

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2019



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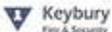
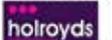
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February. It may be cold and grey but at least the days are noticeably longer. We are focusing on the positives...Sue Ryder, Manorlands is reminding us to keep moving too...perhaps take up a challenge like the Great North Run later in the year, or closer to home, how about the Keighley BigK? February is training time.

And continuing with the theme of health & wellness you will notice this edition is filled with relevant content: Try a free Self Esteem class, Yoga, a Positive Thinking course, or tackle a bad habit with the help of hypnotherapy. Our local Physio, David Hanson writes about exercise and injury. If you are mobile, get yourself to Keighley Civic Centre and enjoy the weekly Tea Dance. Give yourself a hug; that's a good start!

Have a great February. *Liz*



Editor Liz Barker



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Contact us today to discuss how we can help you

WORTH VALLEY

2018 was the year of recognition of the achievement of operating the Railway for 50 years in preservation and 2019 is the start of our journey into the second half-century.

There has been work on-going throughout the winter to finish a long-running infrastructure project to stabilise the cutting near Mytholmes Tunnel, installing new drainage and undertaking significant groundworks. We have also completed the construction of a building to house the 'wheel-drop' facility at Haworth, which allows us to remove a wheelset from a locomotive or item of rolling stock from below. The facility avoids the need to lift the vehicle from its wheels which is a far more time-consuming process, meaning that we can undertake running repairs far more efficiently. This helps to keep the fleet operational.

2018 saw the return to traffic of the locomotive that had hauled the original re-opening train back in 1968, Ivatt-designed number 41241 in June 2018, and right at the end of the year, British Railways "standard" class 2, number 78022 re-joined the operational fleet in a stunning Brunswick Green British Railways livery. These two locos are just the right size for hauling trains over the winter as we run every weekend throughout the year through gaslit stations with roaring fires to keep out the cold! On Wednesdays starting in March, we operate the heritage diesel service, which gives the opportunity for a great view of the Railway from our diesel rail car units.

As we move on in the year, we have our



Keighley and Worth Valley Railway

regular programme of events planned. We have a Spring Steam Gala (8-10th March), during which we run a variety of special trains which include double-headed, express and demonstration freight trains. We continue to run our special services which include 'Sparkle & Steam' Prosecco-tastings, Haworth Haddock fish & chip trains, and we are looking forward to May 3rd-6th when we are re-introducing a heritage diesel-focused event at our "Diesel and Steam mixed traffic gala".

You will appreciate that it takes a huge effort by our team of over 600 volunteers who are supported by a small staff to make all this happen. The dedication that our volunteers demonstrate day in, day out, is amazing, particularly when you consider how hard they have worked throughout the winter on maintenance and operation in the worst of the West Yorkshire's weather! *Matt Stroh*

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Conservatories can make a fantastic addition to your home. However, if you are one of those homeowners who invested in a conservatory believing it would bring extra space to your home all year round, you've probably been pretty disappointed! In reality, it's freezing cold in the winter, stiflingly hot in the summer and extremely noisy in windy and rainy conditions.

As we now move further into the winter and the temperature drops, so will the amount of time spent relaxing in your conservatory.

A tiled conservatory roof replacement transforms your existing conservatory, which can often be uncomfortable due to irregular temperatures, into a space that can really enhance your home and be enjoyed by you and your family all year round. No more draughts, noise or extreme temperature conditions.

New Luxury Living!

Replacing a tired polycarbonate roof with a brand new, solid tiled roof replacement effectively converts your conservatory into a true home extension that can be enjoyed each and every day throughout the year regardless of the weather conditions outside!

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efficient insulation, a solid roof has the added benefit of helping to keep control of your winter energy costs.

Avoiding the Pitfalls

You don't need us to tell you that replacing your conservatory roof is a big deal. It's an investment in your home and lifestyle so why cut corners? As experts in installing lightweight bespoke aluminium and timber framed conservatory roof replacement, we have seen too many people make the mistake of choosing cheap 'clad over' options.

You generally get what you pay for and high standard roof replacements that meet the appropriate Building Regulations cost a lot more than cheaper 'clad over' substitutes! Installing a solid tiled conservatory roof to an existing conservatory is the 'must have' home improvement at the moment. We want the best for your home, so you can enjoy the conservatory you deserve for years to come.

Warming up to the idea?

If you'd like to turn your conservatory into the space you always thought it would be, all it takes is a quick call.

We will arrange a free telephone consultation with our Divisional Director, Chris Hopkins. He will be able to answer any questions and arrange a visit. In the meantime, why not browse our case studies on our website to see how our previous customers have transformed their homes.

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Sonia Patel

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Sudoku

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

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

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

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

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 Picture House**

Family Ticket

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

Last month's location was The Salvation Army, Keighley.
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Unconventionality leads the way as the celebrations continue in Haworth

At the Brontë Parsonage Museum we've been immersed in our bicentenary festival which have given us a wonderful opportunity to celebrate the lives of Charlotte, Branwell and Emily. We're full of anticipation for Anne's 200th birthday in 2020 but wanted a focus for 2019 and knew instinctively it should be Patrick. The actual anniversary we've hung it on might be a little tenuous (two hundred years since Patrick was first offered the curacy of Haworth!) but the decision to celebrate him was one that we all felt enthusiastic about. But what aspects of the man and his life are we hoping this year will illuminate? We know that Patrick's life was a

remarkable story in itself. His journey from a humble Irish background to respected Anglican minister via Cambridge University has become the stuff of legend, as are the terrible losses he faced, with the deaths of his wife and six children all when they were relatively young. The idea of Patrick as a social campaigner will also be familiar to many, but perhaps not the extent of his causes and the tenacity with which he fought for them. He was, of course, instrumental in the production of the famous Babbage report of 1850, which paints a horrifying picture of the squalor in which many people in Haworth were living, and which fuelled

the improvements in sanitation that eventually transformed life for his parishioners. Patrick was clearly a man of conscience and moral courage, and with a compelling life story of his own. But it is as the father of literary genius that he is most famous, and it is fascinating to ask, in what ways did Patrick's influence shape his children's talent? He certainly gave them a liberal education, encouraging (or at least not hindering) their wide-ranging reading. He noted their artistic and musical skills and encouraged those too, paying for tutoring out of his meagre curate's income. But we have to look at his spirit

of independence to find the most valuable legacy he gave his daughters. Charlotte, responding to critiques of *Jane Eyre*, wrote in the preface to the second edition, "Conventionality is not morality". The importance of a person's own conscience over generally-held opinion is a principal that Patrick seems to have acted on throughout his life. And we see it in the bravery and freedom of his daughters' writing; in the confidence they had in their own creative voice that meant they could write with an originality that took the world by storm, and which Patrick himself must surely have admired. *Susan Newby Learning Officer, Brontë Parsonage Museum*

2019 at the Brontë Parsonage Museum

Patrick Brontë: In Sickness and in Health

A new exhibition examining the life and work of the Reverend Patrick Brontë.

The Unthanks: Shall Earth No More Inspire Thee

Our outdoor audio experience featuring the poems of Emily Brontë set to music and performed by The Unthanks.

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Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk  
Open Nov-Mar 10am-5pm daily, Apr-Oct 10am-5.30pm. Last tickets sold 30 minutes before closing. Reg Charity: 529952. Reg Company: 73855

Brontë Parsonage
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We're marking the life and work of the Reverend Patrick Brontë in 2019 and we'd love to see you!

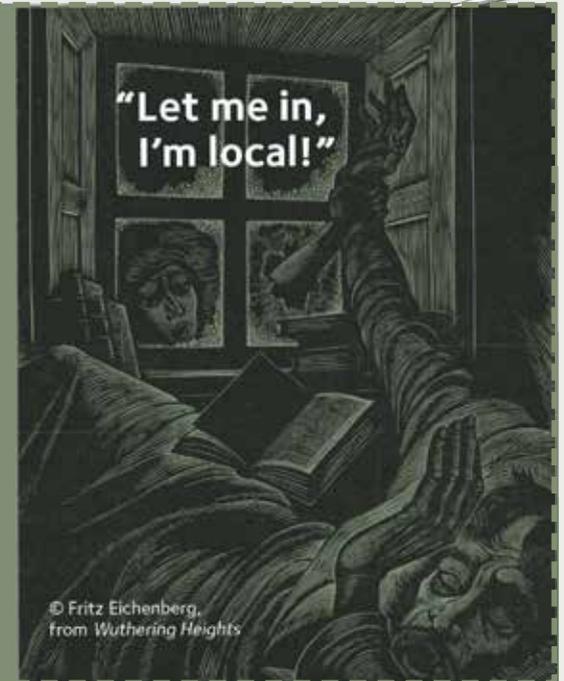
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- ### 1 Positive Thinking

Hebden Bridge | Starts 9th Feb | 2PM - 5:30PM
 Venue: The Hebden Bridge Town Hall
 Saitaire | Starts 10th March | 2PM - 5:30PM
 Venue: The Victoria Hall
- ### 2 Self Esteem Course

Hebden Bridge | Starts 30th Mar | 2PM - 4PM
 Venue: The Hebden Bridge Town Hall
 Saitaire | Starts 14th July | 2PM - 4PM
 Venue: The Victoria Hall
- ### 3 Raja Yoga Meditation

Hebden Bridge | Starts 15th Jun | 2PM - 5:30PM
 Venue: The Hebden Bridge Town Hall
 Saitaire | Starts 1st September | 2PM - 5:30PM
 Venue: The Victoria Hall

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"Three wonderful and very informative Saturdays spent learning about myself and the workings of the universe. Came away looking at the world through very different eyes. I would recommend to every one." **Pamela from Huddersfield**

"I have recently attended the Raja Yoga Meditation course in Hebden Bridge, I found my time there to be of real value and one of personal enlightenment. We were made very welcome from the outset, aspects of the course were clearly described and discussed, and the atmosphere was one of warmth, tranquility and inclusiveness. There was time to have discussion on relevant parts of the course, and the meditation method was very interesting to participate in. We were instructed by the excellent teacher Manoj, who was a calm, patient and truly illuminating individual, and I feel that I gained fresh insights into a way of experiencing peace of mind and a renewed sense of positivity." **David from Hebden Bridge**

Creating a meditation practice is one way to access a calm and peaceful outlook on life. It is a kind of re-set in the day when you create spaciousness and renew your 'mojo'. As vibrational beings we must maintain our energies and come back to ourselves each day. These classes and mini courses are **free**, however donations are greatly appreciated.

Keighley Playhouse

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are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overniding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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YORKSHIRE LOFT LADDERS



and your different toppings and let your guests make their own. *Tip: Do not allow your children to do this. They will make tennis-ball sized truffles and spread the toppings all over your lovely rustic table cloth, thereby ruining your serene candle-lit dinner party vibe.

Ingredients

- 250ml coconut milk
- 300g dairy-free dark chocolate
- 3 tbsp coconut oil
- 1 tsp vanilla bean paste (or extract)
- Pinch of salt

Toppings

You can use whatever you want here – cocoa powder, chocolate flakes, desiccated coconut, chopped mix nuts, freeze-dried fruits like raspberry and strawberry, edible glitter or popping candy.

Method

1. Melt the chocolate and coconut oil in the microwave (I do this in 30 second bursts, stirring after each burst to ensure the chocolate is melting evenly).
2. While the chocolate is still hot, add a small pinch of salt and the coconut milk and stir gently to combine.
3. Stir in the vanilla, then cover the bowl and place in the fridge to set for at least 4 hours.
4. When the truffle mixture is set, add your toppings to separate plates.
5. Using a teaspoon, scoop out little balls of the truffle mixture, roll in the palm of your hands, and then roll them in your topping of choice.
6. Return to the fridge until 15min before you're ready to serve them.



Yorkshire born and bred, Amy Firth lives in the Worth Valley with her partner, 3 kids, Murphy the dog and several rescue hens. A life-long advocate for fairer food and farming, Amy is always in search of great veggie and vegan recipes which she shares on her Instagram page: @amy_firth78

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3rd Monday of every month 1.30pm - 3.30pm **Keighley Healthy Living** run a **Wellbeing Cafe** for people with mild to moderate health needs and their carers. Afternoon tea with live music, fun, friendship for older people. **Central Hall, Alice Street, Keighley.**

Tea Dance every Thursday 1.45pm to 3.45 pm at **Sutton Village Hall.** £2 Everyone Welcome.

Mondays 1 -3pm Tea Dance at the **Civic Hall, Civic Centre Keighley** £2.50 inc tea & biscuits.

Keighley Model Railway Club, Knowle Mills, South Street, Keighley, BD21 1SY Meeting every Tuesday and Thursday Evenings from 7.00pm until 10.30 Thursday afternoons, 12.45pm until 4.30pm & Saturday afternoons 1.00pm until 5.00pm

Every Wednesday Steeton Bobbins WI meet the first Tuesday of each month at **7pm at St Stephens Church Hall, Steeton.** More info contact Diane Pritchard 01535 653748.

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. £2 including refreshments. More info call 01535 630223 or 07834 713735

2nd Tuesday of every month 10am - 12 noon 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 Sarah Wademan 01274 449660.

Sat 26th Jan - Sat 2nd Feb Aladdin & his Wonderful Lamp Keighley Musical Theatre Company www.keighleymtc.com

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COMMUNITY PAGES

28th Jan - 2nd Feb 7.30pm **Nobody's Fool** comedy by Simon Williams at Keighley Playhouse

Fri 1st Feb Film Night at Glusburn Institute 7.30pm Film **Phantom Thread (15)** Tickets £5 (bar opens at 7pm)

4th Feb onwards Patrick Bronte In Sickness and in Health a new Exhibition at The Bronte Parsonage, Haworth.

Weds 6th Feb 10.30 am Keighley U3A's Group The Temple Row Centre Keighley Speaker: Alan Bonson "It Shouldn't Happen to a Coach Operator" Admission £2.50 (inc Tea/Coffee and Biscuits) For any further details regarding Keighley U3A's please contact Peter Rye on 01535 642136

Thurs 7th, & 21st Feb 11am - 1pm fortnightly Games at St Thomas' Church, Sutton. Drop in for a cuppa, soup and a roll to play your favourite games. No charge (donations only).

Thurs 7th Feb 10.30pm The Glasshouses of Cliffe Castle led by Ann Davies at Cliffe Castle. Booking Essential Call 01535 618231

Sat 9th Feb The Big Fat Quiz at Glusburn Community & Arts Centre Tickets £6.50 inc Pie & Pea supper. Evening of fun and facts. Bring your own team of 4 or we can help you into teams. To book call 01535 630223 or visit www.gicac.org.uk

Fri 15th Feb 10.30am Story to Tell at Cliffe Castle 10.30am free event.

Sat 16th Feb - Sun 24th Feb 10.30am - 4.30pm **East Riddlesden Hall** Where will your Wellies take you this half term? Find the secret tunnel to take you to the Wild Play Garden, get muddy in the mud pie kitchen and build your own hideaway. With nature-inspired arts and crafts on Tuesday, Wednesday, Saturdays and Sundays. Booking no needed. Free Event normal admissions apply.

Sat 16th Feb until 24th Feb & 2nd/3rd/9th/10th March Art Exhibition - Traces at **East Riddlesden Hall.** Inspired by fragments of china, clay pipes and glass found during the renovation of a local 17th-century farmhouse. Barbara Greene's Traces exhibition creates connections between the objects and lives of people who have lived and worked in the Aire Valley over the centuries.

Sat 16th Feb 1.30pm The Cottingley Fairies at Cliffe Castle - talk by Heather Millard. Free but booking Essential. Call 01535 618231.

Sun 17th Feb 2pm - 3pm Rail Story at Ingrow Station, Keighley

Weds 20th & Thurs 21st Feb Paw Patrol at Keighley & Worth Valley Railway

Sun 24th Feb, 11am - 12 Rail Story at Ingrow Station, Keighley

Sat 23rd Feb 10am - 12 noon We are holding a **coffee morning and cake stall** at **Steeton Methodist Church** in aid of The British Heart foundation.

Sun 24th Feb - Sat 2nd March **Sleeping Beauty** at Glusburn Institute **Community Arts Centre.** Buy tickets on-line www.gicac.org.uk

Sat 2nd March until Sun 21st April **Bingley Art Society & Keighley Art Club Exhibition 2019** at Cliffe Castle Museum.

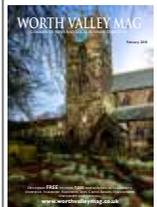
Fri 8th - until Sun 10th March **Keighley & Worth Valley Railway Spring Steam Gala.**

Mon 18th until 23rd March **Saving Jason** black comedy by Peter Quilter at The Keighley Playhouse. Trevor and Linda are at their wits end with their rebellious son Jason and his lifestyle of raves, booze and ecstasy tablets, so they stage his funeral, convinced that when faced with his own mortality, he will mend his ways.

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When I tell people I'm a Humanist they sometimes think that I'm part of a cult, and that I spend my weekends dressed in long robes. However, I'm just a person who doesn't believe in a God, - although if you do that's okay with me, - we are all on this journey together.

Over the past year I have been training to become a Humanist Wedding Celebrant. This was partly due to wanting to offer people a personalised alternative to a church wedding but also because I have a real interest in people. What could be better than spending time celebrating love?

Humanists UK require prospective celebrants to undergo an incredibly intense training package, including residential weekends where I met my colleagues from all over the country. We learnt how to write ceremonies from scratch, practiced performing the ceremonies and made sure we would always give importance to every little detail. I can take your story and make it something your guests will

remember for many years to come. You will even receive a copy of the ceremony to cherish forever.

So, you've decided you're getting married. Humanist celebrants can offer advice about what each part of the ceremony could entail. You might like specific symbolic rituals (such as hand fasting - where the phrase "tying the knot" comes from), and we can offer suggestions for readings, music, staging and the running order. Your Humanist Celebrant is also your MC, who keeps the spotlight focussed on you. You can have your ceremony wherever you would like, - even in a field or on a beach. People put a lot of time and effort into planning their wedding day, and a memorable ceremony should be the centrepiece.

If you'd like a chat then contact me at antonythehumanistcelebrant@gmail.com and we can begin to discuss a bespoke ceremony as unique and individual as you are! **Antony Silson, Humanist Celebrant, Aire Valley 07545 382447**

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Old habits die hard by Sharon Thompson

A New Years Resolution which is still in place in February is a rarity but have you ever wondered why? Well, it feels exciting in early January to be trying out this new healthy lifestyle but as we get back into normal life and those wonderful neural pathways in our brain return to their default routes then we reach those trigger points. You know the ones, that 11am reminder that biscuits go very nicely with this cup of tea thank you, or the chocolate bar which always follows lunch, perhaps the 8pm wine reminder.

And then, before you know it, it's New Years Eve 2019 and once again you're three or four pounds heavier than you were last year. After a decade this equates to being two stones heavier on the scales and the associated health problems are creeping up on you.

Well you are not alone, in fact although we all know exactly how to lose weight - eat less, move more - most of the population seem resistant to actually doing it and with Cancer Research UK's statistics showing that 62% of the UK population are now either obese or overweight this shows no signs of changing.

So, what can we do about it? Well, the good news is that as unhelpful as the brain can be at pushing us to repeat our old patterns of behaviour, it is also wonderfully capable of helping us create new habits through the creation of new neural pathways, a process called Neuroplasticity.

Our brains are designed to take the pathway which is used most frequently as this is the path of least resistance, but with a bit of hard work upfront then we can actually rewire our brains to follow different

paths and soon enough those old pathways will become unkempt and start to weed over. Hypnotherapy can help with this process and there are many things you can do to help yourself. Try mixing up your usual routine, sit in a different chair for your tea break, take a short walk before lunch, get stuck into a decorating project in the evening. Whatever you do, make it enjoyable. Simply sticking to the exact same routine whilst depriving yourself will work for only a short while; the likelihood is that you'll soon rebel.

With professional help you can create new and lasting healthy habits.

Sharon Thompson is a Clinical Hypnotherapist and is owner of Haworth Hypnotherapy. She treats clients in Haworth, Ilkley and Leeds and is registered with the NCH, CNHC and AFSFH.

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