

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2019



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Easter is on the horizon. Many people take the time to have a clear out and spruce up. Spring cleaning comes in different forms. Beth Cunningham has her own unique take on the subject; see page 26.

I suppose, for those who start running in the spring, it is a kind of purge and cleanse for the body. Physio David Hanson provides tips for the seasonal jogger; page 14.

The benefit of keeping a clear healthy mind, free from anxiety, is not to be underestimated. Hypnotherapist Sharon Thompson reminds us to Choose our Thoughts with Care.

They say laughter is a great medicine; with that in mind, be sure to get tickets to see comedian Matt Richardson at the Glusburn Community Arts Centre.

Have a lovely Easter and a great month.!



Editor Liz Barker

STAND UP: MATT RICHARDSON



Saturday 18th May 8pm
(doors open 7.30pm)

Multi-award-winning comedian and host of the Virgin Radio Drivetime Show Matt Richardson is one of the most exciting names in stand-up. He's hitting the circuit with some fast-paced, high octane stand-up, delivered with his usual inimitable style. "Sharp, funny and warm" - Heat Magazine
Support act: Katie Mulgrew (stand up comedian & writer). Host: Keiren Boyd (finalist in So You Think You're Funny 2009)

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Say you saw it in the Aire Valley Mag!



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Landlords and tenants alike have given local Keighley firm, Davies Lettings, a resounding approval rate based on the independent Estate & Letting Agents Awards, or ESTAS, as they are known in the industry. Shortlisted for two national awards, Davies Lettings has been highlighted as a customer focused business giving trusted and valued service in the local residential letting arena.

Established in 2012 and now in its seventh year of operation, Davies Lettings has a significant portfolio of properties under management and recently opened a new office in Keighley on North Street. "It felt like the right time to move to the town centre and increase our profile," explained Jason Davies, founder and owner. "Catherine Lawless has joined the team and is making a great contribution helping to drive the business forward."

Big enough to cope, small enough to care is Davies Lettings' motto. Personal attention is given to each client and the team takes pride in providing solutions and best outcomes for everyone concerned. Furthermore, with SafeAgent status, Davies Lettings hold the trust of hundreds of customers, with a proven track record; that counts for a lot.

"Jason Davies is incredibly professional and efficient. We have a number of properties with him and he has managed them proficiently and has been easy to work with as he is friendly and accommodating." H Moffat, Managed Landlord

"Davies lettings have been fantastic. We have rented for 6 years now and DL have been the best Letting Agents we have dealt with. Initial process went smooth. Great communication throughout and ongoing." J Dunne, Tenant

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INTRODUCING PENNYBANK HOUSE

A place where community counts

Haworth's former Visitor Information Centre has new tenants and a new purpose.

Since its closure earlier this year, many have wondered what the future will hold for the old Visitor Information Centre (VIC) at the top of Haworth's Main Street. This iconic building has held a very special place in the daily life of the village for at least 180 years. Although a very familiar sight, not everyone knows much about its history.

Just a few years after Victoria became queen, the building was used in the 1840s as the Mechanics' Institute; an educational training centre delivering the specialists needed to power the Industrial Revolution. Later in 1894, the Yorkshire Penny Bank, the world's first mutual finance society which had been founded in Halifax, converted it to a bank to serve the village. It was the Penny Bank that added the ornate roof. Later, the Bronte Society, previously founded in 1893, housed its first museum on the upper floor of this building before moving into the Parsonage in 1928.

With the withdrawal of Visitor Information services, a group of local residents and businesses, with the support of the owners, the Holmes/Shuttleworth family, have cooperated to create a whole new lease of life for the building. Reflecting the history of the building and acknowledging the central contribution to the life of the village it has been named, **Pennybank House**. Pennybank House will host a collection of commercial and not for profit entities, establishing a solid sustainable basis for the future. Together they will collaborate to provide a range of activities relevant to the social and commercial health of the village.



Photo: John Sargent

The building will host a new community radio station, to be called **Worth Valley Community Radio, (WVCR)**. This exciting venture has been made possible due to the generous ongoing technical expertise and support of the Skipton based **Drystone Radio**.

Local residents Liz Barker, Paul Darley and Tracey Darley have started a new venture that will occupy a large portion of the building's upstairs space. It will be a flexible and adaptive Meeting and Eventing venue. There are plans to create a community **"Makerspace"**. In a Makerspace members of the public are given access to facilities and training to learn to make pretty much anything they might set their minds to; whether small simple expressive art/craft items, or more complicated electro-mechanical robotic devices.

It is anticipated that some of these items could be sold in the ground floor on-site retail shop which will be managed by Jill Ross, from Cobbles and Clay who will be leaving her other business, Daisy Days to do this. This shop will also sell regionally produced, artisan and Fair Trade products.

Sudoku

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

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

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

3								
6	1		5	3		9		
				9			4	3
		4	5	9			7	
			9				6	
		3			2	5	8	
5	3			4				
			6		1	7		5
								2
								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 months prize is generously donated by **East Riddlesden Hall**
 Family Day Ticket (x2 adults, up to x3 children)

Email your answer including your name & address to: mail@worthvalleymag.co.uk

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



Last month's location was Eastburn Post Office & General Store. The winner was Judith Hutchinson from Eastburn.
 @Google Earth

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We've had sleet showers, heavy rains and gales... but still the trains keep running thanks to the dedication and commitment of our hundreds of volunteers and small complement of staff. Lighting up the locomotives and warming the carriages begins in the very small hours of the morning and takes several hours whatever the weather, and it's even earlier when running the many steam engines and trains that we did over the Steam Spectacular weekend in early March. We had a great turnout at the special event despite the rain, hail and sleet, and our passengers most definitely appreciated the steam-heat on board.

As we turn to the warmer months (please!), we get ready to start our full programme of events for the main season, with Prosecco 'Sparkle & Steam'; our ever-popular Haworth Haddock fish and chip supper services. Our 'Diesel and Mixed Traffic Gala' runs May 3rd to 6th, with a number of planned diesel locomotives visiting including the iconic 'HST 125' prototype. Our Wednesday diesel service has now commenced, meaning you can join us for a very different view of the line as you travel in one of our heritage diesels.

There is also plenty of work going on behind the scenes and we currently

updating our 10-year maintenance and overhaul spending forecast for the Civil Maintenance (ie track, bridges and infrastructure) and Mechanical Engineering (ie locomotives, carriages and wagons) departments. We are operating a railway that is over a century and a half old, and our locomotives have run for fifty years in preservation, so maintenance is not cheap. To replace a bridge, example, takes several years' planning and hundreds of thousands of pounds on the work itself as well as hours and hours of volunteer effort on the design, planning and execution of the project. With a programme that is likely to cost well over £1m, your support is vital. You can help directly by making a donation, of course, but also by purchasing tickets to travel on any of our usual operating days (every weekend and daily from the end of May to early September) and special events. We would also welcome your support by you offering to volunteer, whether you want to train to work on the front-line operation in the stations, on the train, in the shops or buffets; or in any one of the many behind-the-scenes roles, which range from business administration and finance right through to various engineering and maintenance duties.

For full details of how to get involved, as well for timetables and fares, please visit

www.kwvr.co.uk



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Sudoku solutions

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

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

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

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

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Transform your conservatory into a cosy living space

Millions of homes across the UK enjoy the added luxury of a conservatory, whether it's for entertaining, extra living space or simply enjoying the views of the garden. But older conservatories can come with drawbacks – more often than not they are too cold in the winter and too warm in the summer, meaning they are underused. But now that's all changing. UltraRoof380 is helping transform conservatories into beautiful, elegant spaces, complete with vaulted ceilings and full-length glass panels to let the light flood in. The roof has been developed specifically for owners wanting to reinvent a conservatory and turn it into a room that feels more like an extension. While conservatories bring in plenty of natural daylight, the UltraRoof380 provides the best of both worlds, allowing

“ It's given us back our favourite room of the house, now it's the room we've always wanted it to be. ”

Gary & Pam, Lancashire



you to design a room with a solid roof but also the ability to include glazed sections, giving you privacy yet still providing plenty of daylight. Developed using UltraTile, the lightweight tile system is as near to the real thing as you can get. Available in three realistic tile colours, the UltraRoof380 looks as good on the outside as the inside.

There's also zero upheaval. Expert fitters from Ploughcroft will have your old roof removed and your UltraRoof380 installed in no time—all you need to do is sit back and watch your transformation.

So, if you want to revitalise your existing conservatory or add to your living space, call **01422 202 919** for more information or visit www.ploughcroft.co.uk

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ARE YOU READY TO RUN? by David Hanson



Spring is here! The clocks have gone forward, the evenings are getting lighter. This change heralds the emergence of the 'seasonal jogger' embarking on their quest to getting fitter and shed a few of the pounds that have crept on due to some of the excesses of the winter. If this is you, and you're about to dig out the running shoes, you should take a few steps to ensure you don't end up with an injury that prevents you from running.

There are many important factors in remaining injury free. If you haven't run in a long time you will need to get yourself 'run ready'. With any fitness or strength training program you should allow the body to adapt to the changes by undertaking a structured and progressive training regime. A sudden spike in the intensity and/or the duration of training sessions often leads to injuries. Many people use the 'Couch to 5k' training plan that is freely available on the internet as the basis for their training. Research shows that this very gradual approach to progressing your running leads to a decrease in the risk of sustaining an injury.

The important muscles that are activated

when you run need to be strengthened in order that they can cope with the new demands that are about to be placed on them. The obvious muscles to strengthen are the major muscle groups in your legs: the calf muscles, your hamstrings and your quadriceps. However, an often neglected muscle group are the gluteal muscles or the buttocks – especially two small but very important muscles called the gluteus medius and gluteus minimus which are located on the outside of your hips. These two muscles, often overlooked in favour of the powerhouse that is gluteus maximus, stabilise the pelvis when one foot is raised off the ground during the push off phase of running and as you land on one foot following a period of flight when both feet are off the ground. Without the ability of gluteus medius and minimus to stabilise our pelvis during running, excessive rotational forces will occur which may eventually lead to injuries of muscles and joints further down the kinetic chain.

Strengthening of our leg and gluteal muscles should ideally be done before we start to run and you don't need to be a member of a gym to do the exercises involved. Squats are a great exercise to strengthen the hamstrings, quadriceps and the gluteus maximus. Gluteus medius and minimus can be strengthened by doing a variety of single leg stance exercises. Heel raises strengthen the calf muscles.

If you require any advice on how to stay injury free or you're unsure about how to perform some of the exercises prescribe, speak to your physio. Remember prevention is better than cure!

An advertisement for Bolton Road Funeral Service. The background features a soft-focus image of white lilies. At the top center is a logo consisting of a branch with leaves. Below the logo, the text 'BOLTON ROAD' is written in a large, serif font, with 'Funeral Service' underneath in a smaller, sans-serif font. Further down, it says 'local caring independent funeral director' and 'Easing your worry' in a cursive font. The main headline reads 'Losing a loved one can be one of the most distressing times, we not only lend a sympathetic ear, but an affordable funeral service too.' Below this are two boxes, each containing a list of services and their prices. The first box is titled 'Low Fuss Funeral - £1850.00' and lists seven items. The second box is titled 'Bespoke Funeral - £1950.00' and lists ten items. Below these boxes, it says 'ALL OTHER FUNERAL REQUIREMENTS UNDERTAKEN AFFORDABLY' and 'Serving all areas Affordable without compromising on care If we can help please call for an informal chat and advice.' At the bottom, the phone number '01274 640100' is displayed in a large font, with the address 'Chapel of Rest 1109 Bolton Road, Bradford, BD2 4SP' below it. A small note at the bottom right of the advertisement states 'Prices valid at time of publication but may be subject to change'.

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- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral point, to meet family and friends directly at the crematorium

Bespoke Funeral - £1950.00

- The payment of a Cremation fee
- The payment of the Doctor's fees
- The payment of the Minister's fees
- The conveyance of your loved one into our Chapel of Rest
- The provision of the York oak veneered coffin with gold embellishments
- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral point, to meet family and friends directly at the crematorium
- The viewing of your loved one at our traditional Chapel of Rest
- The leaving from a home address on the day of the funeral before proceeding to the crematorium

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Karen Glover, HR & Accounts Manager
Helping Hands of Harrogate Ltd

Airedale Enterprise Services
Sunderland Street, Keighley BD21 5LE



CHOOSE YOUR THOUGHTS WITH CARE

Anxiety for some can be a crippling illness which means that leaving the house is out of the question, whilst for others it can happen only before certain events such as boarding an aeroplane, and for some it can mean an underlying level of heightened vigilance whilst they can still go about their daily lives, but perhaps not sleep so well.

Anxiety comes in many forms but what is it? Well, in simple terms, anxiety can be seen as a collection of negative thought patterns which can result in physical symptoms and feelings. Once these negative thoughts have got their claws into us they can become very obsessive in our minds; we go over and over the same scenario in our heads adding to them as we go.



There are reasons for this negative primitive pattern of thinking. Back in our caveman days we needed to know if there was a wild animal prowling outside our cave, and if there was, we needed to be fairly obsessive about it and assume the worst which would trigger our fight or flight response. It was a real danger.

However in the modern world our worries are very different. We are far less concerned with our immediate survival needs but the primitive parts of the brain don't know this. Those lucky cavemen certainly didn't have 24 hour access to news channels and social media which would have meant that not

only did they worry when the wild animal was outside their cave, but also when it was outside their neighbours caves and all of the other caves in the world. This would have been overwhelming and a fairly miserable existence.

It is the same today; if we become overwhelmed with negative thoughts and feelings then we don't feel very happy or productive in life.

So choose your thoughts with care. Choose to actively limit the amount of negative input that you allow yourself to take on and choose to focus on the good things in life, the stories that make you feel good, stories of success. Look back on the things that made you feel good in life and the things that you are looking forward to in the future. The more thought energy you can put into the positive side of life, the better your life will be.

You and only you can allow thoughts to live in your mind.

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BEHIND THE SCENES AT THE MUSEUM: Celebrating Patrick



I'm writing this the day after our special celebration of Patrick Brontë, held at Haworth's Old School Room. The father of the Brontës was born in Ireland on 17 March, 1777 and with St Patrick's Day falling on a Sunday this year, we were offered the ideal opportunity to share the occasion with members of our local community. The Old School Room, built by Patrick in 1832, provided the perfect setting for the afternoon. Patrick was a passionate social campaigner and locals and visitors alike gathered to discuss what he would be concerned about today while they enjoyed free-flowing tea and cake. Some thought he would be running a food bank, or campaigning to save the NHS. Others believed he would feel passionately about access to libraries and the arts, and seeking new ways to overcome isolation and loneliness.

Our community history project, 'A strange land?': Haworth in the time of the Brontës offers a chance for us to contribute

towards the latter and we launched it yesterday with the help of local historian Steve Wood. We're inviting local residents to come together on a shared mission to find out more about the history of our town and the lives of the people who lived here while Patrick did. The project is open to all, so you can take part as an individual, a family, a school, a business or a community group. There are endless ways to take part: if you live in an old property you can research your house and its occupants; you can delve into your own family tree if your descendants are from Haworth; you can adopt a character or a business to research, or you can investigate what it was like to be a child in the time of the Brontës. It's not too late to get involved, so please get in touch!

We also believe that Patrick Brontë would have been an advocate for Fair Trade. With this in mind, we organised a walk from Thornton to Haworth in partnership with Bradford Fair Trade Zone and we were joined mid-afternoon by those that had stepped out on the nine-mile journey into a stiff March breeze. The hardy walkers (including one dressed as a banana) were rewarded with tea and a slice of a beautiful cake baked especially for the occasion by celebrity baker and Brontë fan Sandy Docherty.

Attendees of the day were also treated to a reading by our 2019 writer in residence Zaffar Kunial. Zaf will be working with Parsonage colleagues throughout the year exploring themes of heritage and identity, pertinent to Patrick's Irish roots. There'll be more from Zaf later in the year, and we look forward to sharing details with you soon.

Rebecca Yorke

April at the Brontë Parsonage Museum

Easter is coming! Whether you are 3 or 103, our school holiday activities have something for all the family. Come and join in the fun!

Fancy a quieter visit? Our **Late Night Thursday** returns on 18 April. Entry is free 5.30-7pm for people showing proof of residence in BD22, BD21, BD20 or Thornton, offering the perfect opportunity to learn about one of Yorkshire's most famous families.

For more information, visit www.bronte.org.uk/whats-on or sign up for our e-newsletter.

We look forward to seeing you soon.

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Cinnamon rolls

Cinnamon rolls are a firm family favourite in our house. They are one of only a few breakfasts that everyone in our house gets excited about. On cold, chilly mornings, they are especially comforting and the smell as they bake can coax even the sleepest of children out of bed.

This recipe is surprisingly easy to make, and the kids love getting involved with making and kneading the bread. I prefer to make the dough, knock it back, then cover with damp cloth and leave in the fridge overnight and assemble in the morning. However, you can make them the evening before and cover with a damp tea-towel and leave in the fridge overnight ready for the morning (they may rise slightly in the fridge).

Ingredients

Dough

- 500g self-rising flour
- 1 pack fast-acting yeast
- 4 tbsp golden caster sugar
- ½ tsp table salt
- 225ml room temp water
- 100ml room temp oat milk (or whatever milk you use)
- 3 tbsp olive oil

Filling:

- 2/3 cup dark brown sugar
- 1 ½ tablespoons ground cinnamon
- ¼ cup unsalted vegan spread, softened

Frosting (optional):

- 3 tbsp cream cheese (I used vegan)
- 2 tbsp plain Greek-style yogurt
- 2-3 tbsp of maple syrup or icing sugar
- Splash of vanilla bean paste or pure extract
- Preheat oven to 350 degrees F.

Mix flours, salt, sugar, yeast together. Add oil (2 tbsp), milk and water and mix together until it's a sticky ball, then turn out onto a floured surface and knead for 10 mins. Place in oiled bowl, coat the dough in oil and then cover with a cloth and leave somewhere warmish. After 4 hrs it should have doubled in size. Knock it back by kneading on a floured surface, then roll out into a 14x9 inch rectangle.

Mix together the brown sugar, cinnamon and butter. Spread mix over the dough. Tightly roll out the dough, then cut into 1-inch sections with a serrated knife making approximately 9 large pieces.



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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Hot Aire & Fresh Aire Concert Bands meet Saturday mornings at Cottingley Village Primary School BD16 1SY. For time and more info www.hotaire.org

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

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** **Keighley & District Photographic Association** meet on the 1st & 3rd Tuesday of the month at 7.30pm to 9.30pm at Riddlesden United Reformed Church, Riddlesden. Visit www.kdpa.co.uk for programme of events.

Every Weds until 3rd April 12.30pm - 2.15 pm is Keighley Beginners Computer Course at Keighley Healthy Living, 13 Scott Street, Keighley. More info and to book call 01535 677177.

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 Everyone is welcome.

Aire Valley Railway Modeller's Club, Melbourne House, Dalton Lane, Keighley, BD21 4LG. Meeting every Monday, Tuesday & Thursday night from 7.00 pm until 11.00 pm and Saturday afternoon from 1.00 pm until 5.00 pm,



juniors over the age of 8 years old and accompanied by an adult, are welcome. Entry and exit by stairway only.

Keighley LGBT support group meet every 3rd Saturday of each month. 12 -2pm at Keighley Healthy Living Centre, Scott Street, Keighley (behind the Library).

Keighley Library Knit & Knatter group meet every Wednesday 1pm-3pm. Beginners and experts alike.

Keighley Can Sing 2 - 3.30pm on second Sunday of each month (Term time only) at Central Hall, Alice Street, Keighley BD21 3JD A friendly singing group open for everyone.

Morton WI meet every second Tuesday evening each month Join us for a social evening with refreshments at the Institute in East Morton from 7.20 pm, **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.

Every Wednesday 10.30am Rest a while drop in Coffee Morning at Exley Head Methodist Church, Keighley.

First & third Wednesday of a month **10.30am Coffee Morning & Book Swap** at Laycock Village Hall.

Weds 3rd April 10.30am Keighley U3A's Group The Temple Row Centre Keighley Speaker: Jocelyn Brooke

"Istanbul City of Intrigue" £2.50 (inc Tea/Coffee and Biscuits)

For any further details regarding Keighley U3A's please contact David Boddy 01535 662944

Fri 5th April 7pm Firth's Boutique Fashion Show at Laycock Village Hall. Tickets available from Firth's Haworth or call 01535 643800. Event in aid of Candlelighters Charity.

Sun 7th April 10am - 4pm Aire Valley Railway Modeller's Club Free Open Day. At least 19 layouts for visitors both young & old to look at. **Mebourne Mills Clubrooms, Dalton Lane, Keighley.**

Sun 7th April 7.15pm Oxnop Singers Spring Concert at Oxenhope Community Centre, Hebden Road, Oxenhope. The music will include songs from the hit musicals The Greatest Showman, La La Land and Les Miserables, plus English folk songs and even a version of the Status Quo song And It's Better Now. Oxnop Singers will be accompanied by Hebden Bridge Junior Brass Band.

For further info nick.robinson17@btinternet.com or Helen McClorry at oxnopsingers@gmail.com

Fri 12th April 10am - 4pm Dementia Friendly Keighley Raffle at Airedale Shopping Centre.

Sat 13th April 10 am to 2pm

Keighley Rotary Club Blood Pressure Testing at Airedale Shopping Centre

Sat 13th April 10 am - 12 noon Exley Head Chapel Annual Spring Fair

amongst the stalls will be bric-a-brac, jewellery, books, gifts & a Body Shop stall. Coffee and home made cakes will be available. Everyone welcome.

Sat 13th April 10.30am til 12.30pm

Morton in Bloom Spring Fair at Morton Institute. Raffles, Crafts, Plants & Cakes. Tea/Coffee & Bacon Butties.

Sat 13th until Sun 28th April Schools out for Spring at East Riddlesden Hall.

Fri 19th until Mon 22nd April Easter Egg hunt at East Riddlesden Hall.

Sat 20th until Mon 22nd April 12 - 4.30pm Easter Weekend at Shipley Glen Cable Tramway.

Tues 23rd April 1 - 3pm Cliffe Castle Museum Keighley Family Drop in activity

Crawling Caterpillars Have a look at the amazing display of exotic insects on display in the Natural History gallery, where you will see a vast array of colours and patterns. You can then travel down to the learning room where you can make your own moving caterpillar on a leaf. This is a free activity.

Fri 26th April 10 am - 4pm Yorkshire Aire Ambulance Charity Event at Aire dale Shopping Centre Keighley.

Fri 3rd to Mon 6th May KWVR Diesel & Mixed Traffic Gala.

Sun 5th May Tour de Yorkshire Oxenhope, Haworth, Oakworth, Laycock.

MAYBE IT'S JUST ME by Beth Cunningham

April already. Can I leave it any longer to clean out my kitchen cupboards? Like Bob the Builder, yes I can.

Cupboards come with doors. These can be closed. Mess can be ignored. And as all I know, or want to know, about cooking can be written on a sugar lump, there is no need to linger in the kitchen for longer than it takes to boil a kettle or heat a can of baked beans. Hey! Do beans need to be heated, when they can be eaten as they are, with a spoon? (Note to the manager of Spar, Haworth. Thank you for taking pity on the sad singles out here and starting to stock small cans of beans again after a bit of a gap.)



Denial cannot be kept up indefinitely, although it has worked for me over many years. Sooner or later, like squirrels coming out of hibernation, we must emerge blinking into the sunlight to take responsibility for the chaos of our lives.

And there to greet us will be an army of experts. It is no longer enough to spring clean, tidy up and send a bag of stuff to a jumble sale. We need help and advice.

For half a century, I foolishly thought that it was fine to lay my t-shirts flat in a drawer. Now I discover that they should be stored vertically - just when I am starting to consider it an achievement to reach the end of the day having remained upright myself.

And socks. By making a ball of each pair, rather than folding them in a special way, I am dramatically shortening their lastability. Folding socks is a concept so ridiculous that it is unworthy of debate. And in an average week, weighed down by fears of war, global warming and whether Donald and Melania will suddenly drop in at the Bronte Parson Museum, how likely is it that I will break off to worry about how long my socks are going to survive?

If the lifespan of my hosiery ever becomes that important, I will seriously consider shortening my own.

Admittedly, some things are best left to the experts. I would be reluctant to remove my own appendix. But I think I can cope with drawers and cupboards.

Once I coax myself into the kitchen, I intend to devise a clever technique to stack cans of baked beans in pyramid formations. Someone is sure to offer me a TV series.



Beth Cunningham was brought up in Rawdon. She left Yorkshire to work for newspapers and magazines on Merseyside and in Wales, the Middle East and London, where she also wrote and performed stand-up comedy.

She now lives in Haworth, is a life member of the Bronte Society and writes short stories.

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HIDDEN WONDERS by Antony Silson

I love the fact that we live in an area with a rich architectural heritage and that within minutes of leaving my house I can see weavers' cottages, Edwardian terraces and large Victorian mansions. There's even an old horse trough down the road.

Occasionally, on a misty night I can almost imagine the Austin Seven cars driving past on their way to the Keighley Hippodrome for an evening's entertainment. Even walking from Utley to Steeton offers up gothic gateways and the unexpected site of some of the last milestones in the area.

Milestones were originally placed upon the 'turnpike roads' to help coaches stick to their tight schedules and to help calculate postal charges. This was before the advent of the uniform postal rate. I recently sent a wedding card to Singapore at a cost of £1.45. I wonder how much it would have cost then and exactly how long it would have taken to get there?

In case you weren't aware, the Turnpikes were the spiked gates at the ends of the toll roads which had themselves been 'upgraded' by people who saw a business opportunity. As the poor felt, somewhat justifiably, that they shouldn't pay to use a road that had been there for years, there were anti-turnpike riots.

But, as with canals, the time of the turnpike was all but brief. Superseded by advances in railway transport, with highways being

taken over by local authorities and the rise of the motor car eventually the milestones became redundant. Further depletion occurred during World War Two, primarily

so that Nazi spies couldn't use them for directions. Unbelievably there are 3 milestones between my house in Utley and Airedale Hospital, which is quite an achievement for such a small distance. To imagine carriages creakily making their way down the valley or people taking their goods to market gives us an imagined link to the past and helps us to put our surroundings in a historical context. Perhaps one day you'd like to take a stroll along the old road and seek

them out. A quirky reminder that traffic has been thundering, at various speeds, down this valley for centuries.



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 Drystone Radio Sundays 5-7pm

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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.

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