

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Feb 2013



DISTRIBUTED **FREE** TO OVER 6800 HOMES IN SILSDEN,
STEETON, EASTBURN, SUTTON, CROSSHILLS, GLUSBURN

www.airevalleymag.co.uk

O'Neill Injury Solicitors

O'Neill Injury Solicitors

The Keighley & Skipton Personal Injury Solicitors
qualified, independent, professional assurance

01535 958778
info@oneill-injuriesolicitors.co.uk

Free Home Visits from Local Solicitors

Would you like your Solicitor to see you at Home?

If you have had an accident and want local personal service, rather than a call centre, we can help.

We are Skipton and Keighley based Solicitors with local knowledge and expertise. We have over 20 years experience and would be pleased to visit you at home to advise and assist.

for free impartial advice

01535 958778

www.oneill-injuriesolicitors.co.uk

O'Neill Injury Solicitors- Local to You

February

It's the month we celebrate **love**.

We are reminded to be good to ourselves, indulge someone who is dear to us, or express our heartfelt desires.

In this edition we've placed love hearts next to various experiences and opportunities for you to participate in or ideas for treating a loved one:

Enjoy a steam adventure on the Keighley & Worth Valley Railway, buy a Snappy Days photo gift voucher, escape to a beautiful villa in Spain; these are a few of the ideas brimming from our pages. Some are exclusive offers for this month only so scoop them up while they are going!

Jo Longbottom has shared a few of her beautiful poems on the subject of, you guessed it, **love**. Beware, they may bring a tear...so have a box of tissues on hand.

We are thrilled to celebrate the announcement that Le Tour de France will

wheel its way through the Aire & Worth Valleys in 2014. What a privilege and honour to host such a prestigious and world class event in our part of the world. And what a great opportunity for us to showcase the beauty and distinctiveness of Yorkshire. Plans are already underway to take full advantage of this unique event and ensure a legacy is in place for the years that follow. If you have a particular interest or want to get involved in planning for Le Tour please contact us on 01535 642227. or info@worthvalleymag.co.uk

You will find more news on the Fairtrade front in the centre spread of this month's magazine.

Congratulations Fairtrade Yorkshire for becoming the world's first FT Region! Have a great month! Liz

Liz Barker, editor @LocalGlobalGirl



OPEN AIR STEAM ADVENTURE

Step back in time on The Railway Children's Railway in the heart of Brontë Country and enjoy a steam filled action-packed day out for all the family!

Steam and diesel trains run throughout the year and daily in summer and school holidays.

www.kwvr.co.uk

WORTH VALLEY

Find us at Haworth Station,
Keighley, West Yorkshire BD22 8NJ

Keighley & Worth
Valley Railway

*Valid until end November 2013. Not valid on special events. Code:W&AV

Keighley • Ingrow West • Damems • Oakworth • Haworth • Oxenhope



£5 off*
family day ticket
with this voucher!



Cobbydale
Construction Limited

Specialising in the following areas:

- Extensions
- New Builds
- Renovations
- Conservatories
- Garage Conversions
- Flagging & Block Paving
- Joinery
- Plastering

*Accurate written quotations
A prompt professional service*

view our website @ www.cobbydaleconstructionltd.co.uk
or call us on: (01535) 653530 or 07966 906782



Say you saw it in the Aire Valley Mag!

TIPS FOR A SUCCESSFUL PARENT TEACHER MEETING



Preparing for the parent teacher meeting is important if you are to get maximum value from the opportunity. Parents evenings can be a little stressful, on both sides of the desk, and realising that

- Do not rely on this meeting as the only opportunity to discuss your child's progress with the teacher. See if it is possible to set up regularly scheduled telephone or e-mail discussions with the teacher. If you have concerns ask for another in-person parent teacher meeting when you feel it is necessary to reassess goals.

After the meeting, consider ways to help reinforce what you and the teacher are trying to instill regarding academic, organisational and behavioural skills. These skills will be increasingly important as your child approaches adulthood. There are resources

available on the web and through school or you could look at some extra tuition.

Alan Bentley
Tutor Doctor
Keighley



Worried about your child's progress at school or college?
abentley@tutordocor.co.uk
Freephone number
0800 978 8280
"We Make House Calls!"
✓ Home Tutoring Experts Est 10 years
✓ Stress Free Service
✓ All Subjects & Ages
✓ We Work Around You
FREE CONSULTATION
LEARNING AT HOME 1:1 www.tutordocorhometutors.co.uk

the participants are both on the same side - the child's - and knowing when additional help is needed are the keys to a successful parent teacher conversation.

Here is the Tutor Doctor list of tips for parents to help them get the most out of these critical meetings.

- First, ask your child if there is anything he or she wants you to discuss with the teacher. They are likely to know what they struggle with most and if there are any other problems. If they are to attend you still need to have this conversation as part of your preparation.
- Write your questions and concerns in



advance, and bring that list to the meeting and don't forget to refer to it.

- Arrive on time or early. There is often the opportunity to have a look at the work the class has been doing.
- Turn off your mobile phone or put it on vibrate or silent. Even if there is a babysitting crisis it can probably wait. The time in the meeting is precious and limited.
- Thank the teacher for his or her time and hard work.
- Take notes during the meeting.

Stephanie Spence Language Services

French and German tuition
with a friendly, experienced teacher
All ages, all levels welcome



07503 175989
steph.spence@btconnect.com



- Family run residential letting and property management company
- We provide a quality, professional service to landlords and tenants

For all our available properties, please visit:

www.curehillproperty.co.uk

Tel: 01535 958876 / Mobile: 07747 711685

Email: info@curehillproperty.co.uk

SPANISH VILLA TO LET

with PRIVATE swimming pool

3 bedroom villa in the pueblo of Jimena de la Frontier, Andalucia (30 miles due north of Gibraltar). Sleeps 6

Quiet countryside location just outside a white village in "real" Spain, but only 25 minutes from the Costa del Sol or Gibraltar

For further details, a brochure and price list, please see our website at www.basemel.co.uk or call Sheila on 0844 70 444 80 (lo-call rate)

PROFESSIONAL TUTORING

- ✓ Reading
- ✓ GCSEs / Sats / A-levels
- ✓ Science
- ✓ English
- ✓ 11+ Entrance Exams
- ✓ Maths

Kip McGrath

"We help build the foundations for academic success."



Call our Keighley centre today to book your free assessment on 01535 610222
visit www.kipmcgrath.co.uk
E: keighley@kip-mcgrath.com

... and Chocolate
The exciting new chocolate shop
Main Street, Haworth

Mention Aire Valley Mag for 10% off Valentines Day chocolates

01535 644 659 www.AndChocolate.co.uk

New Camera for Christmas?

Get more out of your camera with a digital photography course taught by a professional photographer with over 20 years experience working for the national media?

3 Hour Introductory Sessions
Covering use of the camera technical fundamentals and basics of composition
February 3rd and 24th
March 31st
£25 per person

8 hour advanced weekend courses
(2x 4 hour sessions)
Covering advanced camera controls Manual Exposure, Fill In Flash, Portraiture + much more.
February 16/17
March 16/17
£65 per person

Call 07830 207123 for more details or email paul@paulbarker.com

One-2-One tuition also available www.paulbarker.com

Anchor Logs™

SEASONED HARDWOOD LOGS
READY TO BURN (APPROX 20% MOISTURE)

LARGE DUMPY BAG **£58** (INCLUDES VAT)

CONTACT PAUL/DEBBIE
01756 748342
07977 011215

D. Callaghan

Tree Felling & Pruning
Hedge Trimming & Reduction
Fencing

For a free quote Call David
01535 636105
07960 284383

LOGS FOR SALE

freight train
training excellence
www.freight-train.co.uk

DRIVER CPC Periodic Training
Time is passing - Don't get caught out
CALL NOW! 01274 608900
(10 SEPTEMBER 2014 DEADLINE TO COMPLETE 35 HOURS)

EU Drivers' Hours Domestic rules
Road Transport Working Time Directive
Health and safety at Work Fuel Economic Driving
Tachograph Operations and Regulations
Daily Walk Round Checks Safe Loading of Vehicles
Operator's Licence Compliance
Manual Handling Customer Service

Protect your licence & your livelihood
Avoid prosecution
DON'T ASSUME YOU ARE EXEMPT!
Local courses weekdays and weekends
01274 608900 / enquiries@freight-train.co.uk

Getting the Good Picture Buzz.

There are many reasons that we take pictures, but when it comes to the enjoyment of photography, what makes it worthwhile is what I like to call 'The Good Picture Buzz,' says Paul Barker.

It's the feeling when you push the shutter and think, 'That is a great shot. I can't wait to show it to someone else'.

Getting that feeling is within the grasp of anyone with a camera. It only takes a little coaching to move from taking basic snapshots to well composed, technically well executed photographs.

If you are looking to get more from your camera, be it the simplest compact or the latest DSLR, a course taught by Paul Barker, professional photographer with almost 25 years experience working for the national media, is a great way to improve.

From introductory to advanced levels, each course looks at the technical and artistic aspects of taking better photos. ... and hopefully getting more of that good picture buzz.!

Business Support/Home/Office/Legal & Finance

Small business/one man band?

Need help with your accounts/VAT/credit control/general office administration?

We can offer assistance in these areas on a part-time or one-off basis. For a free, no obligation, initial consultation contact us to see whether we can free up more of your time to concentrate on what you're good at.

For more details, see www.marshendconsultancy.co.uk

MARSH END CONSULTANCY
Tel: 01535 647531 eFax: 447043096295
Mob: 07771 890966 Email: MarshEndFarm@hotmail.com

- Self Assessment returns
- Partnership returns
- VAT services
- Annual Payroll returns
- Monthly Bookkeeping



For a fully qualified, professional accountant in your area

Call Laura on 07582 669144 or email laura.alderson@accounttax-ky.co.uk

WANTED

Deliverer

for the Aire Valley Mag
(Monthly regular Round or occasionally filling in)
Keighley & Exley Head

CONTACT The Aire Valley Mag ON 01535 642227



Don't lose those precious moments!



VHS to DVD Conversion
Tel: 07944 023 597
email: info@worthvalleyweb.co.uk

VHS or DVD to YouTube

Ask Andrina

Office Solutions

Sage 50
VAT Returns
Cash Flow
Bank Reconciliations
Bookkeeping
Credit Control
Office Duties

Tel: 07876 345422 Silsden
Email: andrina@askandrina.co.uk
Web: www.askandrina.co.uk
Twitter: @askandrina



Home Willwriting

Only a Will provides peace of mind that your wishes will be carried out.

- Inheritance Tax Planning
- Lasting Power of Attorney's
- Probate Services
- Protecting Against Nursing Home Fees

For a Professional, Caring & Friendly Service

Goodwills Professional |  Call 01756 701132
info@goodwillsprofessional.co.uk



BDNI[®]

AIREDALE ASPIRE

MAKE 2013 THE YEAR YOU GROW YOUR BUSINESS

Local business referral group, Airedale Aspire, starts 2013 with the news it has generated around three-quarters of a million pounds worth of business during 2012.

As one of the most successful business networking groups in the area, Airedale Aspire is made up of a broad cross section of friendly business professionals who are all dedicated to helping each grow further.

"It's a great group to belong to," said membership co-ordinator Steve Burles. "As well as being a really good way to meet other like-minded business people in the area, there's a good social side to the group."

Potential new members are encouraged to sample the group in action by going along as visitors to the regular Thursday morning breakfast meetings at Central Hall, Alice Street, Keighley. Or they can attend a special visitor day at Central Hall on Thursday February 21.



Said group director Mick Jordan: "Either way, people will have a good opportunity to chat informally with members and find out more. It's also a chance to see for themselves how business referrals work and how belonging to the group can make a real difference to their business."

"The meeting will begin at 7.00am, but because the format is so profitable, most of us arrive for networking by 6.45am. There is a nominal meeting fee of £10, which includes breakfast and the venue has ample free parking."

Anyone interested in attending should call Steve on 07778 489332 or visit the group's website, www.AiredaleAspire.co.uk for more information.

Members themselves receive more than just good referrals (since it first started in 2010, more than 2,400 business referrals have been passed). Everyone is provided with structured training programmes that cover a range of subjects, from presentation skills to ideas for marketing your business.

Social events are important too - the last one being at Keighley Golf Club with a talk by a representative from local brewery Timothy Taylors. And this year, Airedale Aspire is sponsoring the first ever Keighley Business Awards. It is sponsoring the Special Recognition Award, the only one voted for by the public.

Said training and events coordinator Tony Lee: "For local business people looking to grow their business, Airedale Aspire really does offer a terrific return on investment as well as the chance to meet and socialise with some of the areas most successful business owners."

COMPUTER UNIVERSE

No fix, no fee + free diagnosis + advice!

PC / Apple / Laptop servicing and sales.
Fixed rate competitive pricing.
Fast friendly service by experienced, local experts.
Virus removal, upgrades, speed-ups, data recovery + more.
 New and refurbished laptops from £200. Custom PC's tailored for you.
Game console, iPad, iPod, iPhone etc repairs.
 VHS to DVD conversion, internet cafe + training.

19A Briggate, Silsden, BD20 9JS
www.thecomputeruniverse.co.uk info@thecomputeruniverse.co.uk
 01535 958082

HEALTH & WELLBEING

Craven Foot Health

Mrs. Claire Minikin MCFHP MAFHP
 Registered Member of the British Association of Foot Health Professionals

Foot Health Check and Advice
 Nail Trimming and Removal of Corns, Calluses, and Other Foot Related Problems

Craven Foot Health, Glusburn BD20 8DS
 Telephone (07967) 316153 for a home visit

Fresh Faces YORKSHIRE

Enhance your natural youth & beauty with:-
 Botox • Skin peels • Dermal fillers
 White lotus derma-rolling

Free consultations • Expert advice & competitively priced treatments in Keighley & surrounding areas

07803 822 382
www.freshfacesyorkshire.co.uk

Chiropody to your door

Corns & Callus
 Ingrowing Nails
 Thickened Nails
 Diabetic Foot Care

Treatments £25
 First treatment £20
 HPC Registered Podiatrist
 Victoria Harrison

£5 off 1st treatment
 Tel: 01535 68 10 48

Counselling Vivien Wallwork

BSc., Psych, PG Dip Psychotherapy, MBACP.

Help with;
 Stress • Anxiety • Anger • Sadness
 Individuals • Couples & children

www.free-myself.com
 07775 616 696 • 01535 642815

WORTH & AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

**REACH 20,000 households
in Worth & Aire Valley**

Three editions to choose from:



Group 1 Oakworth, Oldfield, Stanbury, Haworth, Lees, Cross Roads, Oxenhope, Leeming

Group 2 Silsden, Steeton, Eastburn, Sutton, Crosshills, Glusburn

Group 3 Keighley, Riddlesden, East Morton, Long Lee, Fell Lane, Exley Head



SPECIAL OFFER: 3 for 2
Go in two editions,
get third one **FREE!**

From Only £28.66 per magazine*
1/8 page colour (*three month commitment)

Established in 2006

- ✓ Delivered through doors monthly
- ✓ Community News
- ✓ Business Profiles
- ✓ Local Business Directory
- ✓ Supports LOCAL Groups
- ✓ Puts money back in to the local economy

New EDITION: Aire Valley Mag

Reaching Keighley, Riddlesden, East Morton, Long Lee, Fell Lane, Exley Head

Contact Us:

Office: 01535 642227 Email: info@worthvalleymag.co.uk
Website: www.airevalleymag.co.uk

COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich

I recently completed a three-month cookery course at the renowned Ballymaloe Cookery School, in County Cork, Ireland. The Allen family, including Rachel Allen the TV chef, teach cookery here on an organic farm. This was very much up my street because of my passion for seasonal eating, local produce and traditional ways of feeding ourselves. Like the Allens, I am a keen forager and like to supplement a meal with food gathered from the hedgerows and fells.

I have a strong interest in the seasonal cycle of food and the natural rhythm of food production and consumption. Each month I will be giving you ideas and recipes to help you take part in this traditional cycle. I will be discussing the best times to eat certain meats, and giving you ideas about how to make your pennies stretch further by taking a tip or two from the past. I also hope to introduce you to some of the local producers of foods we cover in this column.

As we go through the year, I hope to introduce you to the joys and pitfalls of foraging to produce such seasonal delights as Easter Pudding using highly nutritious wild Spring greens, fresh wild garlic pesto, elder flower cordial, summer puddings including bilberry pie, autumn preserves such as blackberry and apple jelly; and to finish off the year with preparations to tide us over the lean Winter months including Vitamin C-packed rosehips gathered after the first frost (see photo).

What I am particularly interested in is what our grandparents would have been eating at different times in the year; what is traditional in this part of Yorkshire? And so I would like to ask you to share any family recipes and traditions you may have relating to seasonal and local food.

This month, I am going to be collecting orange and lemon skins to make into

candied peel for cakes and biscuits...and even use some later in the year for next year's Christmas pud! (Top Tip: Freeze Seville oranges whole now, whilst in season, to make marmalade later in the year.)



Citrus fruit candied peel

Collect any orange or lemon peel if you have juiced the insides for other cooking purposes. You can keep them a few days until you have approximately a dozen. I'm going to try freezing a few to help me get to this amount.

Put the peel in a non-metallic bowl. Add a teaspoon of salt and then cover with cold water. Stand for approximately 24 hours.

Throw away the water and cover the peel with fresh water; this time in a pan.

Boil gently for about 3 hours until soft.

Take the fruit out and scrape out any flesh, leaving pith (white inside bit) and peel. Slice to shape desired.

Dissolve 3lb sugar in a generous pint of water. Gently simmer the peel in this for up to an hour.

When the peel is translucent remove and place in sterilized jars. Peel keeps up to 2 months or longer in the fridge. Use in cooking e.g. cakes and biscuits.

Recipe adapted but originally from Darina Allen, *Forgotten Skills of Cooking*

Cath Bromwich, a Silsden resident, a cookery teacher and forager with a background in health promotion. Her livelihood includes foraging, general and health-related cookery for different conditions such as diabetes and coeliac disease. For more information, or to pass on your stories and recipes, contact Cath at cath_bromwich@hotmail.com

FEBRUARY BUSINESS PRINTING OFFERS!



5000 X BUSINESS CARDS

Double Sided
Full Colour
£99 + VAT

5000 X A5 FLYERS

Double Sided
Full Colour
£109



Flyers :: Business Cards :: Booklets :: Posters :: Web Design :: Banners



MONSTER PRINT & DESIGN
01535 358480

visit us online!
www.monsterprintanddesign.co.uk

Prices subject to turn-around period

ARKWRIGHTS
CLEANING SERVICES

A.C.S. Guarantees your Home is Cleaned from Top to Bottom and Nothing is Missed

Cleaning Services:

- weekly
- fortnightly
- monthly
- one-off cleans
- rental & holiday lets
- ironing
- care services

“All domestic tasks in one complete service”

01535 649281
07756 560765
CRB Checked Fully Insured
arkwrights3@yahoo.com
www.arkwrightscleaning.co.uk

NEED A PLUMBER??
CALL SEAN MIDDLETON
For all your general plumbing needs

► Heating ◀
► Bathroom Installations ◀
► Local Silsden Business ◀
► Friendly & Professional ◀

01535 654841 • 07854 591960
Middsplumb@hotmail.co.uk

G B Plumbing & Heating
www.gbplumbing.freeindex.co.uk

- ✓ No obligation quotation
- ✓ Local Friendly service
- ✓ All aspects of plumbing, heating & gas work undertaken.
- ✓ Quality workmanship at a competitive price

24/7 Emergency Call Out
01535 633689 / 07894133549

Adrian Butterfield
PLUMBING & BUILDING SERVICES

Tel: 01535 671359
Mobile: 07726 350 890

Central Heating • Boilers • Plastering • Roofing
Tiling • Fitted Kitchens • Bathrooms • Bedrooms

13 Sunnyhill Grove, Keighley BD21 1RU

Silsden
Laundrette and Dry Cleaners

Your Friendly Service for:
Dry Cleaning • Ironing Service • Washing & Drying
Service Washes • Curtains • Velvets • Covers • Duvets
www.silsdenlaundrette.co.uk

OPENING HOURS
Mon / Tues / Thurs / Fri 9 - 5 • Wed 9 - 1 • Sat 9 - 4

1 South View Terrace • Silsden • Telephone: 01535 653359

Adele's
CLEANING & IRONING SERVICE

£20 for 35 items

Telephone:
01535 648895
Mobile: 07837 452604

Free Collection & Delivery

Craven Carpet Cleaning **50% OFF**

Half Price carpet & upholstery cleaning

• Single room 12' x 12'	£60	£30
• Lounge 12' x 18'	£70	£35
• Hall, Stairs and Landing	£70	£35
• 3 Piece Suite (from)	£100	£50

Prices subject to sight of work

Domestic & Commercial work
Trained professional, fully insured, local operator
Phone lines open till 9pm

Mob: 0775 365 1224
Eve: 01535 630 713

Craven Carpet Cleaning
Carpet & Upholstery Cleaning

www.cravencarpetcleaning.co.uk

Vive Le Yorkshire!

Photos: John Giles PA News



Welcome to Yorkshire Chief, Gary Verity, and TDF Director, Christian Prudhomme; a bromance made in Yorkshire!

It's not often you'll hear the French and the English singing each other's praises. The age old rivalry between us 'Roast Beefs' and those 'Frogs Legs' goes back centuries, but now it would seem we have finally found something we can both agree on: **Yorkshire is brilliant!**

If you haven't already heard the news, then I'd like to take this opportunity to tell you (very proudly) that Yorkshire has been chosen as the starting point and host of two stages of the Tour de France 2014.

At a press conference to announce the route of 'Le Grand Depart', Christian Prudhomme (general director of the TDF) seemed genuinely blown away by our beautiful county, and cited our scenery and heritage as major reasons for the committee's decision to choose us over other strong contenders such as Edinburgh and Florence. After Team GB's recent exceptional performances in cycling, the organisers of Le Tour said they

were keen to return to the UK 'as soon as possible'.

While the race has been through London and across the South coast before, it has never visited the North of England. It's a phenomenal coup for Welcome to Yorkshire, championed by Chief Exec Gary Verity.

Up to 3 million people are expected to line the streets along the route of the race, which is the biggest annual sporting event in the world, and over 3 billion viewers are expected to watch it on television.

Welcome to Yorkshire is calling this our 'opportunity to welcome the world', and that it will be a 'wonderful advert for our



Detail of Stage 2 TDF2014 route through Worth & Aire Valleys, West Yorkshire.

Map & photo courtesy of www.letour.fr



county'. Hotels and B&Bs in the area have started getting booked up already, which is an indication of the the boost in tourism that the race will provide for our district. It's our chance to show off!

Plans to hold a cultural festival on the run-up to the festival are underway, and the excitement and coverage of Le Tour is sure to inspire people of all ages to get involved with cycling. Stage 1 starts on 5th July 2014 in Leeds, and goes through Harewood, Otley, Ilkley and Skipton before heading through the Yorkshire Dales and over to Harrogate. Stage 2 begins the next day in York, and continues on to Knaresborough, Silsden, Keighley, Haworth, Oxenhope, Hebden Bridge, Huddersfield and then to Sheffield. Go online to www.letour.yorkshire.com to find out where you can see the race when it arrives; maybe it's even going past your door! (report by @dollypop)



Above: Stan the sculpture sheep, Liz Barker, Lauren Barker, Elliott Barker, Parish Cllr. John Suckling, Lynda Suckling at entrance to Stanbury village.

Welcome to Stanbury Le Tour de France

Residents in Stanbury were pleased to find out that their village will be included in the second stage of Le Tour de France Grand Depart in 2014.

Stan, the colourful sculpture sheep that depicts the local landscape and the newly appointed mascot of Stanbury has been placed at the village entrance with a sign reading "Welcome to Stanbury Le Tour de France". Plans are already under way to gather the community and celebrate this unique event.

Stanbury Parish Councillor John Suckling and wife Lynda pose with other village residents to show their excitement and enthusiasm.

"We are delighted to have this world class sporting event include our little Pennine village. We'll be sure to get the bunting out and make the most of it!"

photo by Paul Barker

Let us know how your community plans to celebrate the Tour de France 2014 and we might publish your story! 642227

“Things are changing, people are caring, world leaders are listening.”

Just like Make Poverty History in 2005, the recently launched IF campaign is expected to be huge. Led by around 100 organisations it aims to put an end to global hunger and is timed to put pressure on the world leaders meeting in Northern Ireland for the G8 summit in June.

www.enoughfoodif.org

The Fairtrade Foundation is to launch ‘Make food Fair’ during the annual Fairtrade Fortnight when events take place across the UK

These are just a couple of examples which demonstrate the call to action to stop the immoral use of the world’s resources and exploitation of billions of people.

We simply cannot ignore the fact that despite there being sufficient food in the world to feed everyone, 2 million children still die each year due to malnutrition. This is utterly unacceptable and preventable

But, there is good news, from local to global.

On Friday 18th January, Yorkshire was declared the first Fairtrade Region. This means that at least 67% of the population of Yorkshire live in a Fairtrade place as defined by the Fairtrade Foundation. The

all day launch event began with a coffee morning at Riddings Hall Ilkley, which included a performance of a specially-composed Fairtrade version of the Yorkshire anthem “On Ilkley Moor Baht ‘at”

In Leeds, MPs Greg Mulholland and Hilary Benn attended an afternoon schools event at the Civic Hall, then the formal declaration was made in the evening at a reception at the Mansion House in York. Bruce Crowther the founding father of Fairtrade Towns and Adam Gardner from the Fairtrade Foundation joined campaigners and supporters from across the region including the Archbishop of York. The Lord Mayors of Bradford, Leeds and York also attended the events, along with representatives from The Co-operative Membership, sponsoring the day.

To quote Archbishop Dr John Sentamu, one of the speakers

“We should all be very proud today that we can stand up and say Yorkshire is a beacon, lighting the way forward for the rest of our nation, on issues of fair pay. When we see unfairness and suffering we have a duty to step in and intervene with love, generosity and kindness. Not because it is the right thing to do, but because we have a moral obligation to do so. Fairtrade is not simply about generosity, it is about justice.”



Dr. John Sentamu
Archbishop of York

Yorkshire has a long association with the struggle for workers’ rights and dignity, from Sir Titus Salt and the old textile mills of the West Riding, the famous anti-slavery campaigning of Yorkshireman William Wilberforce, to the Rowntree family, leading by example the issue of tackling poverty. We could also add the preachings and dedication of Patrick Bronte; they all strove to improve the lives of workers and promote equality. Fair trade is an extension of that vision and ethos for the wider world.

The Fair trade idea is not new, when the Haworth group started 10 years ago the

concept had already been around since 1946 with the first formal “Fair Trade” shop opening in the USA in 1958. It was when Fairtrade Towns came along in 2001 with a structure and direction that everyone previously involved in trade justice or who had environmental concerns, was given a voice to actually ‘do’ something. It’s an initiative which has caught the imagination of the public and inspired hundreds of thousands in 24 Countries so far. We have become part of a Global movement which consists of Towns, Villages, Zones, Cities, Counties, Islands even. Now, from Holmfirth to Hull and Sheffield to Scarborough, Yorkshire is the worlds first Fairtrade Region.

Closer to home

During Fairtrade Fortnight, our area will be hosting a visit from Palestinian Fairtrade olive farmers on 26th and 27th February. Sales of Zaytoun olive oil, sun dried tomatoes, dates etc are providing a desperately needed economic lifeline for those farmers struggling to live in a conflict zone. Contact the chair of Fairtrade Bradford 07703 778261 if you would like to know more about the plans.

The Fairtrade Bradford zone groups will be getting creative and making a variety of objects from sculptured trees to altar cloths, all fabricated from Fairtrade packaging, the theme for this year. We’d love to know if you are doing anything yourselves or if you want to be involved locally, in your own workplace community group etc.; we have supporting materials and would be delighted to help you.

There are exciting plans for the launch of Fairtrade Keighley and work is already underway to work with schools and businesses in the district, again, we appeal to any supporters to contact us if you are interested to know more or be on the steering group.

TRY THE
90KG
RICE CHALLENGE



What you can do right now

Haworth has taken up the 90kg rice challenge, this is the amount which a farmer in Malawi needs to sell at a fair price to pay for one year’s education of a child, although primary education is free, only 30% can afford to go on to secondary education. The country is one of the poorest in the world but is very democratic, has a free press and a tradition of peace. For every 11 groups or schools in Yorkshire taking up the 90kg challenge we will have sold one tonne.

You can pick up a bag of brown or white rice for £2.99 kg from Sonias Smile, Oates and Wiles and Cobbles and Clay in Main Street or West Lane Baptist Church, Haworth.



So you see, it’s easy to be involved, positive actions today on your doorstep feed into a massive and organised force with a clear intention. Created by ordinary people doing extraordinary things result in a powerful message, reaching and influencing those who will make the decisions in June, affecting humanity and the future of our planet.

FOOD FOR THOUGHT by Carole Hill of Skipton Wellness Centre

Former chain store manager, Carole Hill had to sample food products for her company and became a compulsive eater. She turned her life around, shedding 5.5 stone, and now helps others to achieve a healthy lifestyle through nutrition and exercise:

I understand the frustration of futile New Year's resolutions, after being trapped in a cycle of yo-yo dieting for 23 years. **So here are ten top tips to recover from a holiday hangover.**

- 1. Don't do feast to famine-** Move from quantity to quality. Eat clean. Fewer high fat, high sugar foods. More lean protein and fibre foods.
- 2. Get rid of the goodies.** Not an excuse to eat them all!- Give it away, throw it away, freeze it, feed the cat or dog, and replace with healthier options.
- 3. Get off the sofa.** Add in small levels of activity - don't go mad. Find something you enjoy, make it regular and build on it. Find an activity buddy for motivation.
- 4. Don't go on a diet!** Diets make you fatter. Focus on small, sustainable changes to gradually build a healthier, more active lifestyle.
- 5. Step away from the scales.** Weight is the least accurate measure of shape change, health, body fat and anything that matters. Who's tried a few different scales for a better result? It becomes an unhealthy obsession. Focus on how you feel in yourself and your clothes.
- 6. Less is more.** Eat a smaller healthy option every two-three hours, so you are never far from your next 'feed'. This will burn more calories.
- 7. Spice up your life.** Adding body heat speeds up your metabolism, burning more calories. Add simple black or chilli/cayenne pepper to your cooking.

- 8. Become a big drip.** You can get 90% of the effects of any 'Detox' plan by drinking 2 litres of water a day. Your liver needs water to burn fat. Drink water, cleanse your system and burn fat.
- 9. Restore routine.** Plan meals and activities. Quickly restore normal routines. The longer you leave it, the harder healthy changes will be.
- 10. Have a goal and a reward.** An outfit you'd love to wear, a special event. Focus on size, shape and fitness, not just weight loss. Reward yourself with a beauty treatment, a day out, clothes - but NEVER a binge!

To find out more, visit www.skiptonwellnesscentre.co.uk or phone 01756 719504



Carole Hill prior to her weight loss.



Carole slim and healthy maintaining her weight loss and new lifestyle.



Working with clients at the Wellness Centre.

Where in the Aire Valley? **COMPETITION**

Can you identify the building or landmark indicated by the red cross in this photograph?

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

Day Rover Pass

Email your answer to:

mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Feb 16, 2013



Last month's winner was Philip Loftus. The correct answer was Kildwick Level Crossing. Philip wins a Keighley & Worth Valley Railway

Day Rover Pass

Google Earth ©

YOU IN FRAME
Photography

snappy day portraits
weddings, parties,
lifestyle, PR, events
corporate

Special 'Snappy Day' packages from **£58**

Wedding Photography **25% off** from **£390**

give Andy a call on **07825 213130**

www.youinframe.co.uk andy@youinframe.co.uk

valid until 31/03/13

HEN NIGHT *Angel*

Let us lure you to Newcastle for the ultimate nightlife experience!

All inclusive hen party and nightlife packages now available, including travel from Leeds to Newcastle.

visit our website now

www.hennightangel.co.uk

To advertise call Liz on 01535 642227

TOP TECH TIPS by Michelle Thompson of Cloud FreeIT

Skimming through the newspaper one Sunday last month, my attention was hooked by a single, somewhat ambiguous, headline – **'Is this the loneliest generation?'**

The Government is worried that lonely people suffer ill-health and thus cost the state too much money, but do they mean tots, teens, twenty-somethings, or those of us that generally prefer to forget our age?

The young ones are always plugged into their gadgets – seemingly texting about nothing in particular to the very people they're sat in the same room with, using their 'super-quick' bionic thumbs. It doesn't appear very sociable to me! Or healthy...

Does the growth of 'one to many' communications (e.g. posting status updates to be read by anyone with whom you have a connection) help keep loneliness at bay? Perhaps. Reading that one of my pals is currently sitting on



a bus watching a man pick his nose may be mildly amusing for about a nano-second, and may be a poor substitute for a bit of gossip, 'a good old moan' or a giggle over a cuppa or a meal out (or in) with friends, but it's definitely better than no contact at all.

When life takes us away from our roots, and we're working all the hours our chosen 'creation deity' throws our way, it's bound to have an effect on our ability to maintain close contact with our friends and relatives and this can have a negative impact on everyone.

People are living a lot longer than their predecessors. You may, like me, find you have quite a lot of elderly relatives you'd love to visit, but as no-one can change the number of hours in a day or days in a week, no matter how hard I try I can't get round to visit them all often enough. Now THAT

makes ME sick...

Apparently, one in three elderly people feels lonely at least sometimes, with more than half of retired people living alone and 17% having contact with family, friends and neighbours less than once a week! It's bound to be worse at this time of year too, with ice and snow keeping some people stranded indoors for days or even weeks at a time.

What strikes me as very sad indeed is that, given the availability of communication technologies, such as email, social networking and internet telephony there's still an awful lot of very lonely people out there.

At CloudfreeIT, we've seen an increasing number of customers in recent years, wanting help with their computer problems or training in how to use Skype, Facebook and email so they can stay in contact

with people, but they're not the ones the Government is most worried about as they're already taking their own steps to avoid loneliness.

'Befriending' schemes work well in reducing illness amongst the lonely, but tend to fall down due to limited supplies of volunteers. If the Government's Digital Strategy to get more people online was implemented by befriending scheme volunteers, perhaps in the longer term more people would feel less isolated.

Do you know of anyone (old or young) who may be feeling lonely, and isn't yet able to access the internet? If they are 'up for it', helping them to get online could open the way to them feeling much less lonely. It could improve their sense of well-being and even their physical health may benefit too.

WEBSITE PROMOTION

Want to get a website or blog started this year? It's easier than you think!

Starter Website & Full Training

Next Course 19/02/2013 WordPress

Website Set Up	-£249- FREE
Hosting 3 months	-£40- FREE
Premium WordPress theme	-£80- FREE
Full day WordPress Course	-£149- £95
Ideal SME's, start-ups & voluntary groups	

"Great offer & training for small business," Keighley delegate
Ask about our Hosting & Domain Name Services

0843 289 0299

Airedale Enterprise Services, Keighley
www.digitalnomads.co/wordpress

Oaty breakfast muffins - wheat free and very tasty

These tasty little muffins are power packs of slow release energy – 2 of these and a banana will keep you going all morning as a good breakfast on the go. They use oats instead of flour which makes them easier to digest too – a great kick start to a healthy spring.

- 100g / 1 cup porridge oats
- 200ml / 1 cup milk (any sort)
- 100g / 1 cup oat flour (which is just porridge oats whizzed up fine in a food processor)
- 60ml / ¼ cup vegetable oil
- 50g / ½ cup sugar (brown or muscovado is best)
- 1 egg (or a mashed banana – trust me on this)
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 1 tsp cinnamon
- Good pinch of salt
- An optional handful of dried fruit, nuts, seeds, or a teaspoon of orange extract, or zest of an orange, or even chopped up chocolate if you must!



Turn on the oven to 150-60 fan/ 180 electric, 4-5 gas or bottom of the top oven of an Aga). Put 12 muffin cases into a muffin tin. Put the milk and oats into a bowl and leave to stand for about 15 mins until they soften. Mix together all of the dried ingredients and add to the milk and oats, followed by the oil and egg (or banana) and stir well. Pour into the muffin cases and bake for around 15-20 minutes. Delicious warm from the oven, and a great alternative to chocolate for that 3pm feeling when you need something to keep you going 'til tea time!

To Love You

by Jo Longbottom

I'm not sure how to love you.

You soared like an eagle
Over my horizon
And looked for me
When I was lost.

You sheltered me 'neath mighty wings.
You scooped and swooped me up
And lifted me past graven crags
Towards the sky.
Beyond the clouds

'Til I could see the sun in all its brilliance,
So I could cast my heavy coat
That weighed me down so long.
To love you
I can give you only this....my song

Weaver's

BAR • RESTAURANT • ROOMS

A Big Thank You!

Well, we never thought the day would come, but here we are announcing that Weaver's in Haworth will close its doors for the last time. It is the end of an era you might say!

Midnight on Feb 16th 2013 our boss, Colin Rushworth, will be saying hello to his 68th year and at the same time saying goodbye to 35 years spent running the show here at Weaver's, often labelled an institution.

He makes out he has done it all himself...i.e. introducing chandeliers to Haworth, the world's first fake fur beams, shabby chic, cow pie, wonderful haddock soup, dancing in the streets with umbrellas, etc. But we know Colin has had a host of stalwarts with wife Jane, daughter's Sally & Lucy, and son Tim playing a big part in the success; as did scores of local staff employed over the decades; Sue every lunch time, Ross Swinton the head chef, and his current apprentice Sam Smith.



Everyone here at Weaver's want to say a special heartfelt Thank You to all our loyal customers for their support over the years; some of you have stood by us for over 30 years; how did we deserve you?

And to all the wonderful characters who have cooked, served tables and washed the dishes, we were nothing without you!

Our boss, not known for his "outbursts of generosity" has promised he will put a bottle of wine on your table as a personal thank you...if he recognizes you! (And if you book a table with us, of course!)

Finally, if you fancy buying any of that shabby chic that adorns the walls and shelves of Weaver's we will be selling everything. It's started already and will end with an Open Sale Day 10am-4pm Feb 17th 2013.

Good bye and thanks once more, from all at Weaver's

Great Northern Food & Hospitality

15 West Lane • Haworth

Tel: 01535 643822

www.weaversmallhotel.com

Shells to Sand

by Jo Longbottom

A thousand moons have waxed and waned,
A thousand suns have shone,
Ten thousand tides have ebbd and flowed
And stormed since you were gone.

<>

So many rains have rattled down
On landscape parched and dry,
Now rid of all the brokenness,
I'm learning how to fly.

<>

So many fragments of my heart,
And tears that soaked my face
Are gathered up and mended now,
All neatly back in place.

<>

Where once my thoughts were clouded
There is pure clarity,
And left upon the tide-line
All trace of you and me.

<>

And should you go and gather them
Like shells one scarlet dawn,
You'll find them broken by the waves
Of time, the ocean's storm.

<>

Look at them a moment.
Broken in your hand.
Drop them, and in ten thousand moons
They'll all be ground to sand

<>

Bare feet will gently tread them,
No one will ever know,
They were my life, my hopes, my dreams,
A million moons ago.

<>

I.L.R Aerials

Digital Aerials & Freesat Systems Supplied and Fitted



For Prompt Reliable Service Guaranteed

01535 646 039 07916 144 709

sholdsworth46@btinternet.com

www.ilraerials.co.uk

**DIGITAL
AERIALS**

CALL TODAY FOR A
FREE QUOTE ON:

0800 0132341

Call Gary on: 07850636902

FAMILY RUN BUSINESS

ADI
DIGITAL AERIALS



- * 10% OAP discount
- * Digital Aerials
- * Phone Lines
- * CCTV Installations

Digi-Man Aerials

Digital Aerials & Satellites

Fully Qualified
Installer of



Sky & Sky HD
Problems Solved

Digital Problems
Solved

For FREE Quotes
and advice call -

Friendly Professional Service

Freephone: 0800 0377011

call now 01535 646141

OAP
DISCOUNT

ALL
WORK
GUARANTEED

LOCAL
MAN



Shipley Glen Tramway open Sundays Throughout 2013. From noon until 4pm. (ish) Subject to weather and staffing. No booking required. www.glentramway.co.uk

Every Thursday 'Our Space' night. Talks/meditations on holistic healing and self development. Cost £1 to cover heating and refreshments. All welcome. 7.30-9.30. Crystal Space, Aire View, Silsden BD20 0AN, Tel Ally on 07546 109072 for more info **Interested in playing Bridge** ? Skipton Bridge Club is a friendly, welcoming club for improvers and experienced players. They play on **Tuesday and Thursday 7 pm to 10 pm at The Swadford Centre, 32 Swadford treet, Skipton**. New members and visitors always welcome. Visit their website at www.Skiptonbridgeclub.org.uk.

Fri 8th Feb - Sat 9th Feb Ilkley Annual Beer Festival brought to you by Ilkley Round Table. Venue - Ilkley King's Hall, Station Road, Ilkley, LS29 8HB. Ilkley Brewery, Kirkstall Brewery, Leeds Brewery, Ossett Brewery and Roosters Brewery will all be providing brewery bars at the festival. More details www.ilkleybeerfestival.org.uk
Sat 9 & Sun 10 Feb Valentines Day Craft & Gift Fair. Bronte School Rooms Haworth 10 am until 4pm.
Thurs Feb 14th Rag Work Workshop at Cobbles & Clay Haworth. More info call Amy on 01535 669606 or email amy@oaktex.co.uk.

Fri 15th Skipton Town Hall Craft Collectors and Gift Fair 09:00 till 15:30. The event is held at Skipton Town Hall on the High Street on most Monday, Wednesday, and Fridays.



Fri 15th Feb Bradford & Airedale Cancer Support are to hold a Charity Valentine's Ball. Held at the Banqueting Suite at Keighley Civic Centre. For more information please ring Keighley 01535 690800
Sun 17th until Sat 23 Feb Glusburn Youth Theatre perform Red Riding Hood (with Flying Ballet). At Glusburn Institute. Tickets from Paws for Pet Supplies or call 01535 634971
Sat 23rd Feb Vintage & Retro Fairs 10am until 4 pm. £2 entry (Supporting Cancer Research UK) at the **Octagon Live, Sandbeds, Keighley** For more info call 01535 211486 or visit www.lavenderfieldsevents.co.uk.

Sat 23rd Feb Keighley Library at 2pm. Fiona Shaw discusses her novel A Stone's Throw with local reading groups. For more information about this event, email dionne.hood@bradford.gov.uk.

Sun 24th Feb Manorlands Zumbathon. Dance yourself into Shape at the University Academy Auditorium, Keighley. More information contact Leah Mitchell 01535 640441 or visit www.sueryder.org

Weds 27th Feb Silsden Reservoir Walk 5½ miles (8.8km) Circular Packed lunch required. Meet Gillian Dale at 11 am at Wesley Place car park, Silsden for a walk mainly across fields but a little road walking. There

are quite a few stiles and the fields may be muddy. Tel: 01274 432666 crow@bradford.gov.uk

Fri 1st - Sun 3rd March Keighley & Worth Valley Railway Steam Gala. Discover Steam, oil & Smoke. Action packed family weekend. For more info visit www.kwver.co.uk or phone 01535 645214.

Sat 2nd March Craft & Gift Fair 10 am until 4 pm at the **Octagon Live, Sandbeds, Keighley**. For further info call 01535 211486 or visit www.lavenderfieldsevents.co.uk

Sun 3rd March 7 mile (11.2km) Circular walk Silsden. Bring packed lunch. Meet Ken John Allen at 10:30am at Wesley Place car park, Silsden. Some hills with good views at the top. Down hill all the way home.

Mon 11th March - Sat 16th March Making Waves at Keighley Playhouse 08451 267859

UPWOOD PARK

- Over 45 and want to stay local but need to downsize?
- Have you considered Park Home living (prices can start from as little as 60K)?
- Fully Residential, all band A council tax.

Please give us a call or call up for an informal chat
Tel: 01535 644242
www.upwoodpark.co.uk
 Blackmoor Road, Oxenhope, Haworth, West Yorkshire. BD22 9BB



Please support local trade

PENNINGTONS KEIGHLEY
OctagonLive

40-400 CAPACITY

MODERN, FULLY LICENSED
 WEDDINGS, BIRTHDAYS,
 CHRISTENINGS & FUNERALS

VENUE
FOR
HIRE

AFFORDABLE PRICES

LIVE ENTERTAINMENT
 Tamala Rock Party
 & Soul & Roll Nights

VISIT:- www.bradfordeye.co.uk

GREAT NEW VENUE
 Area's best kept secret!
 RING FOR FREE BROCHURE

BRADFORD ROAD - SANDBEDS - KLY
01274 56 22 52

Keighley now has the X-Factory

The Octagon building located at Sandbeds has been transformed from an electronics manufacturer to a spacious function venue for hire. Owners John and Josie Pennington say, "The building is so versatile there is nothing that cannot be done; it is our areas best kept secret!"

The main room accommodates 150-400 people for dinners, weddings, birthdays, anniversaries whilst the much smaller Octagon Room is ideal for kids parties, christenings even funerals.

Low price drinks give the venue even greater attraction along with the personal attention of the owners. Suppers from £2-95, Light Buffets £3-95, Full Buffets £8-95. 3 Course Dinners from £16-50 all enhance the property's attraction which is booking up fast. John Pennington added 'we are already planning Christmas'



R.P. DECORATING
 All Aspects of Decorating
 Interior & Exterior
 Domestic & Commercial
 City & Guilds Qualified
 Over 20 Years Experience

FOR FREE PROFESSIONAL ADVICE AND QUOTATIONS CALL

T: 01535 642 864 M: 07989 560 206
 MEMBER OF THE PAINTING & DECORATING ASSN.

Andy Beattie
PAINTER & DECORATOR
 Quality Interior & Exterior work
 Competitive Rates
 Prompt & Efficient Service
01535 681292
m: 07817 132784

MICK'S
ROOFING REPAIRS
 plus **Guttering Cleaning & Repairs**
Boundary Wall Repairs
& Maintenance



Serving the Aire
 & Worth Valleys

Phone:
01535 648895 or 07837 452604

Jonathan Newton
 Interior Painting &
 Decorating.

- Quality, Professional Painting and Decorating & Hand Painted Kitchens.
- Over 16 Years Experience
- Clean, Tidy, Efficient Service

07817294021
 jonathan@newtonpaint.co.uk
 www.newtonpaint.co.uk



Worth Valley Fencing
 Fencing manufacturers & suppliers

- Concrete posts
- Decking
- Met posts
- Full fitting service available

Tel: 01535 665040 • Mobile: 07919 372 759
 email: newfabs@btconnect.com
 Unit 3, Crown Works, Worth Way, Keighley BD21 5LR

Bob Beattie **FENSA**
 Registered Company

PVCU From a single window to a complete house

REPLACEMENT WINDOWS & DOORS
 CONSERVATORIES...FASCIAS & SOFFITS...REPAIRS
 also replacement high security handles and anti snap locks

Tel:01535 646761 Mob:07973 846825
 Hebden Bridge Road, Oxenhope

Haworth Handyman **CRB CHECKED**
 Criminal Records Bureau
 Aerials & satellite TV

- Plumbing / Electrical
- Fencing & Paving
- Laminate Flooring
- Gardening
- Tiling
- Gutters Cleaned & repaired
- Home Improvements
- An extra pair of hands
- Household repairs

Great value, professional & friendly service assured.
 For free no obligation quotes call Chris on:
07765 914462
 www.haworthhandyman.co.uk
 The price we say is the price you pay, Guaranteed!

ASH CARPENTRY
 SASH WINDOW RESTORATION SPECIALIST

QUALITY CRAFTSMANSHIP RIGHT ON YOUR DOOR STEP

WINDOWS, DOORS, STAIRS,
 BESPOKE FITTED FURNITURE,
 WOOD TURNING,
 ALL ASPECTS OF CARPENTRY.

T. 01535 644938
 M. 0772 981 1216
 www.ashcarpentry.net



What is Home-Start?
 Home-Start is a national voluntary organisation offering

informal, friendly support to parents with at least one child under the age of five. Being a parent, wherever you live, whatever your circumstances, isn't always easy. Add in pressures such as illness or financial worries, and without the support of family and friends nearby, the stress can seem overwhelming.

Home-Start offers free support, friendship and practical help to families with at least one child under five. Families are visited regularly in their own homes by volunteers who have all had experience of parenting and know how hard it can sometimes be.

Home-Start Craven seeks volunteers to support local families in the Craven area.
Could YOU help us make a difference for families?

YOU could have the skills needed to make a difference to a family living locally. As a parent you'll know just exactly how tough it can sometimes be. Did you often long to have someone to

confide in or just have a chat with? Home-Start's families come in all shapes and sizes and from all different backgrounds. Some may be feeling isolated, they may be new to the area without the support of family and friends, or they may be parenting alone. Others may be struggling with difficult relationships, have an illness or a disability, or have several pre-school children. All have one thing in common, the need for someone to listen and be there just for them.

Will I be the right sort of person to support a family?
 Home-Start volunteers are all ages and from all walks of life. All we ask of you is that you have experience of bringing up children and can spare a few hours a week. Initially we ask you to complete a 'Volunteer preparation course' these courses are run regularly and are free. The course usually takes place one day per week for around 10 weeks. Both day time and evening courses may be available.

Volunteers will all have to agree to undergo a full enhanced CRB check and provide 2 references. Home-Start values its volunteers highly and provides full support and training and all out of pocket expenses are reimbursed.

If you or anyone else you know, think you can spare a few hours a week to become a friend to someone in their own home in the Craven area, we would love to hear from you.

Wendy Barrett: Co-ordinator Home-Start Craven
 Based at: South Craven Community Action
 The Bungalow, Holme Lane, Cross Hills, Nr Keighley,
 West Yorkshire BD20 7RL T 01535 630003/634588
 M 07585232014 E home-startadmin@cravencvs.org.uk W www.home-start.org.uk



PEBBLEDASHING MORE THAN MEETS THE EYE

In a sentence, dashing is an attractive finish and will give your house a pleasant facelift, but just as importantly it provides waterproof protection and additional insulation for your property. We all know how important this has become over recent years in this region!

The term Pebbledash is somewhat misleading nowadays, as most finishes are Spar Chippings. This finish has the advantage of superior adhesion to the property walls. New dashing is often used as a cure for penetrating damp due to it's water-resistant constituents. Spar chippings come in several colours and you can also change the look by using white cement in the finish coat.

"DIY Dashing" is very difficult as two of the main ingredients are experience and speed to avoid a patchwork effect and unsightly lines and joints. The most efficient way for dashing is to use a team of three or four men, to ensure a professional finish.



Additionally, patching to existing dashed walls is not recommended as you will always see the join of new to old, and does not carry a guarantee.

The modern way of dashing is to use various types of angle, stop and bellcast beads to give a clean, straight look to all corners and edges. The main purpose of the bellcast bead is to prevent bridging the Damp Proof Course (DPC) and protect against rising damp.

The perfect scenario is to have each elevation of the property fully dashed so that the work can be guaranteed. Carrying out the work professionally includes thoroughly cleaning on a daily basis, as cement stains most surfaces.

For anyone thinking of having work carried out the best way is to get a free estimate from two or three reputable contractors.

Derek Vink has over 50 years of service to the local community in the field of Pebbledashing and all types of Building and Plastering

**Vink
Property Services**

Pebbledashing Specialists
5 year guarantee

Renew your fascias, soffits & gutters at the same time for genuine savings
All types of plastering, block paving & patios
Established over 40 years
Tel: Cross Hills (01535) 636294
Mobile: 07957 847 493

FURNITURE WORKSHOP

- Bespoke fitted & free standing furniture
- Kitchens Wardrobes Bookshelves etc
- Creative storage solutions
- Antique repair & restoration
- Interior joinery & Hardwood flooring

Call Ben 07533-649243 or 01535-661162
www.furnitureworkshop.net

Sue Ryder

**Keighley
BigK 10K**

www.bigk10k.org.uk

Manorlands Hospice

For Runners and Walkers
A multi-terrain 10K route linking parks and scenic paths, suitable for all abilities, run for your Mum!

For further information and to enter online go to www.bigk10k.org.uk or phone 01535 640176 or email andrew.wood@sue Ryder.org for an entry form.

Adult entry early bird £10, then £12 after 22 February
11 - 18 year olds £6
Corporate Entry for a team of 5: £40

**Mothers Day
Sunday 10 March
9.00am Start
Victoria Park
Keighley**

Main Sponsors



Cool style, but plenty of warmth

**Hotspot heater package only
£179.99**
Includes 15kg gas cylinder

Heater from
£149.99
inc VAT

Towler & Staines Ltd, 85 Bradford Road, Keighley, BD21 4BL
☎ 01535 682284 🌐 www.towler-staines.co.uk 📧 gas@towler-staines.co.uk

Towler & Staines
LPGeniuss **CALOR**

Package includes Hotspot heater, 15kg butane gas cylinder and CE documented cylinder refill agreement (change). Heater dimensions: H: 75cm x D: 40cm. Max heat output: 2.5kW (approx) with 220V 2.2kW (approx) burner. 15kg butane gas cylinder: £22.99 (incl. VAT). Delivery & installation: £14.25. Delivery & installation: £19.99 per year. All prices incl. local VAT. CALOR's recommended retail price as at 01/06/2010. Offers only apply to customers of Towler & Staines Ltd. Offers end 31/03/2011 and are subject to availability. The presence of this offer in Towler & Staines Ltd, 85 Bradford Road, Keighley, BD21 4BL.



BUSINESS DIRECTORY

Accountancy/Business related

Accountax p7
Ask Andrina p7
Marsh End Consultancy p7

Aerials/Audio/TV

ADI p.23
Digi-man Aerials p.23
ILR p23

Groups/Events

BNI Airedale Aspire p8
Fairtrade p16/17
Hen Night Angel p19
Home Start Craven p27
KWVR p2

Le Tour de France p14/15
Penningtons Octagon p25
Skipton Wellness Centre p18
Sue ryder Big 10k p29

Building/Construction

Cobbydale p3
Vink Property Solutions p29

Child Related

Home Start Craven p27
Kip McGrath p7
Tutor Doctors p7

Cleaning / Domestic

Adele's Ironing p13
Arkwrights p13
Craven Carpet Cleaning p13
Silsden Launderette and Dry Cleaners p13

Computer Related

CloudFreeIT p32
Computer Universe p9
DVD conversion p6

Counselling

Vivien Wallwork p9

Design & Print

Monster Print p12

Fencing

Worth V. Fencing p26

Garden Related

D Callaghan p7

Health & Beauty

Chiropody to your door p9

Craven Foot Health p9

Fresh Face Yks. p9

Health & Mobility

Fenetic Wellbeing p31

Holidays

Upwood Holiday Park p25

Villa in Spain p5

Joiners

Ash Carpentry p26

Furniture Workshop p29

Logs/Fuel

Anchor Logs p7

Towler & Staines p29

Maintenance/Repairs

Cobbydale p3

Handyman p26

Mick Roofing p.26

Vink Property Services p29

Painting & Decorating

Andy Beatie p26

Jonathan Newton p26

R.P. Decorating p26

Plumbing /Tiling/ Kitchens

Adrian Butterfield p13

Cobbydale p3

Sean Middleton p13

Photography

Paul Barker p6

You in Frame p1 & p19

Property Related

Curehill Property

Management p5

Upwood Park p25

Restaurants

Weavers p22

Retail

And Chocolate p5

Monster Print p12

Towler & Staines p29

Roofing

Mick's Repairs p26

Solicitors

O'Neill p2

Transport

Freight Train p 7

Tuition/Training

Digital Nomads p21

Freight Train p7

Kip McGrath p5

Photography p6

Stephanie Spence p5

Tutor Doctors p4

Websites

Digital Nomads p21

Local Dealz p31 & 32

Wills & Legal

Goodwills p7

Windows

Ash Carpentry p26

Bob Beattie p26

Would you like to feature your business in this magazine?
Contact Aire Valley Mag on 01535 642227
or mail@worthvalleymag.co.uk

Local Dealz launches into Keighley

Here at Local Dealz our mission is pretty simple: To give people the tools and incentives they need to find and support independent, locally-owned businesses. With Local Dealz, users enjoy incentives for 'keeping it local' and get the satisfaction of supporting a favourite business or discovering a new favourite. Business owners get what they want most - happy, loyal customers who are likely to spread the word about their experiences. That's what we like to call a WIN-WIN!

Local Dealz was founded on the belief that we should, to the best of our abilities 'Keep It Local' and in so doing keep our local communities vibrant and self sufficient. Here at Local Dealz we have developed a website to help businesses communicate with their local customers as well as assist customers to find what they want and need within their area

quickly and simply. Most importantly its completely free for users.

Every local user can find great deals from businesses in their own area, they can search for local jobs, upload free buy and sell ads, book a table in a restaurant or order food for take away. This and much more is achieved from the comfort of their own homes and all for free, users will never be asked to enter any payment details. For local businesses the rewards are great, they can advertise their products and services directly to the customers that matter to them and do this in a new, dynamic, exciting and cost effective way.

To celebrate the launch of Local Dealz for the month of February we are running a promotion for Keighley and the surrounding area, we will have lots of prizes and giveaways so keep an eye out, or, if you would like more information go to www.localdealz.co/keighley. see the back cover of this magazine for more details...



FENETIC
WELLBEING

Recliner Chairs from £299.99

www.feneticwellbeing.com

Internet Prices from Local Company!!!!

Wheelchairs from £99.00

Rise and Recliner Chairs from £299.99

Walking Frames from £39.99

Based in Keighley we have a huge selection of products.
For more information call 0800 567 7618 or check out our website
www.feneticwellbeing.com

PCs - Laptops - New - Refurbished

Computers for Life!

Thanks for your super swift response to my internet connection problem, good old fashioned service and a positive outcome. Will be pleased to recommend your services to anyone.
Mr. P.S. Keighley

Pop in and try...
 Windows 8 Pro

Our expert advice, quality products & professional services mean value for money for you - every time!

**Unit S3, Kly Business Centre,
South Street, Keighley BD21 1SY
Tel: 01535 358161**


CLOUDFREEIT
...the way IT's meant to be!

Home & Business Support - Servicing - Repairs (PC & Mac) - Upgrades - Websites


lovekeighley.com
Proud to be local

www.cloudfreeit.com

CloudfreeIT is a trading name of Motion IT Consulting Ltd. Reg No. 6138845 (Eng & Wales) VAT No. 905 3739 22



Local Dealz has launched in Keighley

- Find **deals** on all things local.
- Try our **free buy & sell**.
- Find **local businesses** and **clubs**.
- Order **food** and **book tables**.

For the month of February we have partnered with **Pennine Plus** to offer you the chance to **win** a 32" Sharp TV. Also look out for other competitions throughout the month.

Everyone who registers on the Local Dealz website during the month of February will be entered into the draw.



Sponsored by
pennineplus 
www.pennineplus.com

Pennine Plus for all your leading brand appliances and state of the art TVs.
56 - 58 Cavendish Street Keighley, BD21 3RL
01535 600 700



Go to www.localdealz.co/keighley and register today.