's gift and buy direct from Amazon
-  Leave details to request a Certificate of Appreciation
-  Embrace CVOC Elves will wrap the gift
-  Santa will deliver it in time for Christmas Day!

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**Sudoku Solutions**  
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2	8	1	4	9	5	7	6	3
5	3	7	8	1	6	4	2	9
4	6	9	3	7	2	5	1	8
1	5	8	2	4	9	3	7	6
6	7	3	1	5	8	2	9	4
9	4	2	6	3	7	1	8	5
3	2	4	9	8	1	6	5	7
8	1	5	7	6	3	9	4	2
7	9	6	5	2	4	8	3	1

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

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

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

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**Keighley & District Photographic Association** meet on the 1st & 3rd Tuesday of the month at 7.30pm to 9.30pm at **Riddlesden United Reformed Church, Riddlesden**. Visit [www.kdpa.co.uk](http://www.kdpa.co.uk) for programme of events.

**Keighley Model Railway Club, Knowle Mills, South Street, Keighley, BD21 1SY** Meeting every Tuesday and Thursday Evenings from 7.00pm until 10.30 Thursday afternoons, 12.45pm until 4.30pm & Saturday afternoons 1.00pm until 5.00pm Everyone is welcome, but children over the age of 10 must be accompanied by an adult. There is a direct lift access to the clubroom.

**Aire Valley Railway Modeller's Club, Melbourne House, Dalton Lane, Keighley, BD21 4LG**. Meeting every Monday, Tuesday & Thursday night from 7.00 pm until 11.00 pm and Saturday afternoon from 1.00 pm until 5.00 pm, juniors over the age of 8 years old and accompanied by an adult, are welcome. Entry and exit by stairway only.

**Keighley LGBT support group** meet every 3rd Saturday of each month. 12 -2pm at **Keighley Healthy Living Centre, Scott Street, Keighley** (behind the Library).

**Keighley Library Knit & Knatter group** meet every Wednesday 1pm-3pm. Beginners and experts alike, refreshments 50p.

**Hainworth Knitters** meet Wednesday's at 1.30pm - 3pm at **Hainworth Wood Community Centre**.

**Keighley Can Sing 2 - 3.30pm** on second Sunday of each month



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**(Term time only) at Central Hall, Alice Street, Keighley BD21 3JD** A friendly singing group open for everyone.

**Morton WI meet every second Tuesday** evening each month Join us for a social evening with refreshments at the Institute in East Morton from 7.20 pm, **Every Tuesday & Thursday 10 am - 2pm Welcome Place Cafe** at **Shared Church Hall, Market Street, Keighley**.

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**Little Rascals Baby & Toddler Group** meet every Thursday 10am - 11.30am at **Trinity Church**, Fell Lane Keighley.

**Every Wednesday 10.30am Rest a while drop in Coffee Morning** at **Exley Head Methodist Church, Keighley**.

First & third Wednesday of a month **10.30am Coffee Morning & Book Swap** at **Laycock Village Hall**. **Sat 1st Dec until Sun 24th Feb The Glasshouses** at **Cliffe Castle, Keighley** **Sat 1st Dec until 5th Jan Saltaire Living Advent Calendar** - around **Saltaire Village**. Windows in Saltaire homes are illuminated with a festive scene. One being opened daily from the **1st Dec until the 24th Dec**.

**Sat 8th, 15th 22nd & Sun 9th, 16th & 23rd 11.30am - 4.30pm Santa Specials** at **Shipleigh Glen Tramway** [www.shipleighglentramway.co.uk](http://www.shipleighglentramway.co.uk).

**Mon 10th until Sat 15th Dec Great Expectations** by Charles Dickens at **Keighley Playhouse**. An interesting adaptation of the famous classic Dickens story - narrated by the adult Pip. The entire story and all the well known characters are here, Miss Haversham, Estella, Magwitch, Joe and Herbert. Childhood events are recalled but are played out by the adults.

**Weds 12th Dec 6.30 Community Carols** including **Nessfield School Choir, Trinity Church, Fell Lane, Keighley**. All Welcome.

**Thurs 13th Dec Aire & Worth Valley Wanderers Guided Walk Riddlesden to Low Wood**. Meet 1.30pm at **Bar Lane, Canal Bridge**. More info call 01535 665258

**Thurs 13th Dec Late Night Shopping** until 8pm in **Haworth**.

**Sat 15th Dec 1pm - 4pm Dementia Friendly Keighley Awareness Event** at **Airedale Shopping Centre**

**Sat 15th & Sun 15th Dec 12 - 4pm Brass Band and Festive Music Weekend** in **Haworth**.

**Sat 15th & Sun 16th Dec 11 am - 3pm Visit Santa in his grotto in Haworth**. Located at the top of **Haworth Main Street** near **Changegate Fisheries**.

**Fri 21st Dec, 18th Jan, 15th Feb & 15th March Story to Tell** at **Cliffe Castle Museum 10.30am**. Free Event.

**Sat 22nd Dec 11 am - 12.30pm Silsden Singers** at **Airedale Shopping Centre**.

**Sat 22nd & Sun 23rd Dec Nativity Weekend** in **Haworth**. Come and join the re-enactment with Mary and Joseph for the magical nativity procession and experience and remember the true meaning of our Festive Season.

**Sat 29th Dec. Train rides for all the family**. Miniature trains running at **Marley sports field approx. 13:30** until dusk. Steam and electric trains providing trips for all ages. Great family afternoon out. Festive refreshments available. Details at [www.kdmes.org.uk/trains.htm](http://www.kdmes.org.uk/trains.htm)

**Sun 30th Dec 10am - 4.30pm Keighley Model Railway Club Christmas Open Day** at **Club Room, Knowle Mill, South Street, Keighley** **Thurs 10th Jan Aire & Worth Valley Wanderers Guided Walk Riddlesden to Cliffe Castle**. Meet 1.30pm **Bar Lane, Canal Bridge**. More info call 01535 665258

**Mon 28th Jan - Sat 2nd Feb Nobodys Fool** at **Keighley Picture House**. This is the sequel to **Nobody's Perfect** in which statistician **Lenny** won an all womens writing competition as **Myrtle Banbury**. He now has the problem of conducting a TV interview without having to appear in drag. Just when the situation seems to be brilliantly under control his ex wife, **Fran** turns up to throw a spanner in the works.



# Brontë Parsonage Museum at 90

## A History of the Museum in 10 Objects

Much of the good Patrick Brontë achieved during his long ministry at Haworth has been overshadowed by the fame of his daughters. Throughout Mr. Brontë's forty-one years in Haworth, his duties as a clergyman were wide-ranging, encompassing aspects



**Mr Brontë's copy of Graham's Modern Domestic Medicine**

of social welfare and matters relating to public health. He was especially interested in developments in medical knowledge and had an understanding of the manner in which disease was spread. Amongst the many interesting items in the collection at the Brontë Parsonage Museum is Mr Brontë's copy of Graham's Modern Domestic Medicine, published in 1826. This was one of many medical texts which he had read, and his notes, written in the margins of the book, show just how seriously he took his interest in medical matters. The notes also shed light on the illnesses suffered by his own family circle, and the remedies which were tried.

In 1846, at the age of sixty-nine, Mr Brontë travelled to Manchester where he underwent an operation for cataract removal. He took a keen interest in the procedure (which was performed without anaesthetic), and later added an account of the experience in his copy of Graham:

Belladonna a virulent poison – was first applied, twice, in order to expand the pupil – this occasioned very acute pain for only about five seconds - The feeling,

under the operation – which lasted fifteen minutes, was of a burning nature - but not intolerable – as I have read is generally the case, in surgical operations. My lens was extracted so that cataract can never return in that eye...

The disease usually associated with the Brontës is consumption. In an attempt to restore her health, Anne Brontë travelled to Scarborough in 1849, dying in the town just four days later. In the section on 'Pulmonary Consumption', Mr Brontë added a poignant footnote:

Mr Teale, Surgeon, Leeds, said that change of place & climate, could prove beneficial, only in the early stage of consumption – that afterwards, the excitement caused by change of scenes, and beds, and strange company, did harm.

It was his interest in matters relating to public health which led to Patrick Brontë petitioning the government to send a health inspector to Haworth. As a result, threats to public health were identified and improvements gradually introduced, although these came too late to benefit his own family. Ann Dinsdale, Principal Curator

## Winter at the Brontë Parsonage Museum



**THURSDAY 13 DECEMBER**

**Late night opening – free to local residents**  
Perfect for picking up those last minute gifts.

**MONDAY 14 JANUARY**

**Devotion at Movie Monday**

The Brontë story told Hollywood-style.

**SATURDAY 19 JANUARY**

**Behind the Scenes at the Museum**

A chance to peek beneath the January dust sheets.

**SATURDAY 2 FEBRUARY**

**A Winter Wander through Patrick's Haworth**

A brand new storytelling walk for all the family.

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Haworth, Keighley, West Yorkshire BD22 8DR

**01535 642323** [www.bronte.org.uk](http://www.bronte.org.uk)

Open 10am-5pm daily, Museum and shop closed 24-27 December.  
New Year's Day 12pm-5pm. Museum closed 2 Jan-3 Feb, shop open daily except 7 & 8 January. Last tickets sold 30 minutes before closing.  
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In 2019, the Museum will be celebrating the life and work of the Rev Patrick Brontë with a new exhibition and visitors will have the chance to see this important item on display.

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are assured of the best job. Integrity in that we will turn 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 overniding principles.

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