

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2020



**KEEP
CALM
AND
STAY
HOME**



Photograph by John Sargent

Haworth shopkeepers and residents (pictured left) put on a brave face despite having to consider unprecedented uncertainty over their very livelihoods. This photo was taken prior to when strict social distancing measures were put in place. By the time you read this we will all understand more clearly the importance of staying at home and self isolating.

For over thirteen years the Worth Valley Mag has been distributed by individuals in the community, however, this edition is brought to you via the Royal Mail, our fifth emergency service and with the support of our District Council ward team and Keighley Town Council. When it is safe to do so we will resume with our community deliverers.

In the mean time we will place more emphasis on bringing you updates via social media and by expanding our services to include community podcasts and multi-channel communications.

Please, please, please, support our lovely local businesses by using their services. Many are having to pivot and be creative about how to deliver their wares remotely. Some traders are classed as key workers.

Most importantly we wish you well and urge you *not* to take any undo risks with your health and safety. Be kind to yourself and others...look after yourself, your family and your neighbours.

We would love to share heartwarming positive news as the community continues to feel the burden of this crisis. Remember that every storm runs out of rain. We are looking for the silver lining, the rainbow in the distance, (to exhaust the metaphor) and we hope you will keep in touch.

Please like, share, and contact us via Facebook, email, telephone: **Worth & Aire Valley Magazines** mail@worthvalleymag.co.uk 01535 642227



Be well! Liz

Editor Liz Barker

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With the nation facing unprecedented conditions as the fight against Coronavirus is stepped up, there has never been a better time to spend time in our gardens. Gardening is naturally a self-isolating hobby and gives the embattled public some much needed outdoor time.

Not only that but it can play a vital role in feeding our families. Even the most non green-fingered or most reluctant gardener can grow something to eat. Salad leaves, courgettes, tomatoes and potatoes are all perfect for beginners.

The extra time off work for many provides a golden opportunity to move your veg plot or allotment forward. As luck would have it, the next two months are the busiest of the year! The majority of veg and flower seeds are sown in April and early May.

How nice it is to sow seeds which in many ways symbolise new hope at a difficult time such as this. It is uplifting, providing a feel good factor, just when we need it the most. If the soil is dry and warm enough, plant out early, second early and maincrop potato varieties, as soon as possible now. Aim for a gap of around two weeks between them. Afterwards, keep an eye out for any young shoots after planting and protect them from any frost. This can be done by earthing up the plants with soil or by using horticultural frost protection fleece.

By now your greenhouse should be a hive of activity. The staging should be positively bulging with trays of young vegetable plants! The idea is to grow them on under glass. They can then be hardened off and planted outdoors during mid-late May. Do keep an eye on greenhouse ventilation. It can get surprisingly hot reaching 30C even at this time of year and this is especially harmful for young seedlings.

Herbs are great for the windowsill or containers. There is nothing to beat the flavour of fresh basil along with sun-ripened home-grown tomatoes. Or how about fresh mint with the Sunday roast.

Basil seeds can be sown now and grown on in an unheated frost-free greenhouse. Mint is a real bully and it will take over open ground or a mixed container. The best way to grow mint is to plant it in a container on its own raised up from the ground to stop the roots escaping.

Finally why not grow a few flowers on your allotment or veg plot. They will attract insects and pollinators and that is good news for edible crops too.



Lee Senior is an experienced horticulturist. He is a former green spaces and allotments manager. Lee is also an RHS Regional judge and garden adviser. allotmentsandgreenspaces.wordpress.com

or email: allotmentsguru@gmail.com
Outside of gardening, Lee has written two successful walking books 'Pennine Way, The Highs and Lows' www.facebook.com/penninewaybook/ and 'Walking in the Aire' www.facebook.com/walkingintheaire/



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Sharing is caring



Well it has been a whirlwind since the Worth Valley Food Bank opened its doors at the beginning of February. We had no idea what to expect, how local people would react to being asked for donations, how we would manage to staff it or even whether any one would turn up to use it. Two things stand out. Firstly the ongoing generosity of local people, businesses and institutes has been huge, and we would like to take this opportunity to say a heartfelt thank you to every single person who has supported us in so many ways. Secondly, a big thanks to the hard working bunch of volunteers who have such a variety of talents and skills.

We gave out 44 food parcels in our first month and anticipate this only increasing as time goes on.

With the ongoing Covid-19 crisis, we are facing unprecedented times. We are making contingency plans and very much hope to be able to stay open, regardless of the challenges ahead.

Worth Valley Food Bank will be open every Tuesday 2-3pm.

(This is correct at the time of going to press but things are developing and changing every day.)

If you have food to donate, then please bring it to a drop off point at the foyer of West Lane Baptist Church, Haworth or bring it to the church office by the side door, down Redman Garth, also Haworth Spar, Oxenhope Coop or Haworth Medical Centre.

For more information please contact:
Chris Upton **07976 287117**,
Minister of West Lane Baptist Church, Haworth.



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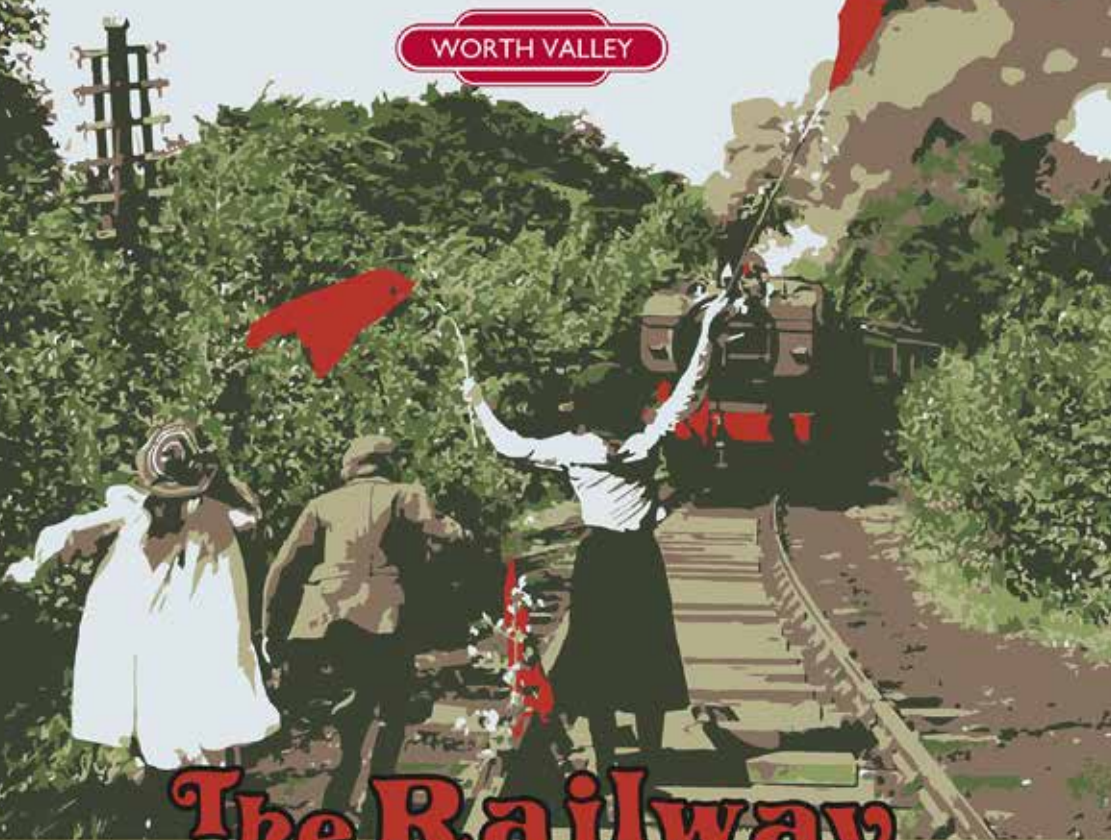
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Say you saw it in the Worth Valley Mag!



The Railway Children

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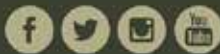
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Smiling Through

Own up. You are reading this inside the igloo you have built in your living room. Now we know what happened to all the toilet rolls from Spar.

Strange what makes people panic buy. It would be more sensible to stock up on cough mixture. The ingredients in the stronger concoctions will give you the sort of sensations you got in the pub, if you are missing it.

Not that I am recommending irresponsible behaviour and substance abuse. No, what we need to do in these scary times is look for the silver lining while keeping our peckers up, packing up our troubles and watching for bluebirds flying over the white cliffs of Dover - but not bats, if it's true that they were the source of our current predicament. As usual in a crisis, my brain has gone off piste into the realms of the inconsequential.

The toilet paper thing - bathroom tissue if you live in a posh farmhouse or upmarket barn conversion - has triggered a severe bout of nostalgia.

I am remembering childhood holidays, staying with my grandparents. Nobody on their street had a bathroom or inside lavatory. At Christmas, when tangerines came wrapped in soft tissue paper, my grandfather would sit in his armchair with an enormous darning needle threading these sheets on to a piece of string. The result, looking much like a Hawaiian garland, was hung on a nail hammered into the

whitewashed wall down the yard. An elegant and luxurious change from rectangles of the Liverpool Echo. Back home in West Yorkshire - where our semi boasted a yellow bathroom with separate loo - my father insisted on Izal. Remember that? Hard, shiny stuff with a strong smell of hospital



disinfectant. But when you wrapped it around a comb and blew you could play tunes. Although I never reached a standard high enough to get me into the Royal College of Music I did a

passable rendition of Z-Cars theme. Only an extreme sports fanatic or someone training to be a Jesuit would chose Izal now. Speaking of religion,



Izal has a biblical ring to it, like the name of an Old Testament prophet. Maybe, as an act of piety, to while away the long evenings, I will get loads of Izal and erect a scale model of York Minster that will eclipse your igloo. But that would mean

stockpiling and sacrifices must be made. I will buy sufficient for us to take inspiraion from the Italians, open our windows and let the world hear the sound of the Worth Valley Comb and Paper Concerteers. If you can't remember Z-Cars, we'll do Land of Hope and Glory. *Beth Cunningham*

Inside that igloo you can watch YouTube videos about playing a comb instrument and old episodes of Z-Cars:

<https://youtu.be/CkGwVO6KuMI>
<https://youtu.be/rWflrCrwUSw>

Say you saw it in the Worth Valley Mag!

Sudoku Puzzles

	9							
	7	3			2			4
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Where in the Worth Valley? COMPETITION

Where is the **red x** located in the photo to the right?

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

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



Last month the correct answer was Coden Hair and Beauty Technicians in Cross Roads and the winner is Lynne Coates from Flappit Springs

Creative isolation

(Creative ways to support mental health during these unique and uncertain times.)

Get out your old records and take a trip down memory lane. Dance in your living room. Clean out the junk drawer. Play that instrument that's been gathering dust. Go for a walk in your neighbourhood. Learn a new skill. Discover podcasts. Create a playlist. Rock those gel pens and doodle 'til your hearts content. Get digging in the garden. Start writing. Take an online class. Read a book. Binge watch Last Tango In Halifax. Light a few candles. Take a long bath with a few drops of lavender oil. FaceTime



or Skype your friends & family. Do a jigsaw puzzle. Play sudoku. Take up chess. Learn the best fly fishing knots. Tackle that sewing project. Polish your shoes. Learn to knit. Check out a mindfulness App. Clean the fridge. Batch cook & stock the freezer. Master video conferencing. Learn a second language. Figure out how to optimise your smartphone. Slow down. Breathe.

Write a poem. Check on your neighbours. Start a family games night. Sing. Turn your garage into a workshop or play space. Clean the car. Sort out old photos. Defrag your computer. Give your closet the Marie Kondo treatment. Sit in the garden. Write a song. Start a gratitude journal. Bake bread. Practice mindfulness. Listen to an audiobook. Sleep in. Have breakfast in bed. Host a virtual dinner party. Stock up on toilet tissue. (Only kidding. Shop responsibly!)

Bradford Council is teaming up with the NHS, Public Health England and the voluntary sector to find the best way to provide support to our communities affected by Covid-19.

Firstly, your health & wellbeing is important to us. If you or someone you live with has a particular need, you can leave your details through this number, which will be passed on to the relevant service to support you or answer your query.

01274 431 000

People wanting to volunteer to help during the Covid-19 response should call Bradford Council on the number above and leave their name and contact details.

COVID-19

Everyone must stay at home to help stop the spread of coronavirus.

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- ✳️ **to shop for basic essentials – only when you really need to**
- ✳️ **to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with**
- ✳️ **for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person**
- ✳️ **to travel to and from work – but only where this is absolutely necessary**

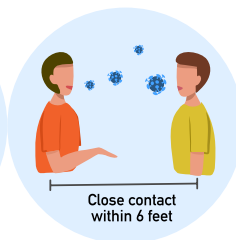
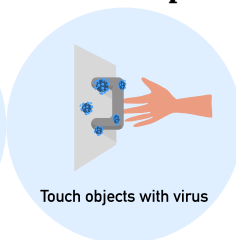
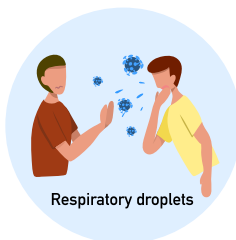


How to avoid catching or spreading Covid-19

The advice from the NHS is to protect yourselves and reduce any risks by practicing good hand hygiene.

- ✳️ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✳️ put used tissues in the bin straight away
- ✳️ wash your hands with soap and water often for 20 seconds
- ✳️ try to avoid close contact with people who are unwell
- ✳️ avoid touching your eyes, nose and mouth if your hands are not clean

How COVID-19 spreads



Use the NHS 111 online Covid-19 service at: 111.nhs.uk/covid-19/

Only call 111 if you cannot get help online. Use the NHS 111 online service if:

- ✳️ you feel you cannot cope with your symptoms at home
- ✳️ your condition gets worse
- ✳️ your symptoms do not get better after 7 days

Please remember if you are helping others out, to take care of yourself first and always follow the latest advice on social distancing and self-isolation; don't break your isolation period early.

When in contact with others follow social distancing advice and keep a safe distance from others (this is approximately 2 metres or 6 feet apart).

Wash your hands. (We know you are tired of hearing this but it is essential!)

Be sure to wash your hands thoroughly for at least 20 seconds before and after contact with your neighbours and follow the NHS 'catch it, kill it, bin it' advice when coughing or sneezing. Avoid close contact. Don't get into personal care or going into people's houses – be assured that other agencies are looking into this.



Ask for help. If you are helping others, be aware of your own wellbeing and ask for help and support if you need it. Contact 01274 431 000.

Keeping safe at home

Keep in touch. Maintain contact with friends and family by phone or online, and maintain activities that you're able to do such as reading, exercise, walking the dog, etc.

Don't display information. We don't advise that people display signs in your home / windows to tell others you're self-isolating – this could make some people more vulnerable to being exploited. Report concerns. Keep an eye out for suspicious activity or visitors to your neighbours, particularly those who may be more vulnerable, and report this to the Police if you feel concerned.



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Now what?

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. And the people began to think differently. And the people healed. And in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

-Kitty O'Meara

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 Think of others, consider your actions & be kind People in every community will face the challenges of Covid-19 in some way - from needing basic provisions to help while they are unwell.	 Connect and reach out to your neighbours As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.	 Make the most of local online groups Keep up to date, share information and be a positive part of your local community conversations.	 Support vulnerable or isolated people Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.	 Share accurate information and advice Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.
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