



AIRE VALLEY MAG

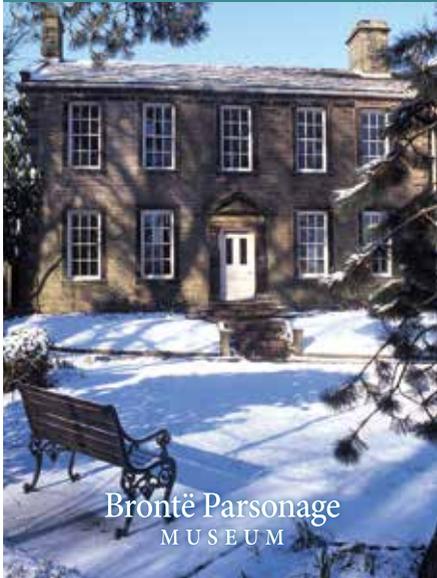
COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2014

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SUNDAY 7 DECEMBER Haworth Christmas Weekend

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FRIDAY 12 DECEMBER, 7pm Candlelit Tour of the Museum

Tickets £15; Parsonage by night includes mince pies and mulled wine. Book online.

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After a visit to the Tower of London exhibition of poppies I can only say what a moving tribute it is to those who fought and died in the First World War and worthy of a

visit before the 11th of this month when it is dismantled. (Learn more here: <http://poppies.hrp.org.uk> and p19) Take a look at the great offer this month, notably 2 meals for £10 at the Black Bull in Haworth, p18. Many seasonal events and Christmas markets can be found in our community pages. Enjoy November!



Liz Barker editor

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COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



Sloe Stew Slow

Still finding uses for the produce from that bountiful afternoon last month, I decided to use my sloe and crab-apple jelly in a simple venison stew. Simple but careful cooking can result in something really tasty that expresses autumn's fanfare of flavours. I have been so pleased to find other uses for sloes, and I so love fruit jellies in savoury, meaty dishes, that this seemed an obvious choice. Blackberries are often cooked with venison; they are flavours from the same season and a deliciously well-suited match. So the sloe and crab-apple jelly should be too!

Using a game meat makes the stew a bit different, and the price was not much more than for beef. Venison is lower in fat than other red meats, and gives a lovely flavour.

I was determined to make a really richly tasty concoction, so the first thing I did was to ask the butcher for a beef bone to roast slowly for several hours. The house filled with the smell of a tasty Sunday lunch. Alas, nothing to eat yet! I saved a bit of fuel by adding sweet potatoes to the oven to roast at the same time. The browned bone was then put in a stock pan, & chopped onion, leeks and carrot were added with water, to simmer gently for several more hours. This is definitely a SLOW stew, but worth every minute. I saved the beef dripping that had collected in the roasting pan for use in the stew.

Top Tip: Make a simple soup from some of the stock, chopped roasted sweet potato and sweetcorn, season with salt and pepper. Real stock adds so much taste to food that you don't need to be fancy with your cooking.

Cath Bromwich, a Silsden resident, is a cookery teacher and forager.



Early this morning, I chopped an onion and 'sweated' it slowly in a pan with half a teaspoon of the beef dripping, salt and pepper. Once cooked, I popped it in my sturdy slow cooker (or you can simmer very gently in a pan, keeping meat covered with stock). I added a tiny bit more dripping to the pan I had cooked the onions in, and turned up the heat to medium. After removing any sinews from the venison pieces, I rolled them in seasoned flour, and fried them in the pan to brown them. Once you put the meat in, leave it to brown: if you move it about, it won't, and you miss an opportunity to pick up extra flavour! Finally, I removed the meat to the slow cooker and poured the stock into the pan, scraping off the meaty residue from the bottom and heated it before adding to the meat.

Now we work on tenderness: bring the stew to the gentlest of simmers, with the slow cooker on high for around half an hour. Both with a pan & slow cooker you want a few tiny bubbles popping on the surface, but barely visible. I turned the dial to low and let the whole thing mull away doing its thing until tea time (7-8 hours), interrupting only at midday to add a couple of heaped spoonfuls of sloe and crab-apple jelly. The whole house was filled with a beautiful bouquet...

When you are ready to cook your accompanying vegetables for tea, have a taste: if the meat is tender and there is enough seasoning, then you are ready to go.

Ingredients

Stock: Beef bone, roasted; 1 onion, 1 leek, 1 carrot (water to cover) For the stew: One onion chopped fine, flour, salt, pepper, 1 tsp beef dripping, 500g stewing chunks of venison, approximately 500ml beef stock, 2 large spoonfuls of sloe and crab-apple jelly.

Cook your sloe stew slow...

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Keighley & Worth Valley Railway

November always feels a bit like the lull before the festive storm. Santa is finalising his preparations, and his Pixies are busily wrapping gifts ready for the Santa Special trains that run every weekend in December. They are very popular and some trains are already full, so please do book soon on www.kwvr.co.uk to avoid any disappointment.

So what will 2015 hold for the Railway? After a busy programme of events in 2014 and a lot of work behind the scenes, we have a number of projects in the advanced stage of development. We hope to secure funding for the cafe at Oxenhope, which will provide our long-overdue catering facility and we also hope to start work on refurbishing the interior of the Keighley Water Tower building, which we hope to develop into a visitor centre, managed by our Young Person's Group (YPG).

To advertise call Karen or Liz on 01535 642227

The YPG warrants mention in itself: this is a carefully-supervised group for 13-15 year old volunteers, which prepares them for joining as an adult volunteer in a variety of roles, including 'permanent way' (maintaining the track), the locomotive and rolling stock departments (repairing as well as helping to crew the engine when old enough), stations duties, catering and tour guiding. Our challenge is to make sure that we pass the knowledge and experience down through the generations to ensure we have the expertise in future decades. With this in mind, we intend to refurbish our engineering and storage areas at Haworth, which will give us a better training facility, and also give us a better viewing area for visitors, who currently get to see very little of the magic that happens in Haworth shed, where our volunteers breathe life back into 100+ year old steam locomotives, and have done since the first steam locomotive



Stoke the fires!

arrived on the line 50 years ago in January 2015. Next year will be a very important one, as we see the fruits of our planning labours, but also as we mark this 50th anniversary of the first 'working' members, who are the ones that work tirelessly to make all that you see happen. I do hope that you will consider joining us, whether you can offer just a few hours a month or are looking for a (semi-)retirement project, and whatever your area of interest!

The website has more information on how to get involved as well as the latest news on forthcoming events and details of how to book Santa train tickets.

As ever, if you do have any comments, compliments or concerns, please do get in touch with me via the Station office at Haworth, the website, or on email: matthew.stroh@kwvr.co.uk

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Saltaire

Local Produce Market

Every 2nd Saturday of the Month (excludes January)

Saturday 08 November

Saturday 13 December

Exhibition Rd Car Park - 10am to 3pm

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Bradford Christmas Markets:

- Central Park, Haworth, 15 & 16 Nov
- Bradford Ind Museum, 22 & 23 Nov
- Bradford City Centre, 1 to 6 Dec
- Shipley Town Centre, 12 & 13 Dec



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#Saltairemkt



The Saltaire Local Produce has re-launched! With new products and a new location.

On Saturday 10 May the market re opened to coincide with the nationwide 'Love Your Local Market' campaign. #LYLM2014

You can buy fresh, locally produced food from fantastic regional suppliers, including award-winning pies, cheese from the Dales and homemade pickles.

You'll find fresh and smoked fish, local honey, plants and oils, organic fruit and vegetables, jams and preserves and venison and game.

We have Bobby's Bangers who sell a wide variety of award winning Sausages, home made pies from the Little Yorkshire Pie Company. Loose Tea and locally brewed beers.

Fresh Pancakes are made to order take you pick from Sweet or Sour!

Saltaire Local Produce Market is an event for the everyone. Shoppers get to meet the producers and growers of the food they buy and even taste free samples!

The Market is held on the second Saturday of every month, 10am - 3pm, at Exhibition Road Car Park Saltaire. Next Markets: 8 November & 13 December

Don't forget you can talk to Bradford markets about this event on twitter, facebook and upload your photos onto instagram using #Saltairemkt

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Sandy celebrates 10 Years!

Modern life is challenging. We juggle work commitments, family life, and then squeeze in time for ourselves in between. Cleaning, ironing, gardening, these are usually activities on the top of our to do lists. Why not get help?

The good news is that affordable help is on hand and only a phone call away. Sandy Morphet of Oakworth Cleaning Services celebrates 10 years in business this year. Sandy provides a host of services and has an impressive track record keeping local homes and businesses gleaming. "We have some lovely customers and I like to think we offer them something more than a run of the mill service; we like to add value where we can." Sandy asserts. "Most of our customers

use us weekly but we can do one off cleans or seasonal work too." Sandy isn't one to boast, but her clients were eager to sing her praises. We spoke with Mrs Rhodes in Oakworth: "I phoned Oakworth Cleaning Service when I broke my ankle five years ago; I was marooned on the settee feeling fed up with not being able to do the cleaning. Sandy was very helpful and responsive; she arranged to have our house cleaned that same afternoon. I've never looked back, we have had weekly cleans ever since! My husband agrees, it's worth every penny!" November is a poignant month and Oakworth Cleaning Service's anniversary coincides with a significant time of remembrance. With a daughter serving in the armed forces, Sandy's heart is close to charities like Help for Heroes, The British Legion and SSAFA.

"I am very sympathetic to those who have loved ones on active duty or who have suffered a loss. I'd like to express my gratitude to those who serve and to the families who are supporting them. It can be very stressful and nerve wracking"



"It is not always easy to know what to do or how to help but I'd like to pledge £5 to Help for Heroes for each new booking Oakworth Cleaning Services undertakes in November."

"I'd also like to thank the local community for their support over the past ten years; it has been a privilege to work with so many different people."

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Collaborative Creative Café



photos by John Sargent

Jill Ross (centre) with her team at the opening of Cobbles & Clay following extensive renovation work.

Cobbles and Clay the art café on Haworth's Main Street is an oasis for both the local community and visitors to Bronte County. Established in 2006, this family friendly place welcomes all to enjoy food, friendship and creative play.

Entrepreneur and community champion, Jill Ross, runs Cobbles & Clay and has maintained a local focus from the start, providing space for groups like the Haworth Ukelele Group, Haworth Festival, Open Mic Sessions, Bronte Book club, Haworth Fairtrade, and a variety of creative workshops. The need for a bigger kitchen to support the expanding cafe coupled with a desire to nurture a live music scene led Jill to find larger premises. It was good fortune when another property became available only a few doors up the street.

The renovation began in March and included the commissioning of local trades people from the Worth Valley community. "It's been wonderful to work with so many talented people," Jill said at the opening party on October 25th. "Our builder, John Schofield and his team have been fantastic; they helped us at each step along the way. The staff at the café also worked tirelessly and contributed to making the move a success. I want to thank them all for their hard work. Together we've created something very special indeed."

The 'new' Cobbles & Clay has some notable & exciting additions:

- **Introducing Pickles and Pots Deli**
- **Extended speciality range of teas**
- **New menu including tagines & stews from a slow cooker** (*Don't panic, customers' favourite dishes will remain on the menu, like the Lentil & Veg soup, Tuscan Bean Stew & Lucy's Sticky Apple Cake*).
- **Bigger breakfast menu**
- **Cosy wood burning stove in a 'snug'**
- **Private party and function room**
- **Vast range of pottery for painting**

Pop in and see the 'new' Cobbles & Clay Open every day 09:00 to 5:00 pm 70-72 Main Street, Haworth.

Tel: 01535 958961 (please note new telephone number)

In addition to their staff Jill and Michael Ross would like to thank the following people for their help with the renovation of the new Cobbles and Clay: John Schofield (main contractor/builder), Darren Vidic (plumber), Ryan Breeze (electrician), Michael Holroyd (Flooring), Craig Dyson (artist in metal work), Glen & Craig Ogden (decorating).



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2				3	5	8	6

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9.

Where in the Aire Valley? COMPETITION

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

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

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The winner will be selected from all correct answers received by Nov20 2014

Last month's location was Whitegates in Keighley. The winner was Brian Ellis of Sutton in Craven Google Earth ©

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FRIDAY, NOVEMBER 14
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FRIDAY, NOVEMBER 21
LIVE BAND - THE 309S

SATURDAY, NOVEMBER 22
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SATURDAY, NOVEMBER 29
LIVE BAND - AFTERMATH

Black Bull Quiz every Wednesday, Jacket and Best Food.

Every Thursday is Great Puddings! Great Ale Night featuring traditional local ales. Free entry.

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SPECIAL OFFER: 2 MEALS FOR ONLY £10



Haworth's famous pub, The Black Bull, now under new management, is raising the bar.

"Getting the beer right was the first thing we looked at," said landlord Jim Winchester. "People expect real ale and quality is key. We think we've got that right," he asserted.

"Secondly, the food has to be good home cooked pub fayre offering traditional choices like Yorkshire pudding, Fish and

Chips, Sausage and Mash. It has taken a little longer than we expected but we have invested heavily in getting the kitchen up to speed and we are now serving food daily from noon until 6pm with a 2 meals for £10 deal. We hope that demonstrates our commitment to offering our customers real value. We also want to give people an incentive to come in to the pub and give us a try."

Another focus is on music. With live entertainment three nights a week, The Black Bull is pulling in musical talent from across the region.

"We welcome everyone in the community; fellow local traders, visitors, OAPs, families. Well behaved dogs are welcome in the front bar area too."

There are 9 car parking spaces. (That is a rarity in Haworth!)

Say you read about The Black Bull in the Aire Valley magazine and enjoy the special meal deal for our readers. 2 meals for £10!



Yorkshire Puddin

This cake benefits greatly for being wrapped tightly and left to mature for a few days making it sticky and chewy so please be patient with it!

Ingredients

- 100 grams golden syrup
- 25 grams black treacle
- 75 grams butter
- 75 grams soft brown sugar
- 175 grams porridge oats
- 75 grams self-rising flour
- 1 1/2 teaspoons ground ginger
- 1 pinch of salt
- 1 egg (small, beaten)
- 1 tablespoon of milk

- 1 Pre-heat the oven to gas mark 1, 275F or 140C. Grease and line a loaf tin.
- 2 First weigh a saucepan on the scales and then weigh in it the syrup, treacle, sugar and butter, place over a gentle heat and let the butter melt, don't let it boil.
- 3 Meanwhile in a bowl put the flour, porridge oats, salt and ginger. Once the syrup mixture has melted stir into the dry ingredients. Once combined add the egg and milk.
- 4 Pour into the tin and cook for about an hour in the middle of the oven, or until the centre feels springy to the touch.
- 5 Let it cool for 30 mins in the tin before turning it out and allowing to cool fully before wrapping and maturing it. Enjoy.

Just a note on the oatmeal: if you can't find medium oatmeal buy porridge oats and blitz them for a few seconds in a food processor; do not over-do this, you want rough crumbs, not dust.



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SATURDAY & SUNDAY
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HAWORTH COMMUNITY CENTRE AND WEST LANE METHODIST CHAPEL

Steampunk (n.) is a sub-genre of science fiction that typically features steam-powered machinery in a setting inspired by industrialized Western civilization during the 19th century. **Steampunk** also refers to any of the artistic styles, clothing fashions or subcultures that have developed from the aesthetics of steampunk fiction, Victorian-era fiction, design, and films from the mid-20th century. (Wikipedia).

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Why the Poppy?



The poppy has a long association with Remembrance Day. But how did the distinctive red flower become such a potent symbol of our remembrance of the sacrifices made in past wars?

Scarlet corn poppies (popover *rheas*) grow naturally in conditions of disturbed earth throughout Western Europe. The destruction brought by the Napoleonic wars of the early 19th Century transformed bare land into fields of blood red poppies, growing around the bodies of the fallen soldiers.

In late 1914, the fields of Northern France and Flanders were once again ripped open as World War One raged through Europe's heart. Once the conflict was over the poppy was one of the only plants to grow on the otherwise barren battlefields.

The significance of the poppy as a lasting memorial symbol to the fallen was realised by the Canadian surgeon John McCrae in his poem *In Flanders Fields*. The poppy came to represent the immeasurable sacrifice made by his comrades and quickly became a lasting memorial to those who died in World War One and later conflicts. It was adopted by The Royal British Legion as the symbol for their Poppy Appeal, in aid of those serving in the British Armed Forces, after its formation in 1921.

Source: <http://www.bbc.co.uk/remembrance/how/poppy.shtml>



Glusburn Community and Arts Centre



When you enter Glusburn you may wonder what is the beautiful building with a dome and clock tower on the top? What you see is Glusburn Community and Arts Centre, also known as Glusburn Institute by local people.

The Institute is not only a historical building and the centre of village life, it is also a symbol of great vision from mill owner Sir John Horsfall (1846-1920). As a young man he must have witnessed the terrible conditions of some factory workers; long hours, poor pay, brutality in the mills, drunkenness, money spent in the alehouse and hungry children. He didn't want his employees to suffer these conditions; he wanted them to see their homes and families as a priority. For that reason in 1892 the Institute was built, as a religious, social and educational centre to help improve local people's lives. It is not an exaggeration to say, that every event of any importance was held at the Institute since it was built. There was the

Cricket Club, The Bowling Club, the annual Exhibition and Festival, the Big Christmas Tree in the Main Hall, the Drama Group, the Youth Club and the Pensioners Tea, and of course the outstanding event of the year; three day 'Conversations'. Starting on Thursday with people arriving by horse and carriage for what was called locally as the 'Posh Night', Friday was 'Children's Night' with a performance followed by dancing and games and Saturday was the 'Everyone's Night'. We don't have Sir John Horsfall anymore to organise social events and yet they still happen, time has passed but his spirit remains. This spirit you will surely feel and recognise when you visit Glusburn Institute.



**Glusburn Community
and Arts Centre**

**Arts and Crafts
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Sunday 16th November 10am until 4pm

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Fri 10th Oct and every Friday Tea n Coffee at the East Morton Institute 8.45am-9.45am. Call in at the School Brew and catch up in comfort. Cost is just £1 with biscuits and free refills.

Keighley Astronomy Society
Meetings are held on the **FOURTH WEDNESDAY** of every month at 6.30pm at Civic Center on North Street Keighley. The meetings include programs presented by members or guest speakers, covering what can be observed during the coming month in the night sky

Thurs 6th Nov 10.45am for 11am Royal British Legion (Keighley Branch)
Remembrance Ceremony at Keighley Town Hall Square.

Fri 7th Nov 8pm The **Keighley Playhouse** is throwing open its doors and holding an Open Evening. Come along and see for yourself behind the scenes, a backstage tour through the wardrobe and props departments. .

Sat 8th Nov 10am - 3pm (and every 2nd Saturday of the month) **Saltaire Local Produce Market**, Exhibition Road Car Park, Saltaire.

Sun 9th Nov Keighley Town Remembrance Service at 10am Shared Church followed by a service at 11am at Keighley Town Hall Square.

Tues 11th Nov 11am Armistice Day Town Mayor's Observance at Keighley Town Hall Square.

Fri 14th Nov Gerry & the Hatricks 7.30pm at St Michael & all Angels Church, Haworth. Big Band (from Keighley) in Concert. Admission £6 which includes mulled wine & shortbread. Proceeds to the Church



Restoration Fund. Tickets from Firths Boutique, Haworth or Jens Hislop 01535 644444.

Sat 15th Nov 5pm Christmas Lights Spectacular at City Park, Bradford. Enchanting aerial show by internationally celebrated Belgian street theatre troop. Beautiful costumes, breathtaking aerial gymnastics, haunting live music, and a stunning 3D projection set, 'Pedaleando Haci El Cielo' or 'Pedalling Towards Heaven' will be unforgettable.

A dazzling night for all the family
Sat 15th & Sun 16th Nov Christmas Market at Central Park Haworth.

Sat 15th & Sun 16th Nov 10am - 4pm Haworth Craft Fairs at The Old School Rooms, Haworth. More info visit www.haworthcraftfairs.co.uk

Sun 16th Nov 10am Reindeer Parade at Kirkgate Centre, Bradford
See Santa in his sleigh, accompanied by six real reindeer including two of the cutest baby reindeer! West Yorkshire Fire Brigade Band leads the parade from Kirkgate, along Sunbridge Road to City Park. Santa and the reindeer then return to the Kirkgate Centre where Santa takes up residence in his free grotto until Christmas Eve.

Thurs 20th Nov 4pm - 8pm Saltaire Christmas Fair at Victoria Hall, Saltaire. All your favourite local shops under one roof. Visit Santa in his grotto. Free festive treats. Live music. Fashion -

Gifts - Vintage - Food - and much more!

Fri 21st Nov -23rd Nov Haworth Steampunk Weekend with Music & Entertainment all weekend.

Sun 23rd Nov Keighley Light Switch on 11am - 4pm Airedale Shopping Centre.

Sat 29th Nov 10am - 3pm Extravaganza to be held on at The Keighley Civic Centre and Police Museum. £5.00 per child, to include a tour of the museum, gift from Santa, children's entertainment - Punch & Judy and Play Rangers. Admission is free for adults

Sat 29th Nov Bingley Christmas Fair & Light Switch on at Bingley Town Square. There will be a day of activities including: Children's rides, Tombola, Santa's Grotto, Land Train, Balloon Sculptures, Face Painting, Christmas Fayre at the Bingley Arts Centre.

Christmas lights are being switched on at 4.30pm.
Sat 29th & Sun 30th Nov Keighley & Worth Valley Railway Santa Specials www.santaspecials.com

Sat 29th Nov 10am -1pm Christmas Makers Fair at East Morton Memorial Institute. A wide variety of quality handmade stalls, gifts, homeware, jewellery, textiles, workshops, art & crafts. For more info email info@louiseferne.co.uk.

Sat 29th & Sun 30th Scroggling the Holly Weekend in Haworth. Villagers will be dressed up in Victorian costume

and they'll be plenty of seasonal fare in village tearooms and real ale inns.

Sat 6th Dec 10am - 4pm Christmas Craft Sale, Steeton Community Hub, Stone Grove Steeton. Hand made knitted, crocheted and sewn items, collectable teddy bears, phoenix cards, marmalade and cakes. Refreshments available. Many items sold for various charities. All welcome. Free Entry. Enquiries call Penny 01535 653624 or Diane 01535 658285

Sat 6th & Sun 7th Dec Haworth Christmas Victorian Weekend.
Weds 10th - Sat 13th Dec Sutton's Green Hut Theatre Company Traditional Annual Pantomime **Dick Whittington** at the Village Hall. Main Street Sutton at 7.15pm [Saturday Matinee 2.15pm] Admission. Adults £7.00 Concessions £6.00. Any 4 tickets for same performance £24.00 Tickets available from Box Office 01535 632289.



Sat 6th & Sun 7th Dec Haworth Christmas Victorian Weekend.

Sat 6th & Sun 7th Keighley & Worth Valley Railway Santa Specials www.santaspecials.com

First World War Centenary 
A Weekend of Commemoration
8th & 9th November 2014
East Morton War Memorial Institute
* Exhibition "Life in 1914" - free entry all weekend.
* Edwardian "High Tea" with poetry, readings & songs from 1914 on Saturday 3pm
Tickets: £5 from Rhona 07777637363 (any profits after costs will be donated to The Poppy Appeal)
* Ian Dewhurst MBE speaks on "Keighley and the Great War" on Saturday 7.30pm
Tickets: £4 from Rhona 07777637363
* Joint churches Remembrance Day Service on Sunday at Congregational Chapel and Institute, followed by tea / coffee at the Institute - free of charge

September 2014 coincided with National Eye Health Week, with a large drive to raise the awareness of both maintaining eye health, and eye diseases which affect the UK today.

Age-related macular degeneration (AMD) is Britain's leading cause of blindness and usually develops in people aged 50 and over. AMD is a painless eye condition that leads to the loss of central vision. An individual's central vision allows them to see what is directly in front of them, with AMD vision will become increasingly blurred leading to difficulty reading text, colours appearing less vibrant, difficulty recognising people's faces, and straight lines such as door frames can appear distorted or bent. Macular degeneration does tend to be more common in women than in men.

There are two main types of macular degeneration; Dry AMD is the most common form and affects around 90% of patients. Wet AMD is more aggressive & causes a rapid loss of central vision caused by leaking vessels, so fast referral for treatment is necessary. People affected with Wet AMD will begin to notice shadowy areas and/or distortion in their central vision (see below).

Smoking, age, sunlight/UV exposure and diet all play a role in the development of AMD, as well as gender, blood pressure and genetics.

Unfortunately, there are no treatments for Dry AMD. Wet AMD is currently treated with an injection into the eye. AMD sufferers are encouraged to adopt certain lifestyle changes such as maintaining a healthy diet which includes fish and plenty of green vegetables, stopping smoking, and wearing good quality UV protecting sunglasses when outdoors.

Simulation of normal vision (left) and distortion due to metamorphopsia.



Simulation of normal vision (left) and vision with central blind spot (scotoma) combined with distortion.



Your Optometrist is able to check for Macular Degeneration as part of your routine eye examination, they will also provide advice if you have any signs of the condition, or refer you to a specialist if urgent care is needed.

Ocular Coherence Tomography (OCT) is being used by a handful of Optometrists in the Aire Valley area to detect the very earliest signs of any Macular Degeneration. The OCT is like a detailed ultrasound of the retina; it's painless and gives results instantly as to the health of the macula. It is also used to diagnose the very earliest signs of Glaucoma, retinal detachments and many other eye conditions.

For more information about this or any eye related issue please contact Optometrist Mo Hafejee at Airedale Opticians Keighley and Crosshills.



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Include your business in this directory or share an interesting local story. Poets, writers, & creatives are encouraged to submit their work for publication. Contact Liz or Jo. 01535 642227

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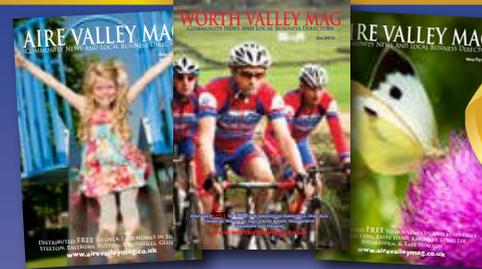


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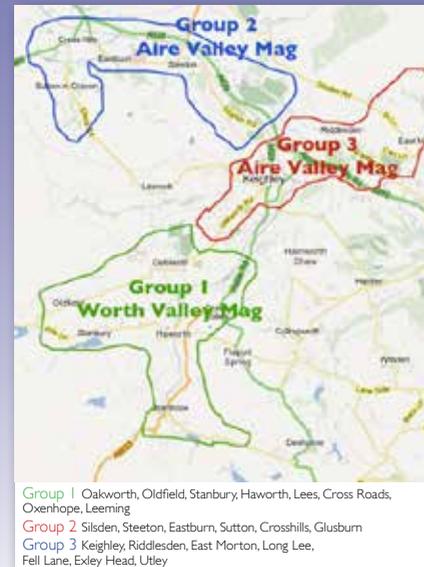
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Chris (Bristles Chimney Sweep Service)

I have advertised with the Aire Valley Mag now for a number of years to which I have had a fantastic response, I feel that the magazine is an honest publication that local people have learnt to know and trust. I know from the feedback that I have received from my customers that this little book is not only an interesting read but also provides a solid base for local business to promote their services. I can only thank Joanne and the team for consistently providing a quality publication that is well presented, has great distribution and is favoured above other such magazines that we receive through our letter boxes. May all your great work continue!

Steve Edwards, Managing Director,
Cobbydale Construction Ltd, Silsden

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