

KICK START YOUR HEART: FEBRUARY IS RED HEART MONTH



The British Heart Foundation's vision is of a world where people do not die prematurely of heart disease. But they need our help. Visit their website to

see what they are up to: www.bhf.or.uk and sign up for an event that will promote a healthy heart. The website is full of useful information and inspiring stories to help you look after your own heart health and support their life-saving work. Together we/you can save the life you love, one click at a time. Here's a few ideas from BHF to jump start your program:

Jump Rope For Heart is an educational fundraising programme for parents and educators designed to help children skip their way to health. This popular programme is recognised as a healthy, fun and challenging aerobic activity that gets children active, while raising money for schools or youth groups and helping fund the fight against heart disease.

Runs and Jogs You can run for BHF at any running event including all the major national and international marathons, half marathons, 10K runs and triathlons. Whether you're looking for a Charity Place or already have your own place, they'd love you to join their team and become a Heart Runner.

Swims Last year 2,500 intrepid swimmers braved the English coastal waters by taking

part in one of the sea-swims. You can join in with this summer's sea-swims - from bay swims in Weymouth and Brighton to a new event, the Big Splash, there's something for everyone. Get to Keighley or Shipley swimming baths and start training for an event to be held this summer.

Cycling BHF has a wide range of bike rides all over the UK, from the legendary London to Brighton Bike Ride to 100 mile mountain bike rides and local family bike rides. Why not get on a bike right now and pedal around your village hills.

BHF relies on your generous donations to fund their vital work, and they want to spend as much of this as possible directly on research.

BHF will be celebrating their 50th birthday this year. Do what you can to help them and, first of all, take care of your own heart!



To advertise call us on 01535 642227

Kindling Direct

Clean, dry, quality firewood bagged and delivered

Affordable, fast reliable service for homes and shops.

Far Laithe Farm,
Laycock

01535 661993



We design and print;

- Brochures
- Business Cards
- Stationery
- Logo design
- Press adverts
- Flyers
- Posters
- Signs
- A boards
- Banners
- Van/car graphics
- Restaurant menus

Call on
0786 6019352
for a FREE
quote today!

mdb Design

Love where you live,
contribute to community life,
support local trade



WORTH & AIRE VALLEY MAGS
COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

Say you saw it in the Worth Valley Mag!

Looking for a friendly, prompt and reliable coal-man?

F.B. Guest Ltd. Keighley
Est. 1953

Quality solid fuels, logs, peat and bottle gas all at low prices, 4x4 and next day deliveries available

Call Gordon on 07768/201965 or visit our cash 'n' carry at: Dalton Lane Keighley
10% off first order to new customers when you mention this advert!

More info at www.fbguest.co.uk

Mike Smith
Landscapes
EST. OVER 20 YEARS

For all Fence Work • Decking • Paths
Patios and General Landscaping

free quotes and advice

01535 600129
07710 215 061

www.mslandscapes.com



Peter Corcoran Gardening Services

GENERAL GARDEN MAINTENANCE
Organic Gardening a Speciality

I undertake: Pruning • Trimming Hedges • Clearing
Lawn Maintenance • Vegetable Gardening • Planting
Weeding • Edging..etc Regular or 'One-Off' Jobs Welcome

For Enquiries Please Telephone:
01535 647036 or 07780 643690

Earn Extra Weekly Cash!

DELIVERING & COLLECTING CATALOGUES

£70 -
£100
Per week
Part-Time

Call us NOW & get STARTED
RIGHT AWAY! 01535 649281

07756 560765

We have Vacancies to Suit You

www.betterware.co.uk

Betterware

Inspiration for a BETTER home!