

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2017



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**AIRE VALLEY MAG**  
COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

**KEEP TRADE LOCAL**

**01535 642227**

We've turned the corner; spring is here and not a minute too soon.

By the time this publication lands on your doorstep the Flying Scotsman will be either on display or on the move in the valley. What a fabulous opportunity to view this iconic locomotive.

The Brontë Society joins Fairtrade Bradford to host a special walk between Thornton (Brontë birth place) and Haworth, (Brontë home) on the 21st. See page 16/17 for more details.

It is encouraging to hear that business activity is picking up. Please support local trade by using the many services provided in this directory. The listings on the back page will help you find what you are looking for and the community pages highlight what's on in the area this month.

Have a lovely Easter! Liz Barker

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The 3 week course is free and will be held on Wednesday May 3rd, 10th and 17th.

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For further details contact Brian Goddard on 07803489884 or email [briangoddard50@hotmail.com](mailto:briangoddard50@hotmail.com)

For further details of the CAP Money Course go to [www.capmoneycourse.org](http://www.capmoneycourse.org)

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## AIMING HIGH & IMPROVING MATERNITY CARE AT AIREDALE



As a local woman, it was my desire to work at Airedale Hospital. Realising my dream in 2005, I qualified as a Nurse, and then two years later, I became a

midwife. I have a passion for providing maternity care, centred around the woman and her family. Our Airedale Right Care Values enable me to be creative and support my team to look at how we can respond to the individuals who use our service.

Our small, friendly maternity unit provides both midwife-led and consultant-led care for over 2,000 women annually. Births take place at home, on the midwife led unit or on our consultant led side of labour ward.

Our labour ward has 8 labour rooms, 4 of which make use of outdoor space with decking areas and two of which have two lovely birthing pools.



I am delighted to work within the maternity team at Airedale, currently managing the Community Midwifery Team. We have 26 community midwives, covering an area of 700



square miles from Settle to Shipley, Harrogate to Burnley and everything in-between. When Better



Births, the national maternity review, was published last year, I looked at this and service user feedback to consider what we needed to do to improve our community service. I held two design sessions and 1 focus group with local women, midwives and supporting professionals. This was really exciting and meant that all who used and provided the service could be involved in the redesign process. Some of the achievements so far have been later community midwifery clinics in Ilkley, a midwife working in the Bradford area providing care for women who wish to deliver their babies at Airedale and a single point of access has been agreed, so there will be just one number for women to call to arrange their booking appointment with the Airedale Community Midwives. I feel that this is an exciting time for Maternity Services across England, but also for Airedale maternity service. I remain proud to be a midwife and be in a position to listen to women's views and positively affect how we deliver care.

Clare Luby



Airedale Midwives



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[www.airedale-trust.nhs.uk/services/maternity-services/](http://www.airedale-trust.nhs.uk/services/maternity-services/)

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## COUNTRY COOKING by Cath Bromwich



### Sage and Butternut Omelette with Herb Rice

This is a flavoursome concoction that meets a number of niche needs! The trick is to practice getting the butternut cooked a little crispy for varied textures. You can always add a few crunchy bacon lardons too...

Oven set at 200oC or Gas mark 5

#### Ingredients:

per person:

2-3 Eggs

Dried sage

1/3 - 1/2 Butternut Squash

Olive oil

Ground Cumin

Salt, Pepper

1/3 - 1/2 Mug Basmati Rice

1/2 Bunch fresh parsley and any other herbs e.g. Thyme

#### Instructions:

Peel the Butternut, chop in half, scoop out the seeds, dice to 1cm cubes

Sparingly place on baking trays, so it's not crammed, season with salt, pepper and a pinch of cumin, Coat with a few tablespoons

of olive oil, bake until soft, a little crispy, even charred (25-35 minutes)

Measure and wash rice, drain. Place in a pan with 1 1/2 times the amount of water to rice e.g. Put in 1 1/2 a mug of rice with 3 1/4 mug cold water. Add a little salt. Put lid on.

Bring rice to a gentle simmer, stir, replace lid, turn heat right down. If the rice boils or you keep taking the lid off then you may need more water near the end. If you cook this slowly with the lid on then, with a little practice, you will be able to steam the rice until it is nicely cooked.

Chop parsley finely, when the rice is cooked mix in herbs, season to taste Then when the butternut is cooked start the omelette

Break the eggs into a bowl, season with salt, pepper and at least a heaped teaspoon of sage.

Heat a medium sized frying pan, add oil to a depth of 2-3mm, when this is shimmering with heat add the egg, after about 30 seconds draw half the omelette away from the bottom of the pan so that uncooked egg can run into the space created, tilt the pan to get all egg mixture cooked.

Scrape some of the butternut chunks onto the omelette, serve your rice onto a warm plate, practice folding the omelette in half and onto the plate! Serve with any extra butternut squash.



Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a

budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland.

For more information, or to pass on your stories and recipes, contact Cath at [www.facebook.com/foragercathorkshire](http://www.facebook.com/foragercathorkshire)

## FOOT CARE PRACTICE GROWS AT A PACE

It was 2010 when the Worth Valley Mag announced the arrival of Christine Harker and her business Heel2Toe Foot Health Care to Haworth and across the Aire and Worth valleys.

Christine was delighted with the way the community received the service; "From the start the response was excellent, and growth of the business over the last seven years has been very positive; so much so that the number of appointments required for both clinic and domiciliary have steadily increased," Christine confirmed.

The Practice currently runs a Foot Health Care Clinic which operates on a Tuesday and a Thursday from 33, Sun Street, Haworth. Home visits are also available Monday to Friday with flexible appointment times available to suit customer's needs; Christine also visits several Care Homes across the district.

To support this growth and increase in requests for appointments Christine is very proud to announce that Paul Shuttleworth and Rachael Somers have now joined the Practice.

Paul qualified as a Foot Health Practitioner in November 2013, he is married and has a young family and lives in Oakworth, Rachael also qualified as a Foot Health

Practitioner in 2013 and she too is married with a young family and lives in East Morton.

Christine says, "Future plans for the Practice are to increase availability of Biomechanical Assessments to provide Orthotics and also Hot Oil Therapy sessions for the Rheumatic hand and foot"

**Christine, Paul and Rachael are always happy to give talks to local groups, anyone who feels that education in the Diabetic Foot, the High Risk Foot and Basic Foot Care would be beneficial please contact Christine Harker. Tel No 07504714072**



Christine Harker



Paul Shuttleworth



Rachael Somers

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## Sudoku Puzzles

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

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

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

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

To advertise call Jo or Liz on 01535 642227

## 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  
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Last month's location was Laycock Primary School. The winner was Jeff Cummings from Silsden.

@Google Earth

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# Bradford Fairtrade Zone & the Brontë Society: “Walk the Talk – the Brontë Way”



As part of the International Festival of Fair Trade Walks, this year having a literary theme, Bradford Fairtrade Zone, & The Brontë Society have linked up to host a special walk open to the public on **Friday 21st April 2017.**

(Other Festival Fair Trade walks are taking place in Scotland, Lebanon and India, and closer to home a Wordsworth-themed walk is taking place on 15th April in the Lake District. visit: [www.fairtradeway.org.uk](http://www.fairtradeway.org.uk))

Entitled, “Walk the Talk – the Brontë Way” the local event aims to raise awareness of the injustices in the international trading system and encourage people to join the campaign for better wages and safer working conditions for the people who grow our food and make our products in developing countries..

The distance is approximately 8 miles, following what local historians surmise

was the route taken by the Brontës in 1820 from Thornton (Brontë birthplace) to Haworth (Brontë home). Victorian dress is welcome.

**Thornton Start time:** 9.30am for 10am Start at St. James Church, 300 Thornton Road, Thornton, Bradford, West Yorkshire, BD13 3AB [www.james4u.org](http://www.james4u.org)

Come early to view the Brontë information display in St. James Church, and the font, formerly in the nearby Bell Chapel, in which Charlotte, Branwell, Emily and Ann were baptised. [www.brontebellchapel.co.uk](http://www.brontebellchapel.co.uk) Fairtrade refreshments will be available from the “He Brews Cafe” in the church.

**Lunch stop in Denholme, Foster Park:** Around mid day. (Bring a packed lunch or you can purchase something at the local Coop in Denholme.)

**Final destination Haworth, Old School Rooms:** 2.30pm, with a further Fairtrade

and Brontë reception planned.

The walk will be accompanied by local Brontë and history experts, and go via the house on Thornton’s Market Street where Charlotte, Branwell, Emily and Ann Brontë were born. The route will cross open moorland and may be rough and muddy underfoot, (ie suitable clothing and footwear is essential, and come prepared for all weathers!

Note that walkers are responsible for their own health and safety).

Walking across the exposed moorland familiar to the Brontës, will hopefully provide inspiration for some creative writing on the theme of gender equality and social reform. The Brontë sisters initially wrote under male pseudonyms to be accepted in the literary world of their day, and today Fairtrade standards help ensure that women producers and workers in developing countries can have equal rights and opportunities.

[www.fairtrade.org.uk](http://www.fairtrade.org.uk)

On arrival in Haworth there will be Fairtrade refreshments in the Old School Room near the Brontë Parsonage Museum, and a talk on Patrick Brontë and his campaigns for social justice and overcoming poverty.

For those who prefer not to join the walk, there will be a range of informal talks during the day at the Brontë Parsonage Museum (free with admission) about Charlotte Brontë to mark 201 years since her birth on 21st April 1816, and a writing workshop with local author Glynis Charlton exploring the richness of the theme of journeys.

Thornton and Haworth are Fairtrade



Villages, with Haworth being the world’s first Fairtrade Village. Both are part of the Bradford Fairtrade Zone which has a further six Fairtrade towns in the district. For a taster of the walk’s scenery and Haworth’s famous cobbled Main Street, watch Fairtrade Yorkshire’s cycling Fairtrade bananas video “Fairtrade Yorkshire: on the road to a fairer future” on

[www.fairtradeyorkshire.org.uk](http://www.fairtradeyorkshire.org.uk) 50% discount on Museum entry for Fair Trade walkers. [www.bronte.org.uk](http://www.bronte.org.uk)

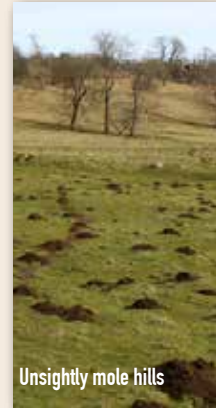
## ALL WELCOME

It would be helpful to know if you plan to join the event so that appropriate catering arrangements can be made at the Old School Rooms.

For further information, call 01535 647776 or 07703 778261

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KUMON

**The Kumon Family are sitting at a round table ready to enjoy dinner.**

- **Carly** is two along from **Elaine**, who is sitting next to **David**.
- **Geoff** is also sitting two along from **Elaine**.
- Next to **Geoff** is **Zoe**.
- **Carly** has **Zoe** on one side and **Joe** on the other.

**Where is everyone sitting?**

ANSWERS: 1. Elaine; 2. David; 3. Geoff; 4. Zoe; 5. Carly

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## BEHIND THE SCENES AT THE MUSEUM



Here's Chloe, one of our Brontë Parsonage Museum managers, to tell us what's in store for April...

Spring has got off to a flying start at the Museum! Our January events, new for 2017, were a great success and will be a regular part of our programme from now on. February and March have been really busy too and thousands of people have already enjoyed seeing the display of costumes from *To Walk Invisible* and the new exhibition about Branwell curated by Simon Armitage. It's been lovely to meet so many local residents at the museum, many of whom have not visited us before. Now April is here and we've got lots going on for everyone. We're really excited about Flying Scotsman coming to the valley from 1-9 April. Holders of Flying Scotsman tickets can enjoy discounted Museum admission, and we're putting on some free talks to keep the rail enthusiasts happy. On Saturday 1, Sunday 2, Tuesday 4, Saturday 8 and Sunday 9

April at 11.30am and 2pm, visitors to the museum can listen to the cheekily titled talk, 'Branwell Brontë: Off the Rails?' Hear about Branwell's brief career as railway clerk in Calderdale and find out why his career came to such an abrupt end. Did he really go 'off the rails'?! Also new for April is an opportunity to create a handwritten copy of *Wuthering Heights*. The original manuscript no longer survives, and so artist Clare Twomey is inviting visitors to copy one sentence of the novel into a handmade book which will be exhibited in 2018. Come along from April 6 if you want to contribute and literally make your mark!

The Easter holidays will soon be here and there will be plenty going on at the museum. The first of our Wild Wednesday workshops is on 12 April. Why not come along between 11am and 4pm to try your hand at creating a miniature garden? Full details are on our website at [www.bronte.org.uk/whats-on](http://www.bronte.org.uk/whats-on). Finally, our late night Thursdays

are back and will run 5.30pm – 8pm on the third Thursday of the month from April to October. These special evenings are **free** to residents with BD20, BD21, BD22 postcodes and so provide a fantastic opportunity for the local community to see what we have to offer. The first one on 20 April will offer the chance to meet Hebden Bridge artist Hannah Nunn, who has recently designed a new range of homeware for the museum shop. Come along and say hello!

Chloe Simm

# BRONTË 200

To advertise call Karen or Liz on 01535 642227

## All aboard for April at the Brontë Parsonage Museum!



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Open Nov-Mar 10am-5pm daily, Apr-Oct 10am-5.30pm. Last tickets sold 30 minutes before closing. Reg Charity: 529952 Reg Company: 73855



Discounted entry for Flying Scotsman ticket holders 1-9 April

Easter holiday activities for all the family 10-21 April

Help us write our own copy of *Wuthering Heights*

Meet artist Hannah Nunn on Thursday 20 April

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Every Tuesday 1.30 - 3pm **Games & Social Club at Glusburn Institute.** Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. Table Tennis is also available. £2 including refreshments. More info call 01535 630223 or 07834 713735

**1st Wednesday in each month Breathe Easy Aire Valley** 1.45 -3.45 at the Steeton Hub BLF Respiratory Support Group Contact Ann Caden 07720810294 or

email: anncaden@yahoo.co.uk

**Saturday Workshops at Glusburn Institute** including Needle Felt Creations, Spring Flower Arranging & Your Life Story in a Day. Call 01535 630223 or email sarah@gicac.org.uk.

**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.

**Dementia Friendly Keighley seated exercise classes** are every Monday 11.15am -12pm at Central Hall, Keighley, BD21 3JD More info call Maggie 07971 527525 or email info@dementiafriendlykeighley.org.uk.

**Staincliffe Court Luncheon Club** Lunch and socialise for over 50's. Have a tasty, home-cooked, nutritious 2 course hot lunch and make new friends all in a relaxed and pleasant atmosphere. **Every Thursday - Staincliffe Court, Elliot St, Silsden.** Please call 01535 677177 to book a place. £4.00 per session.

**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](http://www.thesilverline.org.uk). For a group talk/presentation about The Silver Line Contact the Community Engagement Volunteer, Jeanette House, Tel: 07873459188.

**Fri 7th April 7pm at Glusburn Institute** is Film Night. **Showing Into the Woods (PG)**. Tickets are £5 call 01535 630223 or book on line [www.gicac.org.uk](http://www.gicac.org.uk).

**Fri 7th April - Sun 9th April Haworth Beer Festival** at the Old School Rooms Haworth. 6th Annual Festival with over 35 beers, ciders, new world lagers, vintage cocktail bar & gin shack.

**Sat 8th April 10am to 12 Annual Spring Coffee Morning** at the Church Hall, St Stephens, Steeton. All proceeds are for Martin House Childrens Hospice.

**Fri 14th April 10:30am till 12 noon Family Fun Day** at St Stephens Church, Steeton. All Welcome.

**Sat 15th April - Mon 17th April 12 - 4.30pm Easter Weekend** at Shipley Glen Cable Tramway. Visitors to the Victorian tramway can take part in a 'Hunt the Bunny' competition by spotting rabbits cunningly concealed amongst the trees beside the track. Join the treasure hunt from the bottom station to Bracken Hall Countryside Centre. [www.shipleyglentramway.co.uk](http://www.shipleyglentramway.co.uk).

**Thurs 20th - Sat 22nd April Skipton Beer Festival 2017** at Ermysted's Grammar School, Skipton. Over 70 cooled British real ales, real ciders and perries, over 400 bottles of foreign beers.

**Sun 23rd April 2pm Music at Cliffe Castle Museum - Davide Sciacca** Guitar Solo - FREE performance. David Sciacca will be performing a guitar recital which will range from traditional music to contemporary Italian composers.

Admission is free and there is no need to book, just turn up and enjoy.

**Mon 24th April 11.15am - 12.30pm Community Centre, North Street, Sutton. Airedale & Partners Social Movement** Helping and befriending those with Dementia in your community. Find out more about this project by attending this meeting. More info call 07834 713735

**Mon 24th - Sat 29th April Ladies in Lavender** at Keighley Playhouse. Ladies In Lavender tells the tale of two sisters Ursula and Janet who live in a close-knit fishing village in picturesque Cornwall, in 1936. When a handsome and talented young Polish-Jewish violinist bound for America is washed ashore, the Widdington sisters take him under their wing and nurse him back to health. However, the presence of the mysterious young man disrupts their peaceful lives and the community in which they live.

**Fri 28th April Big Fat Spring Quiz 7pm** at Glusburn Institute. Fundraising event. Call 01535 630223 or 632976.

**29th April Keighley Cycle Fun Day - Church Green.** Cycle themed Family Fun day.

**Sat 29th April - Mon 1st May Skipton Waterway Festival.** Dozens of narrowboats and other craft will line the Basin and the surrounding towpaths - all themed to help celebrate the Canal's landmark anniversary - and there will be a full programme of entertainment throughout each of the three days. Entry to the Festival is free.

**Sat 29th April Big Diesel Saturday** at Keighley & Worth Valley Railway.

**Sun 30th April 12 noon- 5pm Tour de Yorkshire Party** at Silsden Youth & Community Centre (behind the fire station). More info [jill.cook@silsdenyouthcic.org.uk](mailto:jill.cook@silsdenyouthcic.org.uk)

**Mon 1st May 10:30a till 12 noon May Day Fun Day** for all the family at St Stephens Church, Steeton. All Welcome

**Sun 7th May 9.30am -12 Indoor Table Top Sale** at Silsden Youth & Community Centre, Elliot Street, Silsden (behind fire station)

**Mon 8th May - Sun 8th Oct Fairy Folklore - The Cottingley Fairies** at Cliffe Castle Museum This year sees the 100th anniversary of the first ever photograph of the world famous Cottingley fairies. It was taken in the Bradford Disitric in 1917. Hold on tight as we delve into the mysterious world of the fairy folk, but be warned, they're not all butterfly wings and smiles.

## WORTH VALLEY

Over the new few weeks we are marking some very important occasions in the railway's history, with the visit of Flying Scotsman from the National Railway Museum and the 150th Anniversary of the railway's opening in April 1867.



Even on that opening day, the hill out of Keighley nearly proved too much for the opening special, and to this day it continues to be a challenge, making steam locomotives work very hard to haul their trains up the curved bank to Ingrow and beyond. The railway is so much part of the fabric of the valley, it's difficult to imagine it wasn't always here, but up until 150 years ago, travel (at that time especially for raw materials and finished goods being transported) along the valley would have been very different. Similarly, if the Preservation Society had not been founded in 1962 and the line fully reopened in 1968, the fortunes, especially of the tourist industry in the area, would have been very different. If the line had closed then a very

important part of history would have been lost, with the railway being such a fine exemplar of branch line railways built to serve local industry.

We hosted our Steam Gala weekend at the beginning of March, welcome three visiting locomotives to the line to join our home fleet, with one of the visitors being our own Black 5 locomotive number 45212, which has been overhauled by Ian Riley and his team who will be taking the locomotive on to the mainline over the coming years under a groundbreaking partnership agreement. Ian's team were also involved in the overhaul of Flying Scotsman, which is due to run from Oxenhope down to Keighley and then on to Carlisle on 31st March to mark the reopening of the Settle to Carlisle route, which has been closed for some time following a major landslip. The iconic locomotive is with us for the following week and weekend, when fully-booked trains will be hauled by Flying Scotsman, as well as a chance to get up close to and even on the footplate on 1st and 2nd April. Full details are available on the railway's website along with final opportunities to book. Bookings are still available for the Flying Scotsman experience on 1st and 2nd April.

**Matt Stroh**



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At Airedale Opticians we believe that it's important to encourage parents to have their child's vision checked regularly from a young age and so, as part of an incentive to raise awareness of children's eye health and the importance of regular vision checks we are giving an Easter egg to all children who attend an eye test in April. There are almost 25,000 blind or partially sighted children in the UK, this equates to 2 in every 1,000, untreated vision problems have a serious effect on learning, development, behaviour, athletic performance and overall health which is alarming considering that 80% of a child's learning occurs visually.

Many parents assume that their child will have their vision checked at school. Vision screening provision is patchy and many areas do not provide it. Even where vision screening is provided in school, there are many conditions which, although they may cause significant problems to a child and their ability to learn, will not be picked up at a screening. Vision screening is only designed to pick up amblyopia, it doesn't assess if the eyes are healthy, if glasses are needed, or if there are any colour vision defects, an optometrist however,

can do all of this and much more. As the eye and visual system are actively developing during the school years, if vision problems are identified and treated early, it can make a difference that lasts a lifetime.

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## Super Green Detox Smoothie

I recently spent a sunny spring afternoon on Haworth Main Street, in front of Haworth Wholefoods' celebrating their one year anniversary. I was holding a Juicing Surgery. There were varying levels of interest, but most folks found the courage to taste the fruit & veggie concoctions I was whizzing up for them to try.

Here is one I recently discovered. Just blend these ingredients until smooth.

- 1 handful spinach or torn kale leaves**
- 4 torn romaine leaves**
- ½ medium sized cucumber chopped**
- 2 chopped celery stalks**
- 1 small pear (or ½ large), cored and chopped**
- 1 banana, chopped (preferably frozen)**
- 1 cup (235 ml) water or coconut water or more**
- 1 tablespoon of fresh mint**

by Liz Barker



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## Starting Over in the Sunset Years



The Office of  
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has shown in  
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aged 65 years  
has increased

**dramatically. It is important for  
these couples likely marrying  
second or third time to give  
serious consideration to  
future financial planning and  
in particular to consider a  
pre-nuptial agreement.**

Generally pre-nuptial agreements are worth considering if:

- Assets/property that is hard to split 50/50 (Business or Farm)
- Adult children from your previous relationship and you want to ensure certain assets are reserved for them and protect their inheritance rights. (It's also vital to make a Will)
- You want to protect inherited money or assets
- You want to safeguard substantial savings or expected future inheritance

Whilst it may seem unromantic agreeing future financial arrangements such as ownership of a home at a time when everything is rosy will provide clarity to both the parties and their respective children. If you wish to agree each parties shares in a property according to their



financial contribution it is certainly better discussed before marriage. There are no set rules each couple has to work through what is right for them and their family. It is a sensitive subject but provides peace of mind for the parties to be able to enjoy the golden years of retirement with the emotional and financial security they consider marriage to be.

It is important to consult with a solicitor as early as possible whilst not legally binding provided certain criteria is complied with the Agreement is likely to be upheld. The following criteria is relevant:

- Both parties must have separate solicitor's advice
- Both parties must fully understand and agree to it
- All assets and property must be fully disclosed
- It must be entered into freely by each party
- It must be signed at least 28 days before the wedding.

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

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



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