

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2017

DISTRIBUTED FREE TO HOUSEHOLDS AND BUSINESSES
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Say Hello to October. A month for woodland walks, log fires, cosy sweaters, pumpkins, lanterns, trick or treat, and a cornucopia of colour to enjoy in the landscape.

We continue our series of pull out walks with Lee Senior. This month he takes you on a journey from Riddlesden to Silsden. If you are enjoying these walks, you can purchase Lee's book, *Walking in the Aire*; it will make a super gift. [see pages 16-18]

We have two new columns written by local people: **Inside** by Antony Silson and **Smithy's Tech Tips**. Both will run monthly. I hope you enjoy this new content; let us know what you think.

Check out our pages for numerous events and listings with a local focus including East Riddlesden Hall, Bronte Parsonage, Keighley & Worth Valley Railway, Bolton Abbey, and more. Enjoy!



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Inside DrystoneRadio

When I was 17 I was given a hand labelled cassette tape that contained a mixture of recordings by The Sisters of Mercy, New Order and The Velvet Underground amongst others. The music wasn't anything like what I was normally hearing, and for the next 33 years I've searched in record shops, online and borrowed people's entire collections looking for the next thing that makes my heart go boom.

I've made hundreds of cassettes and CDs for friends, family and people who I felt just needed to know. Eventually I realised I wanted to find a Radio Station that would help me indulge my passion and now I'm co-presenting a show with Lynn Harrison every Sunday teatime on Drystone Radio in Cowling from 5 to 7. In reality it's like meeting up with someone for coffee once a week and talking about forthcoming events, playing exciting music and inviting interesting guests for a chat. We've had activists, bands, charity workers, artists, writers, restaurateurs and even the owners of a Cheese Shop in the studio. It is all tremendous fun and we hope that we can give our listeners something that both amuses and informs them.

I hope to do the same with this new column for this community magazine. Each month I'll go 'Inside' a location in and around Keighley and the Worth & Aire valleys and write about what I find. The idea is to give you a flavour for what happens inside various places, some of which you can visit.

Getting back to 'Inside' Drystone, the Radio station broadcasts on 103.5 FM and can



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

be heard across the Yorkshire Dales and in South Craven. We also broadcast on the Internet (www.drystoneradio.com) and all of our shows are available to hear on podcast afterwards. We have dedicated Breakfast, Brunch and Drivetime shows with local news, and countless specialist broadcasters who indulge their passions for Soul, Reggae, Films and New Music. Recently the station has been recognised at the National Community Radio Awards with a Gold Medal for our coverage of the Tour De Yorkshire.

Drystone has gone from strength to strength since its launch across the airwaves on 14th January, 2009 and there have been over 200 people involved in the Station. At one point we boasted of the country's youngest DJ with 9 year old, Crazy Daisy. If you'd like to get involved please contact us at

email@drystoneradio.com or on **01535 635 392**. Come and join us.

That is my first "Inside" column completed. I look forward to sharing more of our hidden gems in the months ahead.

Antony Silson

National Trust

Celebrate traditions at East Riddlesden Hall this Christmas

Saturday 16 - Sunday 17 December, 3.30 - 7pm

Follow the family trail through the lantern lit gardens then soak up the festive atmosphere at the Christmas market. There'll be a great choice of gifts to buy, food and drink to enjoy and festive cheer in abundance. £2 per person.

Call 01535 607075 for details
nationaltrust.org.uk/riddlesdenhall

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Keighley & Worth Valley Railway



It's just a couple of weeks before the Railway's Annual General Meeting (the AGM) on October 7th which provides an opportunity to reflect on what we have achieved during the year and to share future plans with the Railway's membership. We will be able to remind ourselves of the visit of the iconic Flying Scotsman during the year, which took a mammoth effort to arrange and to staff during the packed visit, whilst continuing with our usual programme of popular events that appeal to a wide range of passengers. There have been challenges during the year that are a stark reminder of the cost of operating the Railway, having invested nearly £250k on improvements to the facilities at Haworth locomotive yard to help protect our historic fleet and equipment from the elements, and to do what we can to help safeguard the location from any further flood damage.

We are very mindful of the impact of the weather on the increasingly elderly infrastructure, so have taken the unusual step of devoting a full fortnight to our 'Civil Maintenance' volunteers' work, and ran

a vintage 'bus service between Haworth and Ingrow for one weekend, because the line was lifted near Oakworth to allow us to continue our programme of waterproofing the deck of the bridges at Mytholmes. It is an expensive and time-consuming task, but it is an example of the steps we take to secure the long-term future of the Railway, which is particularly important to us as we near our 50th Anniversary year of operations.

Whilst we are looking forward to the celebrations in 2018 to mark the reopening of the line by the Preservation Society back in 1968, we have plenty going on during the rest of 2017. We have our ever-popular **Beer & Music Festival 19-22nd October**, at which you can sample from a selection of over 150 real ales, which are now in the beer listing, complete with tasting notes, that can be downloaded from the events page on the website. We also have a selection of wines and ciders, and - for the first time - a range of artisan gins. It's also getting nearer Christmas, and tickets for Santa's Specials are selling fast so please do book soon to avoid disappointment. The Santa Specials start on **25 November** and run each weekend from then until **December 24th**, but tickets for Christmas Eve have already all but sold out.

To stage this range of events, as well as to continue to run steam trains every weekend throughout the year, takes a huge volunteer effort, and I would encourage you to consider joining the team. Full training is provided for operational and maintenance roles, and there is also a very wide range of behind-the-scenes tasks required to run a charity of our scale, so please do get in touch if you would like to get involved in whatever role. You will be joining a group that comprises over 500 volunteers that work together to keep a very important part of history alive, right on your doorstep.

Matt Stroh



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CHRISTMAS WREATH WORKSHOP

6th and 7th December

Visit our website to book your tickets.

CHRISTMAS GARLAND WORKSHOP

7th December

Visit our website to book your tickets.

NATIVITY PLAY

9th December

This is a free event. Estate admission applies.



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Sudoku Puzzles

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

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

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

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

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

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**

Single Day Rover Ticket

Email your answer to:
mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by 16th Oct. 2017.



Last month's location was The Three Horses, Keighley. The winner was Sarah Walworth from Keighley. @Google Earth

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Rebecca Yorke

Your Museum needs you!

Although the year is far from over, the team at the Museum is already busy thinking

about 2018, the year of Emily Brontë's bicentenary.

Our celebrations for the 200th birthdays of Charlotte and Branwell have been very successful and we have seen an increase in both visitors and audience members. Sally Wainwright's BBC drama *To Walk Invisible* also prompted many visits, many of them by you, the residents of the Worth Valley and surrounding area, and we have enjoyed welcoming you to the Museum.

Home – ie Haworth and the Parsonage – was where Emily was happiest and it will be one of the themes of our 2018 programme. This is where you come in. It's really important to us that the members of our local community find something to relate to or be part of at the Museum. Our visitors' book has comments from people as far afield as the USA, New Zealand and South Africa, but we'd like to know what you think too. This year, we have held a number of 'free admission for locals' evenings, advertised in our Events Guides, on our website and in this magazine. We are pleased

to announce that we will continue this initiative in 2018 and are currently putting together a programme which we hope will tempt you through the door.

The Museum will open late on a Thursday once a month from April to October, offering free admission to local residents (those with postcodes BD22, BD21 and BD20) between 5.30pm and 8pm.

Whether you visit the Museum regularly, haven't been since you were a child or have never visited at all, we'd like to invite you to tell us what you would like to see or do when you visit.

Would you like to discover more about Haworth in the Brontës' time? Or hear stories that Tabby, the Brontës servant,

might have told the family? Would you like to know what it's like to work at the Museum or learn how we look after the collection? Maybe you would like to take part in a craft activity or a drop-in writing workshop? Please email your

ideas to bronte@bronte.org.uk, putting Late Night Thursday in the subject line, or if you prefer, call us on 01535 640192. We can't promise that we will be able to deliver all of your wishes, but we will certainly take them into account when we are planning our events.

The full Late Night Thursday programme will be published in the *Worth Valley Mag* early next year.

We look forward to seeing you soon.

Rebecca Yorke,
Head of Communications and Marketing,
Bronte Parsonage Museum

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MONDAY 23 – FRIDAY 27 OCTOBER
Join us for our half-term family activities

THURSDAY 26 OCTOBER UNTIL 8pm
Get starry-eyed with Bradford Astronomical Group
Free admission for local residents from 5.30pm, last admission at 7.30pm.

FRIDAY 27 OCTOBER 7.30pm
Parsonage Unwrapped with Grant Montgomery
The *To Walk Invisible* designer reveals the secrets of recreating Branwell's room.

For full details visit www.bronte.org.uk/whats-on or call 01535 640192.



Brontë Parsonage
MUSEUM

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01535 642323 www.bronte.org.uk
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Walking in the Aire

Riddlesden to Alder Carr Wood, Brunthwaite & Silsden (linear)

A walk devised by Lee Senior

Walk Distance: 4.5 miles (7.24km)

Maps required: OL21 Explorer
(South Pennines)



We start with our back to Riddlesden Post Office (Bar Lane). Turn left up the road, until we reach the Leeds and Liverpool canal towpath ahead. Turn left on to the towpath for approximately 800 yards until we reach Leache's Swing Bridge.

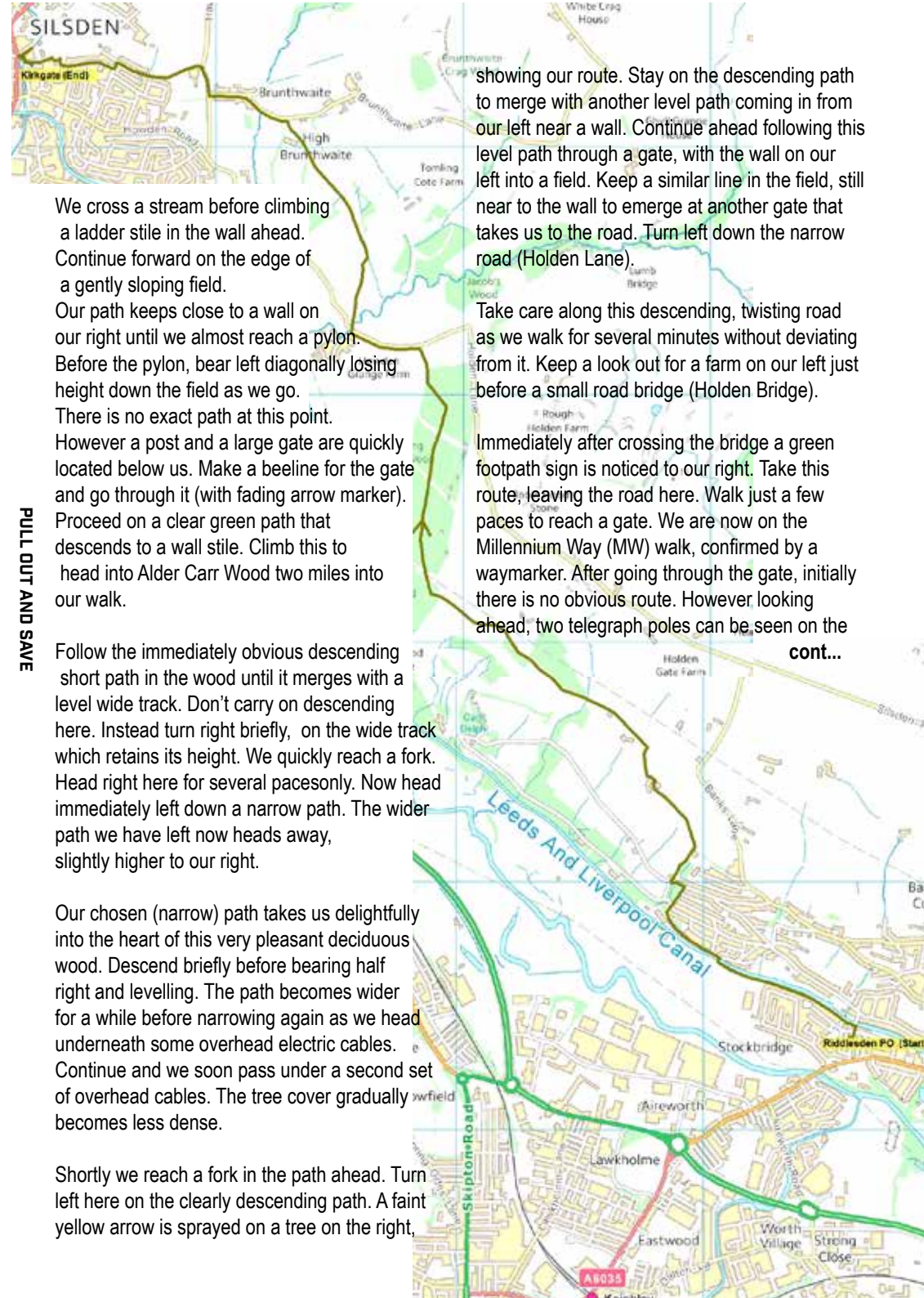
Leave the canal here by going over the bridge. Bear left on to Leach Road - a flat and rough surfaced access track adjacent to the canal. Ignore the tarmac road climbing on our right after crossing the bridge. Soon we start to climb albeit briefly. As we pass two garages on our right, look out for a narrow uphill path just beyond. Take this path which leads into a copse of trees before crossing a minor road. Now follow a pleasant uphill waymarked path opposite that heads behind some houses. We climb some wooden steps near the houses. Our path emerges at a single track road (Western Avenue).

Turn left here for a few paces passing a small Yorkshire Water pumping station. Our path is signed to the right almost immediately beyond it. Climb several steps and ascend gradually until we go through a gate. A yellow waymarker points our way. Now we climb quite steeply up the right edge of the sloping field. The path stays close to the wall, reaching a gate at the top. Go through the gate and turn left on a steadily ascending tarmac track to Low Wood Head. It is worth pausing here to catch our breath while taking an admiring look back at the wider Aire Valley and Keighley. Stay on the main track going over a shallow speed bump. Avoid any other routes as we progress to reach the residential

buildings. Here we take the most obvious route in-between the buildings. A green footpath sign to our right points our way through a wooden gate on the left. We are now on a concrete drive for just a few paces. A waymarked path is on our right, immediately beyond an outbuilding, opposite a coniferous hedge. Head down this short enclosed path to a wall stile. Go up several steps and through the stile. An arrow points half right across a field. Take this path which goes diagonally upwards to a small gate in the field corner. Go through the gate and proceed forward, briefly crossing a tarmac driveway. Now climb some grassy steps in front of us, emerging on to a good-surfaced lane, close to High Wood Head.

We follow the direction of a finger post pointing left (to Silsden). The hard-standing surface makes for pleasant walking with commanding views. Proceed on this level route until a sharp left bend in the track. At this point we keep our existing line. Proceed ahead on a grassy track to go through a large farm gate. Continue in a straight direction initially. We then bear half left, losing some height as we go, to reach a gate. Go through the gate and note the yellow arrow tempting us forward into a copse of trees.

We now stick to the perimeter of the currently closed golf club on our meandering but obvious path. Take care here as there are tree roots and rocks to negotiate in places.



We cross a stream before climbing a ladder stile in the wall ahead. Continue forward on the edge of a gently sloping field. Our path keeps close to a wall on our right until we almost reach a pylon. Before the pylon, bear left diagonally losing height down the field as we go. There is no exact path at this point. However a post and a large gate are quickly located below us. Make a beeline for the gate and go through it (with fading arrow marker). Proceed on a clear green path that descends to a wall stile. Climb this to head into Alder Carr Wood two miles into our walk.

Follow the immediately obvious descending short path in the wood until it merges with a level wide track. Don't carry on descending here. Instead turn right briefly, on the wide track which retains its height. We quickly reach a fork. Head right here for several paces only. Now head immediately left down a narrow path. The wider path we have left now heads away, slightly higher to our right.

Our chosen (narrow) path takes us delightfully into the heart of this very pleasant deciduous wood. Descend briefly before bearing half right and levelling. The path becomes wider for a while before narrowing again as we head underneath some overhead electric cables. Continue and we soon pass under a second set of overhead cables. The tree cover gradually becomes less dense.

Shortly we reach a fork in the path ahead. Turn left here on the clearly descending path. A faint yellow arrow is sprayed on a tree on the right,

showing our route. Stay on the descending path to merge with another level path coming in from our left near a wall. Continue ahead following this level path through a gate, with the wall on our left into a field. Keep a similar line in the field, still near to the wall to emerge at another gate that takes us to the road. Turn left down the narrow road (Holden Lane).

Take care along this descending, twisting road as we walk for several minutes without deviating from it. Keep a look out for a farm on our left just before a small road bridge (Holden Bridge).

Immediately after crossing the bridge a green footpath sign is noticed to our right. Take this route, leaving the road here. Walk just a few paces to reach a gate. We are now on the Millennium Way (MW) walk, confirmed by a waymarker. After going through the gate, initially there is no obvious route. However looking ahead, two telegraph poles can be seen on the

cont...

...sloping field. Ascend towards the first pole where a further MW marker confirms we are on our route.

Head towards the second telegraph pole, but do not walk right up to it. Instead as we get nearer to it, look half-left towards the stone wall on the left boundary edge of the field. A stile is visible in the wall corner. Head directly towards the stile. Don't carry on to the second pole. We cross the stile in the corner, where another MW marker guides us forward. Quickly we climb another wall stile a short distance away. Continue along the short enclosed path towards two stone pillars. There are two routes here; our route follows the yellow waymarker straight ahead, as we ignore the MW arrow pointing right.

Proceed along the surfaced route with the golf course on our right until the track bears left. Our next route- an initially obscure footpath is located here, in between two large holly bushes. We are heading on to a right of way across Silsden golf course. The right of way across the course is marked by a series of easy to follow green and white posts. The first post comes into view ahead of us. Keep a keen lookout for the next post ahead of you at all times and of course for any low flying golf balls. We head directly across the course with the purpose of making our way to the course car park adjacent to the clubhouse. The marker posts run in a generally almost straight line. Our route takes us close to the tee of the fourth Hole. Eventually a well-used path -by golfers and walkers alike, takes us to a point where we can see the car park and clubhouse below. Make a beeline for the car park and go down some quite steep steps to reach it. These steps are easy to miss at first glance as they can be obscured by vegetation. In the car park, carefully walk through the parking bays, but not in the direction of the clubhouse. A green footpath sign eventually shows our way out of the car park, via a ladder stile over the wall ahead- to the right of the car park exit. We find ourselves on a minor road (Brunthwaite Lane) at

High Brunthwaite. Turn left along the road until the junction ahead. Just before the road end, don't be tempted to take the left hand filter road. Instead we turn right on to another road (Hawber Lane) signposted Ilkley. Walk for barely a couple of minutes on this road until we reach Drabble House Farm on the left. A green footpath sign shows the way, into the farmyard and then through the red gate. Keep close to the farm buildings on our left as we take a short path, leading to a further gate. Don't take the right hand path here. Instead go through the gate on to a now grassy and easy to follow path ahead. A row of houses is to our left. Go through the next gate ahead, having ignored the alternative gate in the wall to our left. We are now in the residential streets of Silsden. Continue ahead to reach the road junction. Turn left here, and then take a quick right, into Craven Drive. As we descend a green footpath sign is visible on the right as the road bears left. Take this tarmac path, which straddles houses to reach a fork. Silsden Recreation Ground is noticed. Turn left for just a few paces, before we bear right. Follow this enclosed tarmac track as it widens. Soon the busy traffic of Kirkgate is noticed ahead. However, first we find ourselves at a delightful duck pond and Silsden Beck. This is a pleasant place to spend a few minutes. Turn right at the water to cross a stone bridge over the Beck leading into Kirkgate and the end of our walk.



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Say you saw it in the Aire Valley Mag!



SMITHY'S TECH TIPS

by Liam Smith

SMART HOMES

Can you imagine a world in which your home is automated through technology? A smart home is a home that incorporates advanced automation systems to provide you with sophisticated monitoring and control over the building's functions. For example, a smart home may control lighting, temperature, multi-media, security, window and door operations, as well as many other functions. Does it all seem a little too far-fetched? I thought so too... Having personally experienced the potential of a 'smart home', I can see why many families are already considering this technology to integrate into their everyday lives. It's pretty cool to have a virtual assistant to converse with by using spoken commands and phrases to achieve tasks that would have otherwise required you to find that remote which is nowhere to be seen and has probably fallen down the back of the sofa, again. But it doesn't end with the virtual assistant, there are remote viewing doorbells to see who's on your property without going to the door, wirelessly controlled lighting via a smartphone or a laptop to adjust the lighting to your hearts content, wireless audio systems utilising streaming services



such as Spotify and Apple Music, and my favourite section of the extensive list of possibilities that comes with a smart home, a robot vacuum cleaner! It used to be a complex ordeal of installation and configuration options, but I'm glad to say that now, the majority of home technology is simply plug and play, (However there are some aspects that will require a professional installation) and even your children can use it. (And they will most likely be more proficient in operating it than you as well!)

It's easy to get lost in the world of tech these days, but that's where this column will come in handy. Over the coming months I will endeavour to clear up misconceptions you might have about smart home technology, as well as a sneak peak at what is just around the corner.

Hi, my name is Liam Smith, and technology is my passion, not just my job. I work at Pennine Plus where I'm able to utilise my knowledge and help those with anything tech related. If you have any questions, just email them to me at mail@worthvalleymag.co.uk and I'll do my best to help. Most days you will find me at Pennine Plus on Cavendish Street in Keighley; call in and say hello!



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Every Tuesday & Thursday 10 am - 2pm **Welcome Place Cafe** at Shared Church Hall, Market Street, Keighley. Good food available to all. Eat Free or pay what you can. Friendship, support & information. Locally grown and donated produce cooked fresh. www.welcomeproject.org.uk.

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

Morton Meet 2-4pm every Thursday Come and join us for a coffee & homemade cakes in **Morton Institute** on the side of the park. A great area for children & a playground.

Tiny Tots Play Cafe is every Tuesday & Thursday 9.30am until 11.30am at Central Hall, Alice Street, Keighley. £2 per child including a juice & snack. Bouncy castle, movies, toys, crafts & lots of fun.

Every Wednesday 1pm to 2.30pm is Pick n Mix at Merlin Top Academy, Braithwaite Avenue, Keighley. A local club for the over 50's. Activities include trips out, relaxing over a cuppa, playing traditional games, crafts, dancing, bingo. £1.50 per person (inc refreshments). For further info call 07587 210101

The Silver Line Helpline for older people information, friendship, advice Calls are FREE: 0800 470 80 90 FREE, confidential 24 hour service www.thesilverline.org.uk. For a group talk/presentation about The Silver Line Contact the Community Engagement Volunteer, Jeanette House, Tel: 07873459188.

Seasonal Walks - go walking with

COMMUNITY PAGES

KHL. Short hour long walks around Devonshire Park, Cliffe Castle Park, River Worth & Parkwood. Starting from KHL, 13 Scott Street, Keighley, BD21 2JH More info call 01535 677177. The walks are FREE.

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

Coffee Stop Every Friday 10.30am - noon at Trinity Church, Fell Lane, Keighley, Serving Fairtrade coffee & tea. Call in for a friendly chat.

Sept until 5th November Welly Walk at Bolton Abbey. Tree climbing, tunnels, slides, bridges and beams, amazing fun, forget being clean!!! Follow the Welly Walk signs and enjoy a free woodland adventure trail from the Stepping Stones to the Cavendish Pavilion.

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

Fri 6th, Sat 7th & Sun 8th Oct Sausage & Cider Festival at The Old School Rooms, Haworth. www.haworthbeerfestival.co.uk.

Sat 7th Oct 6pm Cliffe Castle Museum Film screening of Colin Hardy's "The Hallow" (15).

Fri 13th - Sun 15th Oct Illuminate

Bradford at City Park 7 - 9.15pm.

Experience three days of magical acts at a mini festival packed with amazing performances, interactive installations and colourful street theatre.

Sat 14th Oct Gardener's Apprentice at East Riddlesden Hall 10.30am - 12.30pm. There are lots of jobs to be done in the garden at this time of year.

We'd love you to come along and join in with some. We'll be raking leaves in this family friendly drop-in session. Wrap up warm, roll up your sleeves and step into the role of gardener's apprentice - no experience needed.

Sat 21st - Weds 25th Oct Spooky Halloween Fun at East Riddlesden Hall 10.30am - 4.30pm. Are you brave enough to listen to spooky stories in a dimly lit barn and listen to the creaks and groans of this 400 year old haunted house? How many coloured pumpkins will you find hiding in the garden?

Sat 28th Oct Manorlands Halloween Monster Dash at Cliffe Castle Park. As dusk falls the newly refurbished grounds of Cliffe Castle Museum will be transformed to become scarier than they've ever been before. Brave souls arrive to take on the Manorlands Halloween Monster Dash. There will be two runs, a family-friendly session at dusk and a more scary session for over-12s and adults when it gets dark. Participants who arrive dressed in their best Halloween fancy dress will be given a complementary head

torch on arrival before setting off on a 1 km route. Halloween-themed lighting, music, sounds, props and actors will be lining the route in order to scare and entertain participants, who will be challenged to do as many 1 km laps of the grounds as they dare in 45 minutes. www.sueryder.org/get-involved/events/all-events/2017/october/manorlands-halloween-monster-dash

.Sat 28th - Sun 29th Oct 10am to 4pm Hawortheen, Main Street, Haworth To mark the Halloween weekend, wear your scariest costumes and join the parades up Main Street. Saturday is Dragon Day - follow the giant Dragon to the sound of drum beat and Sunday is Parade of Ghouls - the 'Hawortheen' parade up Main Street - procession. (Parades at 2pm both days) + Pumpkin competitions.

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Fairtrade campaigners (from left) Ruth Drury, John Drury, Bruce Crowther, Chris Upton, (Megumi Morita,) Karen Palframan, Adrian Farley, Nick Drury, Rita Verity and others met in Haworth to welcome Megumi Morita from Japan.

Haworth, the world's first Fairtrade Village, was the chosen destination for a Fairtrade fact-finding visit by Megumi Morita from Japan. She is from Zushi, Japan's third Fairtrade town, which lies on the coast, south west of Tokyo.

After attending the recent International Fair Trade Towns conference in Saarbrücken with Bruce Crowther MBE, founder of the global Fairtrade Town initiative and Director of The FIG Tree, Megumi came to the UK to discover more about collaborative Fairtrade initiatives in this country.

Haworth Fairtrade Group members organised an informative itinerary, which included visiting West Lane Baptist Church, the Brontë Parsonage, Sonia's Smile Fair Trade shop and the KWVR station in Haworth. The day started at the church cinema with photos and videos from past Haworth and regional Fairtrade events such as 'Chuffin' Fair', 'Fair Intent's', the cycling Fairtrade bananas 'Tour de France' video (filmed in Haworth for Fairtrade Yorkshire, see www.fairtradeyorkshire.org.uk), the 'Sit down for

breakfast, stand up for farmers' KWVR steam train Fairtrade breakfast, and this spring's Fairtrade and Brontë walk from Thornton to Haworth.

Megumi gave a presentation about Zushi's activities to gain Fairtrade town status and there was time for her to discuss wider campaigning issues with Keighley Fairtrade group member and Bradford Council Fairtrade champion Cllr Adrian Farley, and chair of Bradford Fairtrade Zone, Karen Palframan. Diane Fare hosted Meg at the Brontë Parsonage Museum and explained more about Rev Patrick Brontë and his campaigns for social justice, including better sanitation, education and workers' rights.

Bruce Crowther confirmed, "It was a pleasure to bring Megumi to Haworth on behalf of The FIG Tree Fair Trade Centre as part of her tour and see how the Haworth campaign is supported by the schools, churches, local authority and businesses. We were both impressed to see the number of Fair Trade events held in and around Haworth since becoming a Fairtrade Town in 2002 and how the campaign connects with the tourist attractions and local heritage. We now have 2,000 Fair Trade Towns in 29 countries."

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Q&A: THE BODY CODE Moving the subtle energies of the body for balanced health & wellbeing

Kay Austerberry is an energy-work therapist, qualified as a Reiki & Seichem Master, Emotion and Body Code and E.F.T. certified practitioner. She has spent the past 14 years developing her skills and knowledge with the aim of assisting both people and animals in the resolution of trapped emotions, stress, ailments and phobias.

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The Body Code is a technique that comes under the category of energy healing. It was developed over several years by a holistic chiropractor, Dr Bradley Nelson, who teaches that true health simply means being balanced in six different ways:

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2. Circuitry: Here we balance the energy systems of the body including the chakras, the acupuncture meridians, the connection of the spiritual and physical body and the energy circuits of the organs and glands.

3. Toxicity: The Body Code can identify and address toxic agents that don't show up on medical tests as well as those that do. Removing them is simple and often even immediate.

4. Pathogens: Destructive and often elusive infections can be easily identified along with any necessary remedies to rid the body of them

5. Structural: Imbalance in the bones, organs, connective tissue, muscles and nerves can be treated non-invasively to gently restore stability to the physical body.

6. Nutritional: This can be straightforward nutrient deficiency as well as imbalances like dehydration, magnetic field deficiency or a need for a certain healing food or herb.

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What do others say about The Body Code?

"We hold onto things in our mind and body that are harmful to our health without even realising it. Kay is thorough in her assessment and confident in using The Body Code technique. It felt like a weight had been lifted from me. I will certainly continue with this healing therapy. It is both subtle and profound." Mrs.B. Stanbury

To learn more about **The Body Code** or to book a session, contact Kay Austerberry. Kay is based in Denholme. Alternatively, she will travel to your home for an appointment. **07884 063 947**

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The Imogen Collection in aid of Cancer Research

Imogen Upton and Siân Sargant



photos by John Sargant

A new jewellery design studio in Haworth has been inspired by the owner's goddaughter to upcycle bottle tops as pendants in aid of a cancer charity. Siân Sargant, of Siân Alison Designs, who makes jewellery from flowers grown in her own gardens set on sterling silver in resin, says "My eight year old goddaughter Imogen Upton suggested that I use bottle tops to make some jewellery. I thought that this was such a lovely idea that I suggested to Imogen that she name a charity and we could donate all the proceeds to the cause that she chose."

Imogen, who recently lost her uncle and granny after long battles with cancer and whose grandma is currently undergoing chemotherapy, chose Cancer Research and Siân has named the pendants the

Imogen Collection. Each pendant is handcrafted, and has a unique design made from petals, grasses and leaves set in resin. Every penny that is spent on a pendant in the Imogen Collection will go to Cancer Research, and the **upcycled bottle top jewellery will be available for a limited period from Siân's studio shop at 77 Main Street in Haworth from Saturday 21st October.**

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