



AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

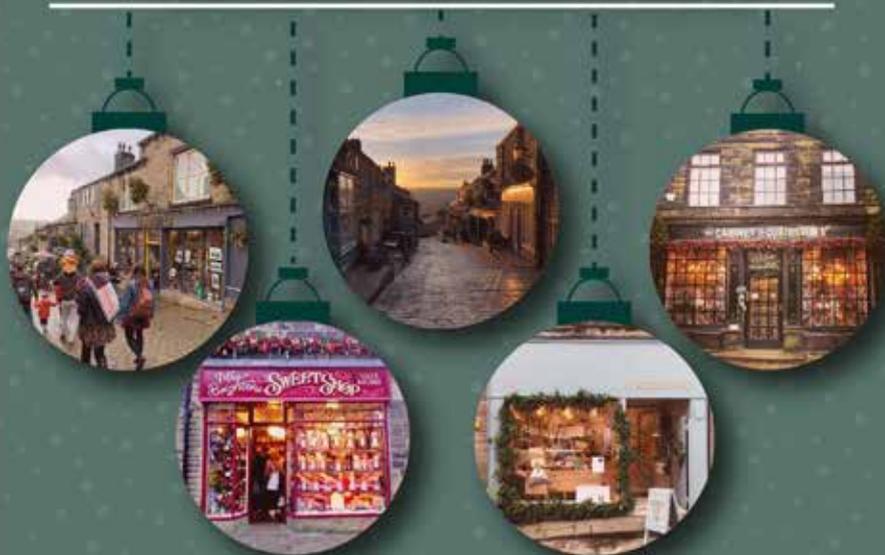
November 2020

DISTRIBUTED FREE TO HOUSEHOLDS AND BUSINESSES
IN FELL LANE, EXLEY HEAD, LAYCOCK, KEIGHLEY, UTLEY, LONG LEE,
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.



Smart security to protect your family and your business



- Burglar alarms
- CCTV
- Access control
- Smart systems
- Police monitoring
- COVID secure

Book your free quote today

01535 661197

www.keybury.co.uk



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



working alongside



We are local manufacturers and installers of 'A' rated energy efficient windows, doors, bi-folds, conservatories, flushed sash windows, solid conservatory roofs and the latest range of high security composite doors. We work alongside our sister company, Cobbydale Construction, to solve all your building requirements from interior home improvements to full extensions and new builds.

We will beat any genuine like for like quote by 10%

Call for a free quote: 01535 958183

www.bingleywindowsandglass.co.uk admin@bingleywindowsandglass.co.uk
Unit 3E Aireworth Mills, Aireworth Road, Keighley BD21 4DH (Off Marley Roundabout)

11+ Success
One to One Tuition

Qualified & Experienced Private Tutor

Skipton Girls', Ermysted's, North Halifax

Carol Richmond
07775 888307

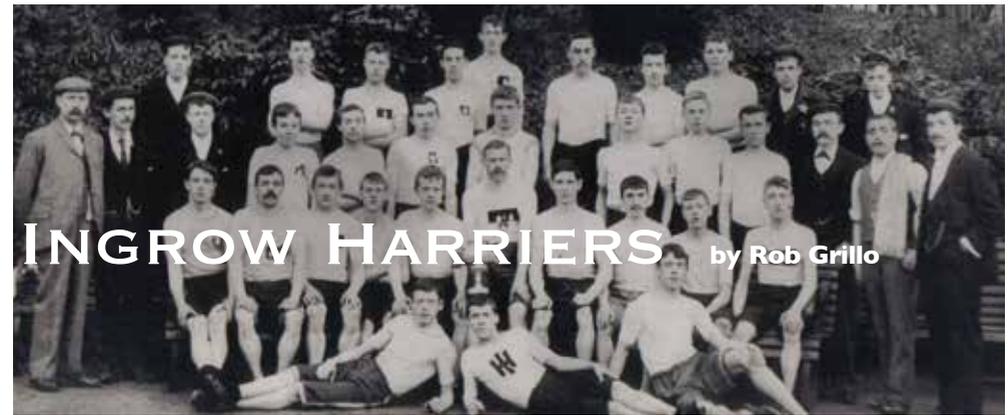
richmond208@btinternet.com
Enhanced DBS

amanda crawshaw

Acupuncture & Reflexology

W: amandacrawshaw.co.uk/home-keighley/
T: 07927 042200 E: info@amandacrawshaw.co.uk

Acupuncture & Complementary Healthcare Clinic
10-12 Russell Street, Keighley, BD 21 2JP



INGROW HARRIERS by Rob Grillo

Computer Repairs

Local Home or Office PC/Tablet Repairs
Friendly service with over 20 Years experience

- PCs •Laptops •Macs •Tablets •Mobiles
- TV/DVD/Audio •Broadband •Security
- Responsive Web Design & Hosting

Call Damian or visit cyberwink.co.uk
01535 654168 | 07946 596429

Weekly online Art Classes
(with Ruth, an artist & experienced tutor)

Paint, draw & enjoy practical projects.
Suitable for all levels.

Lessons in groups or one to one.
Spacious artist studio also available for real time tuition.

Contact Ruth by phone or WhatsApp on
07725 869 711 or email ruth@art-star.co.uk

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.

MB ROOFING

Local & Reliable, Over 10 Years Experience
Full Roof Replacements, Small Roof Repairs, Joinery, Soffits, Guttering, Sheds, Fencing & Much More
Warranty Available (Job Dependent)

Call Matthew Now & Get A Fast Free Quote
Tel: 01535 608986 Mob: 07808 158588

Bob Beattie
PVCU FENSA
Registered Company

from a single window to a complete house
REPLACEMENT WINDOWS & DOORS, FASCIAS, SOFFITS, GUTTERS

Tel: 01535 646761
Mob: 07973 846825

PVCU REPAIR SPECIALIST

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.

Golden Acorn Roofing

- Re-Roofs
- Roof Repairs
- Fascias & Soffits
- Guttering
- Leadwork
- Pointing
- Fibre Glass Roofing
- Velux

goldenacornroofing@gmail.com
www.goldenacornroofing.co.uk
Call Chris 07732022482.

Broomhill Roofing

Firestone Rubber Membrane Flat Roofing Systems
20 year Guarantee

New Slate & Tiled Roofs, Roof Repairs, Fascia's, Guttering & Velux Windows

Telephone to arrange a free no obligation survey & quote
Tel: 01535 628821 www.broomhillroofing.com

STURBRIDGE TYRES CO. UK **MOT £35**



We also do:
 Servicing & Repairs • New And Used Tyres
 Locking Wheel Nut Removal • Alloy Gators
01535 959421

Need an Electrician? **JS Electrical**

Jonathan Scott
07732174201



Oakworth

js.electrical@outlook.com

G&M SERVICES **No job too small**

FOR ALL ELECTRICAL SERVICES
 DOMESTIC & COMMERCIAL

SPECIALISTS IN CCTV SECURITY
 GUARANTEED FOR 3 YEARS

Grahame: **07887 790442**
 Mark: **07429 354247**

ET ELECTRICAL DOMESTIC & COMMERCIAL

City & Guilds NAPIT

- All electrical work undertaken
- Re-wires & sockets
- Showers & consumer units
- Inspection & testing
- Fault finding
- Alarms & CCTV
- Free quotes & expert advice
- All work fully guaranteed

10% discount mention Aire Valley Mag

07971 510 807 etelectrical@yahoo.co.uk

KEIGHLEY & SURROUNDING AREAS

Accountax

- Self Assessment returns
- Partnership returns
- VAT services
- Monthly Bookkeeping
- CT600 Returns

For an affordable accountant in your area

Call Laura on **07582 669144** or email **laura.alderson@accountax-kly.co.uk**

PROPER LOGS
 Kiln Dried Hardwood Logs

Large dumpy bags (Nets available)
 Delivery at your convenience
 www.properlogs.com

FREE DELIVERY 07468 431 978

Ask Andrina
 Office Solutions

Sage 50
 VAT Returns
 Cash Flow
 Bank Reconciliations
 Bookkeeping
 Credit Control
 Office Duties



Tel: **07876 345422** Silsden
 Email: **andrina@askandrina.co.uk**
 Web: **www.askandrina.co.uk**
 Twitter: **@askandrina**

Anchor Logs™
LOVE YOUR FIRE

KILN DRIED HARDWOOD LOGS | KINDLING
 LOG STORES | ORNAMENTAL BARK

Tel: 01756 748342
Mobile: 07977 011215 or 07801 595333
 Email: **hello@anchorlogs.co.uk**
 Web: **www.anchorlogs.co.uk** (order and pay online)

bsl woodsure READY TO BURN

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
 Eagle Mill, Dalton Lane
 Keighley, BD214HT

Andrea Jannetta
 Sales & Marketing Manager
01535 681111

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

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.

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
	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			9

	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



Open House estate agents

local agent internet prices

Here are just a few things you will get from Open House Keighley

- A personal one-to-one estate agency service from your local property expert
- Online exposure of your property through the biggest property websites including Rightmove, Zoopla, Prime Location and over 20 others
- For Sale board
- **3D Models and virtual tours available**
- Accompanied viewings & prompt feedback
- Regular updates once sale agreed
- Sell your home from just £895

Lettings! We offer Tenant Find & Fully Managed

It's not just our boards that are eyecatching

Open House
subject to contract
01535 289 123
www.OpenHouseKeighley.co.uk

Call now on : 01535 289 123
email: info@OpenHouseKeighley.co.uk

S.A.S LANDSCAPE & GARDENING SERVICES



Fencing, Flagging,
Decking, Turfing,
Grass & Hedge
Cutting, Weeding
& General Tidy-ups.

07766 564676

stevesmith31@tiscali.co.uk

WORTH VALLEY TREES

07775503195
worthvalleytrees@gmail.com
All aspects of tree work undertaken



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/>

pure
Residential letting specialists

Residential Letting Specialists
“Letting your House not Letting You Down!”
01535 980060

- Lettings
- Rent Collection
- Property Management
- Energy Performance Certificates
- Buy to Let & Investment Advice
- Landlord & Tenant Insurance

e: lee@purepropertylettings.co.uk e: marie@purepropertylettings.co.uk
www.purepropertylettings.co.uk

Steel's of Addingham
EST. SINCE 1940
STILL FAMILY OWNED & OPERATED.
TRAVEL SAFELY IN COMFORT AND STYLE WITH OUR MODERN FLEET OF COACHES.

12 up to 75 seat coaches available for private hire, corporate & group travel. Ideal for weddings, Airport, School Groups, Special Occasions.

2020 Tours

November Winter Warmer Weekend - Country & Coast Cracker
December Cumbrian Christmas

2021 Tours Out Soon...

Local en-route pickups within 20 miles of Addingham
TEL: (01943) 830206 / 830720
www.steelscoaches.co.uk info@steelscoaches.co.uk

**MORE STUFF THAN SPACE?
NO ROOM TO GROW?
LET WILL STORE™ HELP!**

Packaging Materials
We stock a wide range of materials you need to pack your items all at very competitive prices.

- Cardboard Boxes
- Bubble Wrap
- Sealing Tape
- Labels

Business Storage
Every business has variable storage needs and very few businesses have enough space available on site when they need it.

Security
We understand that the security of your belongings is of the highest importance. We take security extremely seriously.

Domestic Storage
Even if you are not moving house most households need additional storage space from time to time. We can help with short or long term storage solution packages to suit every size of house and budget.

BUSINESS & DOMESTIC SELF STORAGE & PACKAGING MATERIALS IN KEIGHLEY

Now undertaking small removals!
For further information visit www.will-store.co.uk
Call on 01535 691990 email info@will-store.co.uk



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.

Keighley Healthy Living
13 Scott Street, Keighley BD21 2JH



Don't lose those precious moments!
VHS to DVD Conversion



Photo slideshows
Audio tape to CD/MP3
DVD to MP4

Tel: 07944 023 597
email: jlorrimer@icloud.com

Adele's
Ironing
& Cleaning Services
£20 for 35 items
Telephone:
01535- 646653
Mobile : 07837 452604
Free Collection & Delivery

IS YOUR CAR WINTER READY?

Use CJ Motors in Keighley to service and MOT your car ready for the winter months.

CALL: 07807 836482 / 01535 680020

GET 10% OFF AT CJ MOTORS

Please use this advert for 10% off labour costs for car repair or service work until Feb 2021. One discount per customer.

CJMotors Dalton Mills, Dalton Lane, Keighley, BD21 4JH



Proud sponsor of Steeton AFC!

GAROLLA
ROLLER SHUTTER DOORS
THERMALLY INSULATED ELECTRIC GARAGE DOORS

Great For:
Space Saving
Kerb Appeal
Ease of Use
0800 468 1982

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

LIMITED OFFER - was £1354
NOW ONLY £895
INC. VAT & FULL FITTING
MADE TO MEASURE, CALL US TODAY

Acoustic & Thermal Insulation
Brush Sealed Rails
Pay on Completion
Two Remote Controls
18 Colours Available

Free Disposal of your Old Door!

Save £459

01274 456 025 **07537 149 128**
Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

Keighley & WORTH VALLEY Railway

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.

Please visit www.kwvr.co.uk, or call **01535 645214** for more information or to book tickets for our winter events.

To advertise call Karen or Liz on 01535 642227



BOLTON ABBEY

a BEAUTIFUL day out



Visits must now be pre-booked. Go to www.boltonabbey.com to book.





NICHOLSON
Plumbing,
Gas Central Heating
& Repairs




Call Rye Bailey
01535 523747 or
07392 616 290

A. R. CARLING Est. 1996
Plumbing & Heating Services
Haworth

With over 20 years experience

REPAIRS * SERVICING * INSTALLATIONS
Central heating specialist * Gas appliances
Unvented systems * Power flushing Landlords
gas safety certificates
All general plumbing & heating work

Tel: 01274 409789
07900 941760






SAN Free
Quotations
23 years exp.

Plumbing & Heating

- ✓ Boiler installations
- ✓ Bathrooms and tiling
- ✓ All plumbing work undertaken

07983 246571 

NEED A PLUMBER??
CALL SEAN MIDDLETON
For all your general plumbing needs



► Tiling ◀

- Bathroom Installations ◀
- Local reliable business ◀
- Friendly & Professional ◀

07854 591960
Middsplumb@hotmail.co.uk

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.

We're open Wednesday to Sunday 10am to 5pm. Why not come and see what's in store?

Use this voucher to claim 10% off your purchases*

* 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
© Amanda White

Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk



Open Wednesday–Sunday 10am–5pm, closed 24–27 December. Last admission 45 minutes before closing. Reg Charity: 529952 Reg Company: 73855

Brontë Parsonage
MUSEUM

NO 11 BISTRO-BAR_ROOMS 20% OFF VOUCHER



11-West Lane
Haworth
BD228DU

01535 642501

Open Wed-Sat
www.nollbistro.com
enquiries@nollbistro.com

OUR SPACIOUS SHOWROOM IS OPEN!

Call for a VIP Appointment to view in comfort and safety.



Bathroom & Fireplace Centre

Boilers • Fireplaces • Gas • Heating • Plumbing



- BOILER INSTALLATIONS
- BOILER REPAIRS
- CENTRAL HEATING INSTALLATIONS
- LANDLORD GAS SAFETY CHECKS
- GAS SERVICING
- RADIATORS INCLUDING CAST IRON & DESIGNER
- BATHROOMS
- FIRE & FIREPLACE INSTALLATIONS
- GENERAL PLUMBING WORK
- EMERGENCY CALL OUTS



Unit 4 Forward Mills, Goulbourne Street, Keighley BD21 1PG

Call us today for a fast quote or pop into our showroom 01535 663313

www.dsmlumbingandheating.co.uk

COMPUTER UNIVERSE

No fix, no fee + free diagnosis + advice!

PC / Apple / Laptop servicing and sales.

Fixed rate competitive pricing.

Fast friendly service by experienced, local experts.

Virus removal, upgrades, speed-ups, data recovery + more.

New and refurbished laptops from £200. Custom PC's tailored for you.

Game console, iPad, iPod, iPhone etc repairs.

VHS to DVD conversion, internet cafe + training.

19A Briggate, Silsden, BD20 9JS
www.thecomputeruniverse.co.uk

01535 958082
info@thecomputeruniverse.co.uk

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

Ref: 035

Local 24 Hour Locksmith

No Call Out Charge - 1 Hour Response

POLICE APPROVED ALL WORK GUARANTEED

UPVc Specialists • Burglary Repairs
All Locks Supplied & Fitted
Car Opening • Family Run Business



Call Craig on:
01535 628313
07868 786966

LOCKSMITHS
In House Securities Ltd

Peter Garrad

Quality Painter & Decorator

- Domestic & Commercial
- Free Estimates
- Competitive Rates

Find us on **Facebook**

Ring: Peter on **07710 297058**
or on: **01535 210 165**
petergarradpainteranddecorator@garrad.org



Digi-Man Aerials

Digital Aerials & Satellites

Fully Qualified Installer of

Freeview **freesat**

OAP DISCOUNT

ALL WORK GUARANTEED

LOCAL MAN

ALL satellite & aerial problems solved!

For a **FREE Quote & Advice**
Call **Digi-Man Aerials**

Mention this magazine & Get 10% Off

Friendly Professional service

Freephone: 0800 0377011
call now 01535 646141



Sudoku Solutions

7	1	9	6	4	2	8	3	5
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

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

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



WANTED: COMMUNITY MAGAZINE DELIVERIES

We are looking for committed hardy individuals (no matter the weather!) willing to make monthly deliveries in the Aire Valley. We do our best to find a round close to your home.

- ✓ Earn extra money
- ✓ Get fit
- ✓ Help the community
- ✓ From age 14+

To apply contact Liz:
Liz@worthvalleymag.co.uk
include your name, address, & contact details.

I.L.R Aerials

Digital Aerials & Freesat Systems Supplied and Fitted

freesat **Freeview**

For Prompt Reliable Service Guaranteed

07916 144709

R.P. DECORATING

All Aspects of Decorating
Interior & Exterior
Domestic & Commercial
City & Guilds Qualified
Over 20 Years Experience

FOR FREE PROFESSIONAL ADVICE AND QUOTATIONS CALL

T: 01535 642 864 M: 07989 560 206
MEMBER OF THE PAINTING & DECORATING ASSN.

KINGFISHER

Build & Design

New Builds, Extensions & Conversions
Property Maintenance & Repairs

Over 30yrs experience
NO JOB TOO BIG OR SMALL

Call for a FREE quote: **07504 093703**
01535 431508



Andy Beattie
PAINTER & DECORATOR
Quality Interior & Exterior work
Competitive Rates

Prompt & Efficient Service
01535 681292
m: 07817 132784

BUSINESS DIRECTORY Local Services

Accountancy/ Business Services

Accountax p6
Ask Andrina p6
**Acupuncture &
Reflexology**
Amanda Crawshaw p4
Aerials/Audio/TV
Digi Man p20
ILR p21

Attractions/Community/ Courses/Events

Botlon Abbey p15
Bronte Parsonage p16/17
Christmas in Haworth p2
KHL p12
KWVR p14

Bistro, Cafe, Restaurants

No 11 Bistro p17
Building Services/Repairs
Broomhill Roofing p4
Kingfisher Build & Design p21
MB Roofing p4
Golden Acorn Roofing p4
Yorkshire Loft Ladders p23

Care/Cleaning / Domestic

Adele's Ironing p12

Cars

CJ Motors p13
Stockbridge Tyres p6
Computer/Web Related
Computer Repairs p4
Computer Universe p18
DVD Conversion p12

Electrician

ET Electrical p6
G & M p6
JS Electrical p6

Fire & Security

G & M p6
Keybury p3
Fuel /Heating
Anchor Logs p6
Nicholson Heating p15
Proper Logs p6
Garage Doors
Garolla p13
Gardening/Trees
SAS Landscape & Gardening p10
Worth Valley Trees p10

Holidays

Steels p11

Kitchens

Queensbury Kitchens p24

Locksmiths

In House Securities p20
Loft Conversions
Yorkshire Loft Ladders p23
Painting & Decorating
Andy Beattie p21
Peter Garrad p20
RP Decorating p21
Plumbing
AR Carling p15
DSM p18
Nicholson Heating p15
SAN Plumbing & Heating p15
Sean Middleton p15

Property Related

Open House p9
Pure p11
Retail
DSM Bathroom & Fireplace Centre p18
Office Furniture Outlet p7

Queensbury Kitchens, Bedrooms & Bathrooms p24

Roofing
Broomhill Roofing p4
Golden Acorn p4
MB Roofing p4

Storage
Will Store p11

Tuition
11+ Success p4
Art Classes p4

Wills
In Home Wills p24

Windows
Bingley Windows p3
Bob Beattie p4

Would you like to advertise your products or services in this magazine? Contact Jo or Liz: 01535 642227 mail@worthvalleymag.co.uk



Here's a great way to make more storage space...

Install a loft ladder and make more use of your loft!

Loft ladder, Light & Switch plus 50 sqft of flooring from as little as £277 +VAT which includes FREE fitting in less than a day.

Our customers choose us to fit their loft ladders, because we offer:

- A FREE home visit
- Fully guaranteed
- A FREE written quotation
- A large selection of ladders

Call now! Freephone 0800 612 8359
www.yorkshireloftladders.co.uk



YORKSHIRE
LOFT LADDERS

Yorkshire Loft Ladders, Quality You Can Trust

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers 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 overriding 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!

So, if you want to make use of your loft space, however big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft.





In Home Wills

Will writing specialists
Will writers and estate planners



Don't delay make your Will today in the comfort of your own home starting from as little as £99.95

- Covid-19 safe: Instructions can be taken by video call or safe distanced home visits
- **FREE Safe Hands Funeral Plan with every consultation**



SPECIAL OFFER
Lasting Powers of Attorney
£295.95 or 2 for £499.95

Receive a FREE WILL with every Lasting Power of Attorney

For more information call Peter on 0845 056 9049 Locally based.
email: info@inhomewills.co.uk • www.inhomewills.co.uk
(appointments made at your convenience including Evenings and Weekends).

In Home Wills is a member of The Society of Will Writers and Estate Planning Practitioners. Specialists in all types of Wills, Trusts & Probate.



Complimentary design consultation

QUALITY KITCHENS, BEDROOMS AND BATHROOMS

We will beat any genuine quote



Fully fitted or supply only

Queensbury Kitchens
Trading since 1992

18A Black Dyke Mills, Brighouse Rd, Queensbury, BD13 1QA • 01274 882349 • info@queensburykitchens.com