



# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2021

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Welcome to October. Autumn has arrived and there is a distinct chill in the air.

What's on your agenda or 'To Do List' at this time of year? Local Fire & Security specialists, Keybury, give us some tips about security and safety in our homes as this month is National Home Security Month.

Avoid the crowds and get ahead on your Christmas shopping this year. (No, it is not too soon to mention Chrimbo...and to be honest, you will have to be quick to lock in tickets for The Keighley & Worth Valley's Elf Express or Bolton Abbey's Meet & Greet with Father Christmas...both will be booked up in no time!)

Why not meet a friend and enjoy a leisurely browse in Harveys coupled with a trip to the Piece Hall in Halifax? Or closer to home, Haworth will not disappoint with its cobbled Main Street full of independent shops and interesting eateries. Happy Trick or Treating. Stay safe, be well and have a great month!



Liz Barker, Editor



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**"Hi, my name is Claire-Marie, I am a Social Prescriber for Modality."**

I work as part of a team of four across the area providing one-to-one appointments and telephone support too. Social prescribers have a huge network of resources to help people connect with essential services and assist them to reach a better place in their lives.



The first time I meet a patient, I identify what needs are most important to them. People often come with a combination of mental, physical or social issues that we need to work together on. Following the initial contact, I then provide support and help them to overcome any barriers toward achieving their goals.

You can get an appointment with a Social Prescriber, simply by contacting your GP practice and asking for an appointment with us; you do not have to see a Dr or nurse first. Your first appointment can be in the local doctors surgery, or somewhere else you might feel more comfortable. During the pandemic I set up walk and talk sessions so the meeting can even be outside. I spend that first session getting to know you and finding out what challenges you face. This can be anything from loneliness caused by the pandemic, relationship and family problems, addiction, employment, anxiety or debt. For example I met with Mrs S a few months ago who was feeling isolated and had lost touch with friends. Over a couple of walk in talk sessions we discussed how she loved gardening and I was able to

introduce her to a local allotment group, this enabled her to build her confidence to chat and make friends who then introduced her to a local Well being café where she

was able to have a brew and share her experiences.

Social prescribing is a hugely rewarding yet challenging role and no two days are ever the same. I feel privileged that every day people put their trust in me and have the courage to ask for help in times of need.

Our service provides signposting to information and specialist support services across a wide

range of community groups and activities. Those groups can all be found on **www.treacle.me**.

If you need to find local services, but do not feel you want a full social prescribing appointment, then you can always check out Treacle.me. It is a brilliant online place where you can go to find all the local and national social prescribing information you need, in one, easy to use web site.

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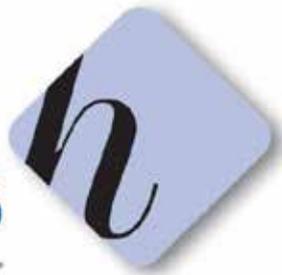
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Sudoku  
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6	1	5	7	4	2	3	9		6	1	5	2	7	8	9	4	3
9	4	3	2	1	6	7	5	8	7	3	4	9	1	6	5	8	2
5	2	7	3	8	9	4	6	1	2	9	8	5	4	3	6	1	7
2	7	6	1	4	3	8	9	5	3	2	9	7	8	5	4	6	1
3	1	9	8	5	7	6	2	4	8	7	1	6	9	4	2	3	5
4	5	8	9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

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



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Barbara: Riddlesden United Reform Church **Wednesdays** at 6pm or **Thursdays** at 9.00am

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# Sudoku

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

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

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

	4			7		6		
	9	5	1					
		7	5	4				
4								9
	3	6				8	1	
7								3
				2	7	5		
				3	9	8		
	1	9				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 donated by  
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Email your answer including your name & address to:  
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The winner will be selected from all correct answers received by 20th October 2021

Last month's location was LBC Tuition. The winner is Susan Ives from Silsden.

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# Keighley & WORTH VALLEY Railway



We've just come to the end of one of the hardest summer seasons we can remember. Still dealing with the backlog of maintenance projects that were deferred through the various lockdowns, our volunteers have had to do so much to catch up. The locomotive fleet continues to need care and repairs even when not operational, and a core member of the steam fleet is nearing its 101st birthday and another locomotive that has just re-entered traffic is older still. The line itself is over 150 years old, so there is constant cycle of planned maintenance to keep the wheels turning. With the changes of restrictions during the year, we have had to adapt the services we offer and events programme to make sure we comply with the latest rules, that has added an additional layer of challenge to this year's operation. We are now fully open, and walk-up as well as pre-booked tickets are available.

As we end the period of seven-day per week operation, we focus on civil maintenance projects working on the trackwork and infrastructure. This year the team are replacing the gates at Oakworth Level Crossing as well as many of the behind-the-scenes work that can only be undertaken when there are no trains

running for a few days at a time. Once that work is complete, we will be turning our attention to the next phase of our programme of events as we near the relaunch of the **Beer & Music Festival 14th-17th October**. We are also nearing Christmas (I know the summer is only just over, but we have already sold out most of the tickets we have released for the **Elf Express** and – new for this year – the **Mulled Wine Specials** that are open for bookings on the website.

I do hope that you will be able to join us board soon as you continue to support us through this very difficult period, but we are running every weekend and through the October **"Jurassic Specials"** dinosaur-themed half term, and full details are available on the website. Every one of our 700+ volunteers has risen magnificently to the challenges we have faced over the last 18 months, and we are so very grateful to all of you that have continued to support us during what has turned out to be a very busy summer season. **Thank you!**

~ Matt Stroh Keighley & Worth Valley Railway Chair

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## October is National Home Security Month (NHSM).

It's no coincidence that National Home Security Month is held in October as the evenings draw in, the kids are back to school, the clocks go back

and crime rates rise. It is well documented that burglaries spike by up to 1/3 during the autumn and winter months. As 1 in 4 people take no security precautions, this figure could be lowered with a few simple steps to improve your home security.

**Taking simple security measures can have a huge impact on the security of your home.** Here are top autumn/winter security tips brought to you by your local security experts at Keybury:

As nights draw in use lighting to illuminate your home. **Leave a light on and draw the curtains if you're going out in the evening.** Timers and smart switches can be used to light up your home when you're out.

**CCTV is often recommended as one of the best tools to deter criminals.** If you're considering installing CCTV, be sure to get quality cameras which offer excellent pictures in the dark.

**Have you started Christmas shopping yet?** Make sure packaging for expensive items is not left on display as this can tempt opportunist burglars!

**Remember to you use your house alarm system and set it at night time.** ONS figures show that 64% of burglaries occur while someone is on the premises. Monitored panic alarm buttons can be linked to your alarm system and used to call for help should you find



yourself in the frightening situation of having an intruder in your home.

**Always lock your doors and windows to avoid opportunist sneak in thieves.**

According to studies,

more than a quarter of us don't lock our doors, and almost half leave windows unlocked. The West Yorkshire Police's Easy Street Campaign recommends checking your doors and windows meet minimum security standards of PAS 24. The NHSM website offers more advice: [www.homesecuritymonth.com](http://www.homesecuritymonth.com).

**Doorbell cameras add to the security of your door,** alerting you to doorstep activity, including potential burglars, so you can take appropriate action.

**Your garden can help to keep your home more secure.** What you plant where can make a difference, for example planting hardy shrubs along garden walls and fences makes it harder for criminals to access your garden.

**Visual signs of your security measures work to deter burglars.**

Clear signage, cameras and an up to date alarm bell box are all external clues that you take your home security seriously.

*It's recommended that anyone seeking to install a security system or device use a reputable installer who complies with industry standards.* Keybury are a family run local security company who specialise in home security systems including CCTV, doorbell cameras and intruder alarms. They've been installing and maintaining security systems to NSI Gold standards since 1982.

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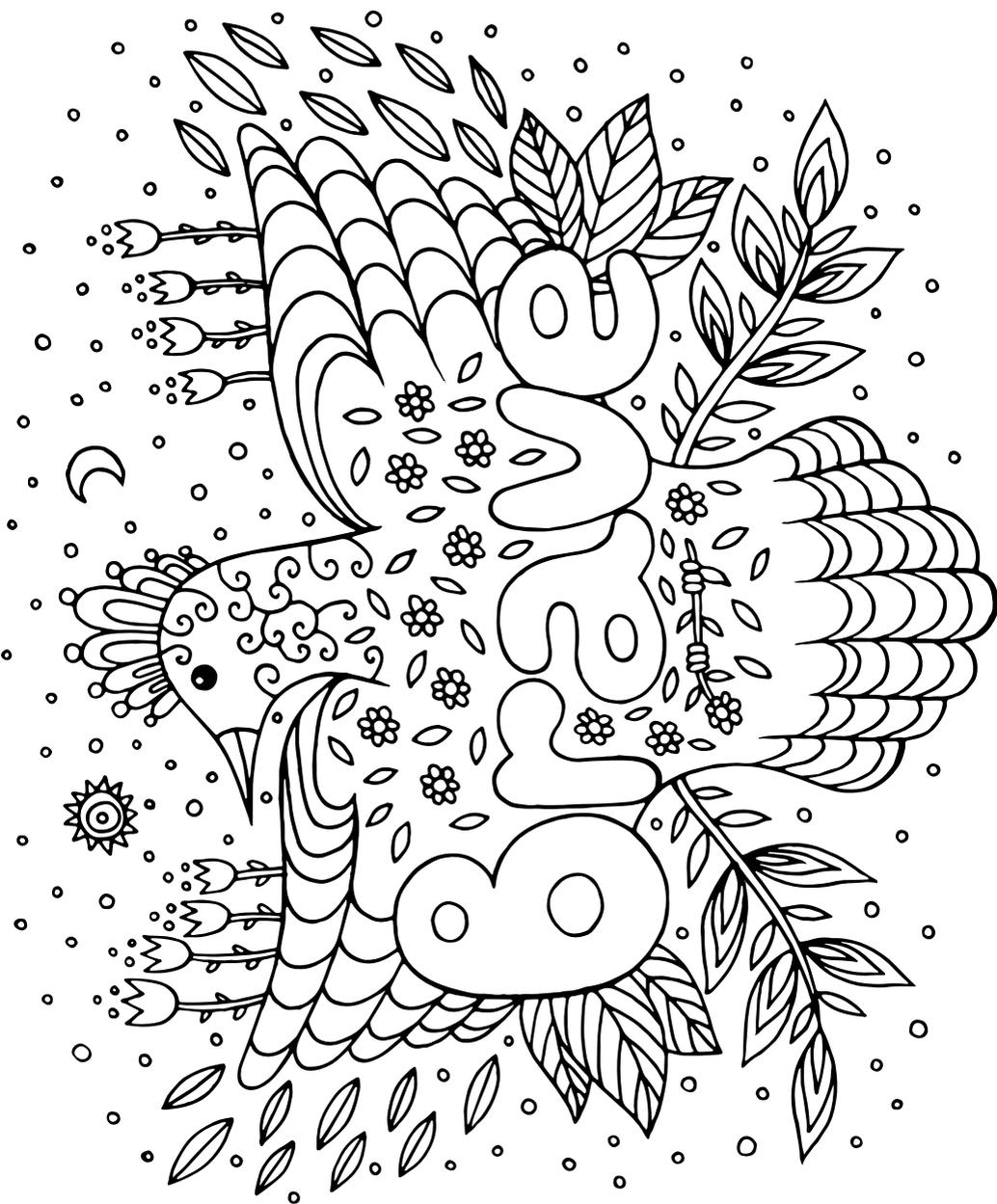
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# Bolognese sauce

## The Crowd Pleaser

### Ingredients

- 1 tbsp olive oil
- 4 rashers smoked streaky bacon, finely chopped
- 2 medium onions, finely chopped
- 2 carrots, trimmed and finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves finely chopped
- 2-3 sprigs rosemary picked & finely chopped
- 500g beef mince
- 2 x 400g tins plum tomatoes
- small pack basil leaves picked, ¾ finely chopped and the rest left whole for garnish
- 1 tsp dried oregano
- 2 fresh bay leaves
- 2 tbsp tomato purée
- 1 beef stock cube
- 1 red chilli deseeded and finely chopped
- 125ml red wine
- 6 cherry tomatoes sliced in half
- 75g parmesan grated

### Method

Put a large saucepan on a medium heat and add 1 tbsp olive oil. Add 4 finely chopped

bacon rashers and fry for 10 mins until golden and crisp. Reduce the heat and add the 2 onions, 2 carrots, 2 celery sticks, 2 garlic cloves and the leaves from 2-3 sprigs rosemary, all finely chopped, then fry for 10 mins. Stir the veg often until it softens. Increase the heat to medium-high, add 500g beef mince and cook stirring for 3-4 mins until the meat is browned all over. Add 2 tins plum tomatoes, the finely chopped leaves from ¾ small pack basil, 1 tsp dried oregano, 2 bay leaves, 2 tbsp tomato purée, 1 beef stock cube, 1 deseeded and finely chopped red chilli (if using), 125ml red wine and 6 halved cherry tomatoes. Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce. Check the seasoning. Serve over cooked spaghetti. Add the grated parmesan and garnish with fresh basil leaves. Serves six. (This sauce is usually better served on the following day when the flavours mature.)

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mumming, dates back to the Middle Ages and is thought to be an antecedent of trick-or-treating. By the ninth century, Christianity had spread into Celtic lands, where it gradually blended with and supplanted older pagan rites. In 1000 A.D. the church designated November 2 as All Souls' Day, a time for honoring the dead. Celebrations in England resembled Celtic commemorations of Samhain, complete with bonfires and masquerades. Poor people would visit the houses of wealthier families and receive pastries called soul cakes in exchange for a promise to pray for the souls of the homeowners' dead relatives. Known as "souling," the practice was later taken up by children, who would go from door to door asking for gifts such as food, money and ale. In Scotland and Ireland, young people took part in a tradition called guising, dressing up in costume and accepting offerings from various households. Rather than pledging to pray for the dead, they would sing a song, recite a poem, tell a joke or perform another sort of "trick" before collecting their treat, which typically consisted of fruit, nuts or coins.

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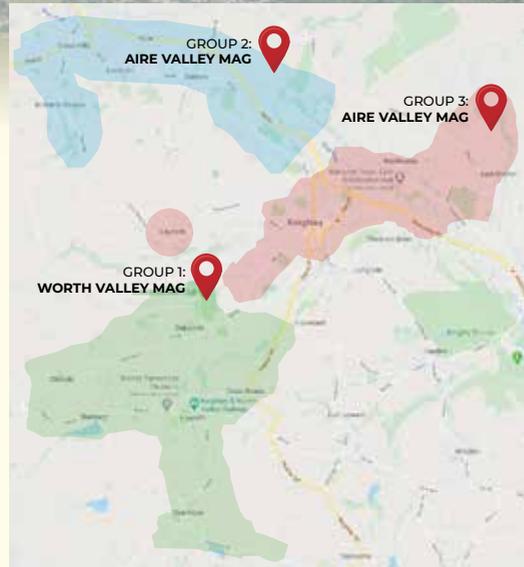
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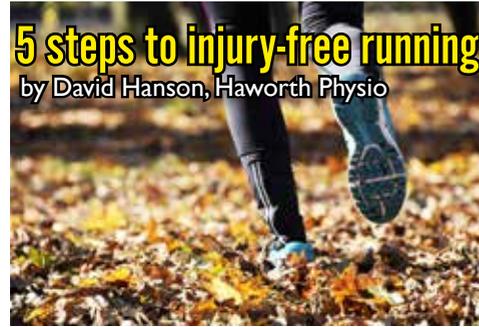
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## 5 steps to injury-free running

by David Hanson, Haworth Physio



**W**hy do you run? Because it feels good. Because it relieves stress. Because it makes you feel happier. Because it allows you to eat cake! 😊

Whatever your reason for running, being unable to run due to injury can be pure hell - both physically and emotionally. Injury prevention therefore is the key and should play a prominent role in any runners training regime.

### 1. Build a strong kinetic chain

Running can create muscle imbalances or accentuate the ones you already have. Weak glutes means that your knees may come under extra strain when you run and over time this may lead to an injury. Multiple muscles, bones and joints are called on to work together to create fluid motion. Your feet, lower legs, knees, hips, lower back, core, arms and shoulders are all part of your running kinetic chain, and when one link isn't working the repercussions can be felt at any point in this chain. When you strengthen all the links in the chain and maintain good flexibility, you'll run stronger and significantly reduce the risk of injury.

### 2. Isolated, single-movement exercises aren't worth your time

Many muscles fire simultaneously or in rapid succession along your kinetic chain

to create the movements associated with running. Functional strength training involves mimicking these movement to create an overload. A seated leg press will strengthen your quads, hamstrings and glutes. A seated single leg press becomes more realistic to the actions require to run. However, if you stand up and perform a single leg squat you are now performing a functional strength exercise which is more mirrors the running action.

### 3. Prioritise single-leg activities

Running can be considered as a series of jumps from one leg to the other. It differs from walking because of this phase of 'flight' when both feet are momentarily off the ground. Exercises such as hopping, single-leg squats, lunges and step-ups should form the bulk of your functional strength work.

### 4. Build strong glutes

The gluteus maximus is the biggest and strongest muscle in the human body. When it joins forces with gluteus medius and gluteus minimus it forms a powerful threesome that generate most of the propulsion force when you run. When strengthened effectively, these three muscles will also lead to increased pelvic stability that will in turn reduce unwanted rotational forces that can lead to injuries along the kinetic chain such as runner's knee, ITB (iliotibial band) friction syndrome and Achilles tendinopathy.

### 5. Control your pain with strength

By shouldering more of the physical workload, strong muscles support vulnerable joints. Even arthritic joints will benefit from having stronger supporting muscles to take up some of the strain. Strong muscles make joints more stable and a stable joint is less likely to get injured.

# COMMUNITY PAGE

**Every Monday 10 am to 12 noon.**

**Wellbeing Café** including free art activity at Glusburn Institute. Contact 01535 630223 for more details.

**St Peter's Methodist Church 2-3pm**, Main Street, Crosshills first Tuesday of a month is **Goldies Sing & Smile Sing along**. All Welcome.

**Every Tuesday 1:30 - 3:30 pm.**

**Games Club** at Glusburn Institute. £2.50 per session. A social group playing table tennis, board games and cards. Contact Derek 07834 713735.

**Every Tuesday 4 to 6 pm** (term-time).

**Art Star Art & Craft** at Glusburn Institute. Group for young people aged 10 - 17. £30 per 6-week block. Book online [gicac.org.uk/courses](http://gicac.org.uk/courses).

Contact 01535 630223.

**Every Wednesday 10:30am to 11:30am Gentle Seated Exercise** to Music at Glusburn Institute. £4 per session. Contact Janet 07787 180202.

**Every Wednesday 12 noon.**

**Luncheon Club** at Glusburn Institute. £5 for a hot 2-course meal. Contact Pauline 07436 113748.

**Every Thursday 6:30 - 8:30 pm.**

**Glusburn Youth Club** at Glusburn Institute. Age 11 - 18. 50p per session. Contact [rachel@nyy.org.uk](mailto:rachel@nyy.org.uk).

**Aire & Worth Valley Wanderers** meet **Thursday afternoons** to explore the Worth & Aire Valley. Walks are between 3 & 5 miles. Join in get fitter and meet new friends. For mor info call Richard 07770792586

**Keighley Mens' Forum** The Forum meet on Thursday mornings from 10.00 until 11.30, October till April, at the Keighley Playhouse, entrance on the corner of Devonshire Street and Scott Street. Annual sub is £5 with £2 a week to cover coffee, biscuits, a speaker and great company. If you require any further details please contact Martin 07581 575749.

**Every Friday 10 am - 12 noon.**

**Digital Drop-In** at Glusburn Institute. Informal session with coffee, computers and chat and all things online. £3 per session.

**Fri 8th - Sun 10th Oct Haworth Steam Punk Weekend**

**Thurs 14th - Sun 17th Oct Keighley & Worth Valley Beer & Music Festival.**

**Sat 23rd - Sun 31st Oct is the Pumpkin Trail at Bolton Abbey. Sat 23rd Oct onwards Half term fun at East Riddlesden Hall,**

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**Mon 25th - Fri 29th Oct is the Keighley & Worth Valley Jurassic Specials** Book now to see Giant T Rex & Raptur Battles.

**Welly Walk at Bolton Abbey runs until the 31st Oct 2021.**

**Sun 31st Oct 10 am Haworth Craft Fair** at The Old School Rooms, Haworth.

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## BEHIND THE SCENES AT THE MUSEUM

### Maria Brontë, mother of the Brontës

15 September 2021 marked the 200 year anniversary of the death of Maria Brontë, the mother of the Brontës, so I thought it a good opportunity to let readers know a little more about her. Like her husband Patrick, she was not a native of Yorkshire. She was born Maria Branwell in Penzance in 1783 to a prosperous merchant family, but following the deaths of her parents and uncle, Maria moved to Yorkshire to assist her aunt with the running of Woodhouse Grove School, in Rawdon, which is where she met Patrick Brontë. There was apparently instant chemistry, and they enjoyed a rapid courtship through the summer of 1812. They wrote to each other regularly, and the text of Maria's surviving letters reveal a moving and intimate relationship. One begins: 'My dear saucy Pat, Now don't you think you deserve this epithet, far more, than I do that which you have given me?' They were married on 29 December 1812 and the early years of their marriage seem to have been very happy. In Spring 1814 they celebrated the birth of their first child, Maria, and within a month of the christening, Maria was pregnant again, giving birth to Elizabeth on 8 February 1815. When Elizabeth was finally christened on August 26 (and the family had moved to Thornton) Maria was at least a month pregnant with her third child, Charlotte, who was born on 21 April 1816. With a baby and two toddlers to care for, Maria certainly had her hands full! By January 1817 she was pregnant with her fourth child, and Patrick Branwell was born on 26 June. She celebrated her 35th birthday pregnant with her fifth child, and in July 1818 gave birth to Emily Jane. By this

point Thornton Parsonage was occupied by five children aged under five, two parents and two servants. It was a very crowded house, and so when Patrick was offered a job at Haworth it seemed like a natural next step. They moved in April 1820, by which time Maria had given birth to her sixth child, Anne.

Tragically, just after Anne's first birthday in January 1821, Maria collapsed with pains in her stomach and it became clear she was very seriously ill. An internal cancer was diagnosed, and Maria died on 15 September at the age of thirty-eight, having suffered greatly. In a letter to a friend, written after Maria's death, Patrick described how she suffered 'above seven months of more agonizing pain than I ever saw anyone endure'.

In 1850, just before Valentine's Day, Patrick allowed Charlotte to read Maria's letters from the summer of 1812. At this point, having lost five of his six children, perhaps he was keen for his remaining child to have a glimpse of the lively, energetic, intelligent, witty young woman he fell in love with. Charlotte later told her friend Ellen Nussey: 'it was strange to peruse now for the first time the records of a mind from whence my own sprang – and most strange – and at once sad and sweet to find that mind of a truly fine, pure and elevated order ... there is a rectitude, a refinement, a constancy, a modesty, a sense – a gentleness about them indescribable. I wished She had lived and that I had known her.'

If you want to learn more about Maria, Sharon Wright's *The Mother of the Brontës* (2019) is available from the Brontë Parsonage Museum shop. ~ Diane Fare



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### Acupuncture

Amanda Crawshaw p27

### Aerials/Audio/TV

Digi Man p7

### Attractions/Community/ Courses/ Events/Groups

Bolton Abbey p5  
Bronte Parsonage p28/29  
It's Worth Talking About p8  
Keighley Furniture Project p21  
Keighley Table Tennis Centre p19

KWVR p12

Robbie Moore p29

Tea Dance p13

Treacle p4

### Building Services/ Joinery/Maintenance

Adrian King p17  
Airedale Property Maintenance p21

### Care/Cleaning /

### Domestic/Repairs

Adeles Ironing p23

Iron King p23

R Kelly Window Cleaning p29

### Cars

AG Motors p17

Stockbridge Tyres p17

### College/Schools/Training

Keighley College p17

### Companion Driving Service

Driving Miss Daisy p23

### Computer related

Computer Repairs p24  
DVD Conversion p21

### Conservatories

Sagars 365 p9

### Electrical

AA Electrical p23

JS Electrical p23

### Finance

Haworths p6/7

### Fire & Security

Keybury p3

### Fuel/Heating

Nicholson Heating p22

Proper Logs p

### Garage Doors

Garolla p17

### Gardening/Trees

Greener Gardens p14

JE Home & Gardens p14

SAS p14

Worth Valley Trees p14

### Holidays

Steels p21

### Hot Tubs

Bubbles2u p

### Locksmith

In House Securities p29

### Loft Conversion

Yorkshire Loft Ladders p31

### Painting & Decorating

R.P.Decorating p14

### Plumbing /Tiling/ Kitchens

AR Carling p15

DSM p13

Nicholson Plumbing Heating p17

Queensbury Kitchens p32

Tiles Taps & Tubs p15

### Property

North Building Surveyors p13

### Retail

Antique Fairs p13

DSM p13

Harveys of Halifax p2

Marsh Farm Shop p19

Office Furniture Outlet p11

Philippe's p13

Queensbury Kitchens

Bedrooms & Bathrooms p32

Tiles Taps & Tubs p15

### Roofing

Broomhill Roofing p21

Golden Acorn Roofing p21

MB Roofing p21

### Slimming

Slimming World p8

### Wills

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