



AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

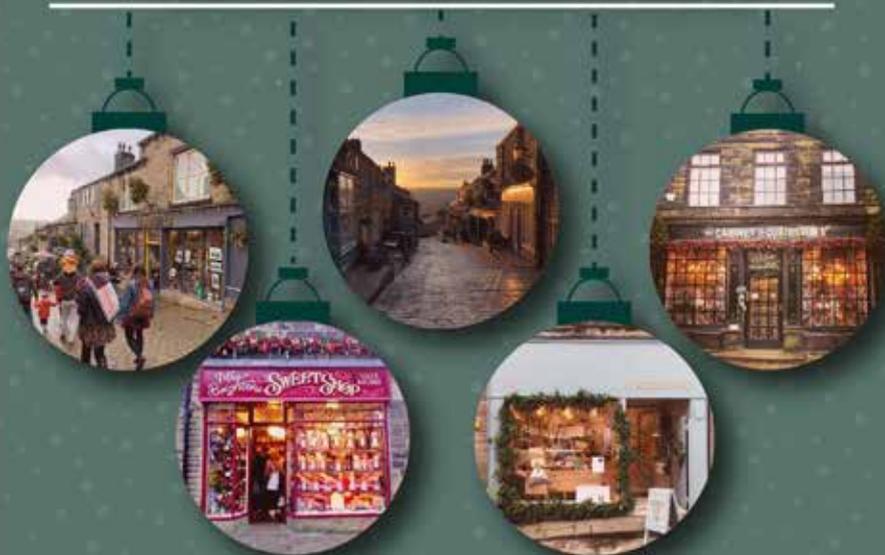
November 2020

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RIDDLESDEN, & EAST MORTON

www.airevalleymag.co.uk

CHRISTMAS IN HAWORTH

Every year at Christmas time, Haworth is lit by twinkling lights and boasts an impressive display of festive shop windows. The cobbled Main Street is home to a wonderful mix of independent shops selling something for everyone, restaurants, cafes, public houses and guesthouses, making visiting and shopping in the village the most enjoyable of experiences. Your support of these small businesses is appreciated more than ever.



Things might be a bit different this year, but the magical festive atmosphere that Haworth has become known for is certainly not lost. With decorations along the street, a repeat of last year's much-loved bauble hunt, late night shopping (10th December) illuminated church steps and the eagerly-anticipated Christmas tree at the bottom of the hill, there's lots for visitors to look forward to.



For more information follow Christmas in Haworth on social media.



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Welcome to your November community magazine. We hope you are staying well.

With Christmas around the corner we are especially mindful of supporting local shops and service providers. The local businesses in this magazine really do appreciate your custom.

Don't miss the fabulous discount vouchers from Bronte Parsonage Museum Shop and No 11. Bistro Bar Rooms on p17.

If you find yourself working from home, Office Furniture Outlet in Keighley has a large selection of quality desks, chairs, and storage cabinets to suit a variety of needs. Create a comfortable work environment and stay safe. See page 7.

Have a great month!

Editor Liz Barker



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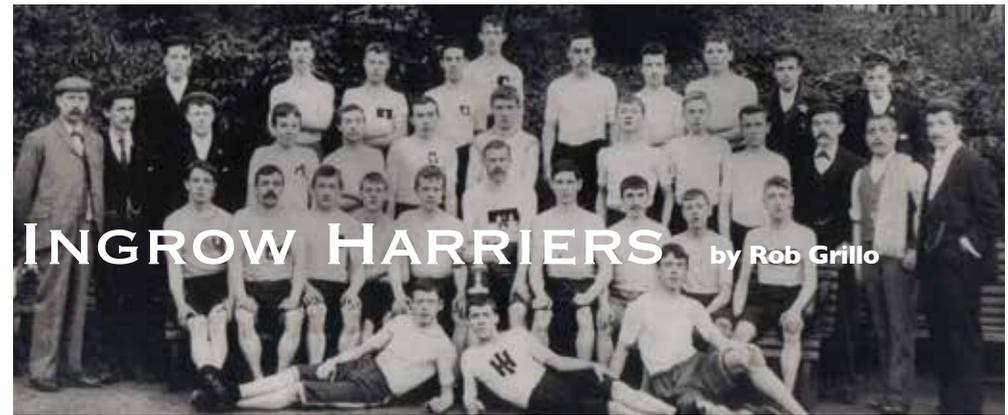
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In an era when cross-country running was very different to the sport we find these days, Ingrow Harriers was the area's best known club. Founded in September 1894, the club headquarters was initially at the Great Northern Inn, before a change twelve months later to the Heber Coffee House. Club colours were black vests with a gold sash. The club's annual handicap race was for the 'Licensed Victuallers Cup'. The club also organised two boxing competitions for its members in 1900, although it is clear that this was not intended to improve performance over the country. In March 1897, with E Ascough finishing 10th, the club finished fourth in the team event in the Junior race at the Yorkshire Cross-Country Championships at Rotherham.

Country Championships, with Ascough winning the Junior title in 1902 and 1904. He was also runner-up in 1898 and third in 1901 and 4th in 1900 and 10th again in 1899, before going on to run for Halifax Harriers.

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Ingrow Athletic Club Harriers was a separate club, formed in November 1896, with Sam Law, the licensee at the White Horse Inn, Ingrow, its President. It was not uncommon for the two Ingrow clubs to arrange training runs from the same base on the same day and it was no surprise when they joined forces on 25th August 1898 following a meeting at the White Horse. In those days, two hares would set off on a Saturday afternoon and leave a paper trail for fast and slow packs to follow, hence the sport's nickname of 'hare & hounds'.

By 1897 the club was based at the Hope & Anchor Inn. Club colours were changed to black vests with white facings, with a white badge affixed to the left breast, and it was these colours that the club retained when they absorbed the Ingrow Parish Church Harriers in September 1898, with the base now being at the White Horse Inn. Ascough became one of the district's top runners, with the some fine, and consistent, performances in the Yorkshire Cross-

Ingrow Harriers renamed itself as Keighley Harriers in 1903, changing its headquarters back to the Great Northern Inn, and adopting new club colours of red vests and black knickers. A new base on Woodhouse Road was being used by 1905, but by then the club was in decline and seems to have wound up at the end of that year.

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Working from home? Are you sitting comfortably?

Is it time to upgrade your work environment or get serious about setting up your office at home? Maybe you need to re think the office layout to keep your teams safe and improve morale? There has never been a better time to make a change. Andrea Jannetta manages the Office Furniture Outlet, situated behind Keighley College on Dalton Lane; she has been running the Outlet for over 10 years. With 18 years' experience in the industry you can be assured you will be receiving the very best possible advice and customer service along with warm friendly smiles from Andrea and the team. They will be very pleased to meet you in their spacious show room and assist you...at a COVID safe distance. Office Furniture Outlet is a 10,000 square foot showroom full of office furniture ranging from new, used, factory seconds and end of line catalogue stock which include multiple ranges of desks, storage units, meeting tables, filing cabinets, office chairs, meeting/visitor chairs and much much more. There is something to perfectly suit your needs and within a budget to match.



Office Furniture Outlet has its own fleet of transport and fitters who will deliver your furniture and their experienced team of fitters can even install the goods on request and take the packaging away to save you any hassle.

2020 has been a funny old year and it looks like challenges are likely to continue. Office Furniture Outlet has made a commitment to continue to work hard to ensure they are improving their range of products and keep fully stocked.

They value and appreciate your custom. Check out the new and improved website **www.officefurnitureoutlet.co.uk**

There is a new range of Gaming Desks and Chairs that will be in stock prior to Christmas. (What a great way to bring comfort and smiles to your household!)

Look no further than Office Furniture Outlet, they won't be beaten on price... For a FREE no obligation quote, why not call into the showroom and have a look around!

Open Mon - Thurs 9am - 5pm
Fri 9am - 4pm



Office Furniture Outlet would like to thank all its customers for the continued business over the years and they welcome new customers to the Outlet family.

Office Furniture Outlet
 Eagle Mill, Dalton Lane
 Keighley, BD214HT

Andrea Jannetta
 Sales & Marketing Manager
01535 681111

andrea@officefurnitureoutlet.co.uk
www.officefurnitureoutlet.co.uk

Sudoku

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

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

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

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

To advertise call Karen 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 donated by Sonia's Smile in Haworth £10 Voucher

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

The winner will be selected from all correct answers received by 25th November 2020..

Last month's location was Eastburn Inn and the winner was Su Thompson from Steeton. @Google Earth



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Keighley in Focus,

an exhibition by Bingley Camera Club
We are delighted that this exhibition will now take place at Keighley Creative Space at Old Sunwin House on Hanover Street, Keighley, BD21 3QJ, from 14 November to 12 December.

On view will be 50 photographs covering a wide range of subjects and perspectives, all taken by members of Bingley Camera Club within a circle centred on Cliffe Castle, Keighley, where the exhibition was originally due to take place. When it was cancelled due to Covid, Bradford Museums and Galleries kindly produced an online version. Seeing the online exhibition, Chris, an ex-Keighley resident, said "Just wanted to say how



lovely all the images were on the Keighley in Focus virtual exhibition. Thank you for making my day." Why not come and see for yourself? Entry is free. Visitors will be able to vote for their favourite picture and the techies among you will be able to check out the camera settings used for each image.

Covid rules could well change in the meantime, so for final details of the opening days and times, as well as lots more about what we are up to and how you can get involved, please check on our website and Facebook pages: <https://www.bingleycameraclub.org.uk> and <https://www.facebook.com/BingleyCC>
More information on Keighley Creative is at <http://keighleycreative.org/>

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Whether if it's from your living room or out in the countryside we at Keighley Healthy Living have an exercise activity for you. - We have exercises to inspire everyone. Facebook Live classes, YouTube videos, exercise DVDs and telephone support to help you decide the right exercise class for you. If you would like to find out more about anything mentioned here call us on **01535 677177**, email: admin@khl.org.uk or send us a message on our Facebook page: @KeighleyHealthyLiving

Online Activities

We have a number of regular exercise groups that happen live on Facebook for you to join and take part in regularly:

- **Keighley Come Dancing** (Live dance class with Alison) - Thursdays at 11am
- **Ballet Be Fit** (live ballet inspired workout) - Mondays at 11am
- **Fitstart** - Wednesdays at 11am
- **Staying Steady** (Fall Prevention Seated Exercise Class) - Fridays at 11am

If you are interested in joining any of the fitness group please message the KHL page



on Facebook for more info. We also have lots of work out videos on our Youtube channel – search KHL in Youtube to find our channel and workouts that are suited for all fitness levels. These include our skipping routines

featuring local people from ages 7 – 83 year old. You can even get your own FREE skipping rope from us to help you on your skipping fitness journey.

Outdoor Activities

Throughout Autumn and Winter we will be running a series of Wellness Walking Groups – suitable for all abilities, our next course is:

• **‘Walking and Skipping’** starting Wednesday 19 November at 1pm – 2pm meets at Cliffe Castle.

If you are interested in joining a walking group but this class doesn't suit you please contact us and will put you on a waiting list for another course. All walking courses are free and social distancing rules apply.

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We're looking forward to running two special Christmas events and are excited that Santa will be bringing some magic to the railway this year.

The Elf Express

Our popular Santa Steam Specials will take on a different twist this year and become The Elf Express. This is a brand new Christmas adventure for the railway and tickets are selling fast, with many weekends already sold out. At the time of writing tickets are still available for 28-29 November and 21-23 December.

You'll travel in your own privately decorated compartment and enjoy a magical steam ride to Kringle Town Station to meet Santa and his friends. The train will pass through historic stations and an enchanting tunnel of lights before stopping at Keighley to give you time to join in with the festive fun



from the comfort and safety of your own compartment. There'll be singing, laughter, goodies galore and special family memories. Private compartments are priced from £80 for 4 people, please see our website for full details.

Mulled Wine Specials

Set a new Christmas tradition this year with a journey on one of our brand new specials running on Fridays 4th and 11th December. Slow down and take a moment to enjoy

a break from the hustle and bustle that December brings as you steam through the valley from Oxenhope to Keighley and back. You'll travel in your own private compartment and pass historic stations and a wonderful tunnel of lights along the way. We'll take a break at Keighley Station where you can enjoy festive music and will be served mulled wine and a mince pie in the comfort of your own private compartment. £45 per compartment for up to 4 people, £65 per compartment for up to 6 people.

The Old Parcels Office

In November we welcome back the team to the Old Parcels Office, Café Bar and Restaurant at Keighley Station. Bookings can be made online and we'll be running some special opening offers. Please visit the website for details.

2021 Family Events

We're excited to announce two very special family events for 2021. We'll be chasing the White Rabbit at Easter with our Alice in Wonderland event. And in June we welcome the dinosaurs back to the railway for the popular Jurassic Specials. Tickets for these two events go on-sale on Friday 27th November, and will make the perfect Christmas gift for a young Alice or dinosaur fan.

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BEHIND THE SCENES at the BRONTË PARSONAGE MUSEUM



Autumn is here and the watery sunlight filters through the remaining leaves on the trees. Haworth and the moors are evocative at this time of year, often bathed in an eery mist which adds to the atmospheric beauty of the Parsonage and cobbled Main Street. It is still an unsettling time for many, with restrictions in place and not knowing what is round the corner, but somehow the Parsonage offers hope and a message that 'this too will pass.' Whether this is because of all of that has taken place within its walls, or because the building and the collection will still be here after we have all gone, or because of all the millions of people who have walked its rooms since Museum opened in 1928, it's hard to say, but autumn in Haworth is a special time of year.

Over the summer, while we were physically closed to the public, we

launched The Brontë Lounge, a digital event space for readings, discussions and conversations about the Brontës. At one of these events, our guest, broadcaster Samira Ahmed, commented that lockdown had made her feel 'more like a Brontë': more reading, staying at home, carrying out more domestic activities, walking the local

area and exploring familiar surroundings with fresh eyes. I'm sure many of us have noticed how well-trodden local footpaths are or have decided to visit somewhere nearby that they have previously overlooked. Since we reopened in August, several visitors have told us they haven't visited the Museum since they came on a school trip or with a grandparent as a child. If that sounds like you, or you live nearby and have never visited, the quiet, atmospheric days of November and December are a perfect time to put that right. Just head to www.bronte.org.uk/visit-us to read all the information about the safety measures we have in place and how to book a ticket. And don't forget to bring the voucher opposite to claim a discount off in our shop – it's never too early to get organised for Christmas!

We look forward to seeing you soon.

Christmas shopping at the Brontë Parsonage Museum



Our Museum shop is bursting with gifts for the home and Brontë-related books, prints and cards.

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* Please bring this advert with you when you visit the shop. Discount applies to instore purchases made 1 November – 23 December 2020 and cannot be used in conjunction with any other offer.

A Brontë Sisters Christmas: Winter Foxes
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Getting the Cold Shoulder

by David Hanson

The shoulder joint is the most flexible joint in the human body and is formed by the union of the upper arm bone (humerus), the shoulder blade (scapula) and the collar bone (clavicle).

It is a ball-and-socket joint formed between the rounded head of the humerus and the cup-like depression at the outside aspect of the scapula called the glenoid fossa – thus giving this joint the anatomical name of the glenohumeral joint.



A further 24 muscles, including the four muscles that make up the rotator cuff, namely the supraspinatus, infraspinatus, subscapularis and the teres minor, a network of tendons and ligaments, nerves and blood vessels, friction-reducing bursae and a ring of cartilage that encircles the glenoid fossa called the labrum which deepens the joint and provides protection and stability make the shoulder joint an amazingly complex yet flexible and powerful joint.

Unsurprisingly, this intricately formed joint can be susceptible to injury. Falls, twists, heavy loading and age-related changes to the structures of the joint can lead to significant pain and loss of movement. One particular condition that affects the shoulder is known as adhesive capsulitis or 'frozen shoulder'.

Frozen shoulder is a little understood condition where the shoulder becomes painful and stiff for no particular reason. It is thought to be due to scar-like tissue forming in the shoulder capsule. The symptoms typically have three phases:

Phase one – the 'freezing', painful phase. This typically lasts 2 – 9 months. The first symptom is usually pain that is worse at night and when you lie on your affected side. Stiffness and limitation of movement then also gradually increase.

Phase two – the 'frozen', stiff phase. This typically lasts 4 – 12 months. Pain gradually eases but stiffness and limitation in movement

remain and can become worse.

Phase three – the 'thawing', recovery phase. This typically lasts up to one and three years. The pain and stiffness gradually go and movement returns to normal, or near normal.

Frozen shoulder affects around 3% of adults at some stage in their lives. It usually occurs between the ages of 50 and 65 and is more common in women. People with diabetes are slightly more likely to develop a frozen shoulder. For the affected person it is significantly disabling with tasks such as dressing, washing and everyday activities severely affected.

Physiotherapy can play an important part in limiting the severity and duration of the problem. Exercises aimed at improving movement and strength in the shoulder and pain-relieving techniques such as the use of heat and/or cold packs can be prescribed.



East Riddlesden Hall

Visitors will once again be able to visit East Riddlesden Hall this autumn. Starting from Saturday 14 November, the property will open on weekends only.

East Riddlesden Hall closed in March due to the coronavirus outbreak. Although some National Trust properties have already reopened, the size of East Riddlesden meant extra precautions had to be taken to ensure social distancing measures could be observed.

The house and gardens have many small entrances, so visitors are asked to wait patiently and observe social distancing. Inside the house, shop and café visitors will be asked to wear a mask and follow any one-way systems. Hand sanitiser will be available and toilet facilities will be cleaned more regularly.

Craig Best, West Yorkshire Operations Manager for the National Trust, said, "It was a really difficult decision not to reopen East Riddlesden Hall earlier as we know how important this property is to the local community."

"Safety has always been our priority, and we will be following government advice very closely and our opening hours may need to change. We'd always advise visitors to check our website and social media when planning their visits."

www.nationaltrust.org.uk/east-riddlesden-hall

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

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

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