

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2012



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Hasn't it been a mild winter so far? I guess we should count our blessings and enjoy it while it lasts!

Looking on the bright side of life is a helpful way of getting through the challenges that come our way. But sometimes, we need a bit of support. Following on from last month we are continuing with the subject of mental health. Tony Gill, mental health nurse and lecturer, points out the signs of depression in this month's edition (p18). It is astounding the number of people who suffer from depression and remain unaware. The good news is that help is at hand. If you recognise the symptoms, don't hesitate to contact a qualified mental health practitioner or get in touch with your GP.

Of course February is a month when we think of and show our affection to others. Valentines is traditionally for expressing romantic love but more recently, and with the help of the likes of Hallmark, it has been opened up to extend to all manner of loved ones. I have a friend who buys a card for her dog! Who am I to judge?

Whatever February brings, I hope there will be an element of joy, love and laughter in your life this month.



Liz Barker

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Valentine's Day

The history of Valentine's Day is unclear. Some historians believe that Valentine's Day is celebrated in mid February to mark the anniversary of St. Valentine's death or burial. Others believe that Valentine's Day celebrations were started by the Catholic Church as a way to Christianize the pagan Lupercalia Festival, a fertility festival intended to mark the official start of spring with ritual cleansings.

Whatever the history, each February 14 has become a highly commercialized holiday in the West and beyond that's intended to celebrate love and relationships. An estimated 1 billion St Valentine's Day cards will be sent worldwide this year, making it the second most card-heavy celebration after Christmas.

"Valentine's Day is when a lot of married women are reminded what a poor shot Cupid really is." ~Unknown

"I wanted to make it really special on Valentine's Day, so I tied my boyfriend up. And for three solid hours I watched whatever I wanted on TV." ~Tracy Smith

"If love is blind, why is lingerie so popular?" ~Unknown

"One should always be in love. That is the reason one should never marry." ~Oscar Wilde

"Gravitation can not be held responsible for people falling in love." ~Albert Einstein

"Today is Valentine's Day. Or, as men like to call it, Extortion day." ~Jay Leno

"Never go to bed mad -- stay up and fight." ~Phyllis Diller

"The Eskimos have 52 words for snow because it is so special to them; there ought to be as many for love." ~Margaret Atwood

"Love is like playing the piano. First you must learn to play by the rules, then you must forget the rules and play from your heart." ~Unknown

"If love is the answer, could you rephrase the question?" ~Lily Tomlin

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day. 'Yes,' came the answer from Tony who was a bit of a chauvinist, 'I've bought her a belt and a bag.' 'That was very kind of you,' Jim added, 'I hope she appreciated the thought.' Tony smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better now.'



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The earth sleeps beneath a blanket of white, the fields appearing to have been scattered with a million glittering diamonds - a jewelled gown of frost that sparkles in the winter sunshine. The first tentative buds lay in a state of stasis waiting for the temperature to rise, and I can hear a robin singing outside in my little garden - an appreciation for the food we put out for the birds this morning perhaps.

There is magic in every season; each evoking its own feeling of nostalgia, its own sense of tradition and expectation. When it comes to winter food however, I find that I am rather torn. I seem to swing between the part of me that happily embraces frosty winter mornings, the crisp cold air punctured by bright winter sunlight carrying the promise the coming spring; conditions which invigorate and inspire winter walks and thoughts perhaps of a healthier lifestyle in order to enjoy the seasons that will follow; and the part of me that responds equally to cosy, candlelit evenings and anticipates with relish, hearty breakfasts and comforting suppers.

I believe that February brings the desire to follow a compromise between the two. Most of us will have overindulged throughout the festive season and may have subsequently made an attempt at

weaning ourselves away from the over rich throughout January; doing without tasty winter treats entirely however is probably asking too much. Healthy homemade soups with deep earthy flavours, big bowls of risotto, silken and soothing, homemade pies with rich deep fillings, hearty stews and of course the Sunday roast which seems to be disappearing with the fast pace of modern life. When I was a child the Sunday roast was sacred. We would all sit around the table, my father would carve the meat and there was always a wonderful dessert to follow (my favourite part of course).The fact that there are so many different elements to the Sunday roast, meat deliciously cooked and sticky at the edges, various stuffing's and sauces, vegetables that have been roasted, creamed or simply steamed, and the thrill supplied by the pudding, have established it in the memories of most through childhood into adulthood. I love having the family round for lunch or dinner when possible, knowing that as we gather around the table memories will be formed to be reminisced upon and recounted as we all go about our busy lives. Coming together around the table to share a meal is also the perfect time to catch up with the week's news and share exciting plans for the future. Wintertime lends itself perfectly to the planning and preparation of a snugly or sumptuous delectation, be it the Sunday roast or a simple supper shared with a friend. Make time to eat healthily but well and bring your own special warmth into wintertime.

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We will have enough space to stock a more extensive range of:

- Pet Foods and Accessories
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- Stable / Yard Supplies
- Tack
- Horse and Rider Clothing
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Our new address will be
The Old Chapel
Halifax Road Crossroads Keighley BD22 9BG
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This is located on the road side in front of Nelsons Transport Haulage Company.
Leaving our present shop, go to Crossroads roundabout, turn left on Halifax Road towards Keighley. We are on the left just after the post office and sandwich shop, before Bocking Garage.

I am sure you will find our new store much more convenient with easy parking.

I can't wait for you to see our extensive range of new products and we have some exciting instore events planned over the coming months.

If anyone without transport finds our new venue difficult to visit, please give us a call and we will do our best to help.

I would like to thank you for your valued custom over the past 3 years which has enabled this business to grow and I can assure you of our continued commitment to quality, value and customer care.

My very best regards, *Trisha Hall* 



Heaton Children's Services is an OFSTED registered (rated Good with outstanding features) that offers a spacious, safe and stimulating environment for your child at an affordable price.

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- Our three to five nursery provision is offered in the Children's Centre and integrated within our Primary School providing your child with a valuable educational experience and preparing them for their future educational life journey.

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We believe that your child will gain confidence through exploration, play and learning at Heaton Children's Centre and we invite you to come and take a look around to see for yourself.



@CharlotteBronte:
I'm just going to
write because I
cannot help it.

The idea for
Haworth Couldn't
Wear Less Calendars
was born on 31
January 2011.
Almost a year later
@HaworthCalendar

posted their 4000th Tweet on Twitter. That's one Tweet for every calendar printed.

We may not have sold all the calendars but so far we have raised more than £4,000 (after printing costs) That is £2,000 each for BronteSpirit and the Parish Church Restoration Fund, We had hoped to raise a lot more than that but money was never the only objective. So much has come out of this "Unity in the Community" project. The relationship between the West Lane Baptist and the Parish Church has strengthened and people have been inspired to do other things - for example

look out for the forthcoming beer festival (Via the Whoyano business networking group!)

Through Twitter we have gained support from the likes of Alistair Campbell, Christa Ackroyd and the Bishop of Bradford, Nick Baines. We have followers from all over the world who love Haworth and the Brontes.

One very important and valuable link is with Stella Vine, an artist from London. She saw the Calendar banner, bought the calendars and liked them and the cause so much she decided to paint 'Anne, Charlotte and Emily, (left). This is a limited edition portrait and all proceeds will be donated to the Church Restoration Fund.

Stella is famous for her portraits of Kate Moss and Princess Diana which sell for up to £20,000. So at £150 ours is a bargain and could be worth so much more in the future. All this because @HaworthCalendar met @StellaVine (Keep Tweeting!)

Sarah Granby. HCWL

BronteSpirit.com
www.haworthchurch.co.uk/
stellavine.bigcartel.com
www.HaworthCalendar.co.uk

THE 3 ACRES



Emma, Jayne and Mark Hudson



Friends, family, and invited guests enjoy Taster Evening



Whether you're looking for an honest pub meal, a quiet drink with friends, or an attractive venue to host a special occasion, The 3 Acres pub, located on Bingley Road, Lees Moor, is building a reputation as a local destination with appeal.

With new management in place since the end of December, the stops are being pulled out to provide services in keeping with the community needs. Oakworth residents Mark & Jayne Hudson have come to the pub with a mixture of practical skills, project management and administrative experience. Having an established network of family and friends, this husband and wife team bring a wealth of local knowledge as well as an understanding of what local people are looking for in a place like 3 Acres. **"We intend to make the most of this place. And we will continue to listen to our customers and respond to what they want."** explained Mark.

That is precisely what they did last month when the Hudsons hosted a Taster Evening, giving regular customers and

invited guests samples of the dishes from their new menu. The idea was to gain feedback and gauge customer response. The evening was a success and Jayne and Mark's daughter, Emma, helped organise it. Emma is studying hospitality and business management at Sheffield Hallam University and will be joining them when she completes her qualification later this year. To nicely round off this family venture, son, Tom, is gaining experience as a chef and hopes to get involved in the business sometime in the future.

All in all, 3Acres is a family affair. The welcoming atmosphere and home style menu, including a weekly carvery, delivers satisfaction. What's more, the generous proportions of the converted barn make 3Acres an ideal location for weddings, birthday celebrations, anniversaries, or funeral teas.

Contact Mark or Jayne to book a table or discuss your event requirements. The 3Acres Pub. Quarry House, Bingley Road, Lees Moor, KEIGHLEY, BD21 5QE Telephone: **01535 644895**

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2012 marks the 10th anniversary of Memchip Ltd. Nigel Reynolds, its founder, is celebrating the occasion. It was January 2002 when Nigel took the plunge and entered the computer industry after working for Pace in Saltaire as a machine operator. Keighley Business Enterprise was instrumental in getting Nigel set up, offering useful training and practical help with the nuts and bolts of starting a business. "Back then there weren't many of us; I was one of the first in the area to provide one to one consultancy of this kind," explained Nigel. Now there is a lot of competition. But Nigel sets himself apart by continuing to offer a high level of personal service and a flexible approach to suit individual customer needs. All in all, Nigel has 25 years experience working with computers; he can recommend software packages, build bespoke hardware solutions and configure suitable networks. Clients vary from individuals with simple personal computer needs, to schools with specific requirements, businesses with multi users and more complex networks, and all sorts in between.

Mr Neale of Steeton who has been a customer for 9 years, was keen to point out the benefits of using Memchip. "I have nothing but praise for Nigel. He has provided a first class service year after year. I use his Gold Service for which I pay a flat monthly fee.

(It includes unlimited call out, email

support, telephone support and even remote desktop support when possible.) "I can phone him on an evening too, which is very useful."

Business clients, John and Catherine Chapman have also benefited from Nigel's experience and advice. "Nigel showed us the importance of backing up, including two external sources, to ensure our systems were secure," said John. "This gave us the confidence to embrace



mobile technology and other IT related services that help us integrate a mobile office for our service based business." Additionally, John added, "We have benefited from Nigel's ability to listen and come up with solutions on both the software and hardware side. He

also has an excellent network of contacts with other businesses which has proved helpful."

With the praise pouring in along with "good wishes" and "congratulations" clients are pleased to recognise the achievements of Memchip. The fact that Nigel is still working with many of the same clients since the start of the business speaks volumes about his service.

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6 out of 10 people in the UK do not have a will. 1,300 people die every day in Britain without having sorted out their affairs.

It is just one of those things that people tend to put off. "I'm still young." "I don't have much to put in a will." "My spouse will sort everything." "I'll wait until I buy a house." "I'm in good health, I have plenty of time to do it." "I can't face it now." "It is an expense I can do without."

The excuses come thick and fast. But having a Will in place is the only way you can guarantee that your wishes are carried out after your death. Making a Will lets your loved ones know that you care enough to "sort things out" in advance. Without a Will, it's possible for any relatives, in-laws and even ex-spouses to make a claim on your estate.

You'll be pleased to know, making a Will doesn't have to be a daunting experience, nor does it have to cost the earth. With the right kind of help and advice, you can put things in order in a matter of a phone call and a few meetings in the comfort of your own home.

A vital first step is to get advice from a qualified professional. It is essential to seek a will writer or solicitor who is a member of a professional body, carries indemnity insurance and embraces continuing professional development.

Fiona Best of Goodwills Professional not only meets this criteria, but exceeds it. With a legal practice commendation from College of Law in York, and over ten years experience working in Yorkshire, Fiona has

literally written thousands of Wills and is an expert on all the nuances and relevant details that come with the territory.

Mother of two young children, wife, daughter and business founder, Fiona started Goodwills Professionals in 2000 whilst juggling family commitments and completing a Law degree LLB(Hons) through Bradford University; she has established the business with integrity and a firm commitment to provide thorough service and expert advice.

An extensive range of services, all of which will help put legal parameters around your wishes, can be secured and suitably written in both simple and more complex arrangements, depending on your personal circumstances. Wills can be arranged for individuals or couples and can be put into place quickly and efficiently. Other services that Goodwills provide include:

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Where in the Worth Valley? COMPETITION

Can you identify the building or landmark indicated by the red cross in this photograph?

This month's prize is generously donated by The Keighley & Worth Valley Railway Day Rover Pass

Email your answer to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Feb 20, 2012



Last month's winner was Charles Driver from Oakworth

The correct answer was Marsh Top Nurseries Google Earth ©

Society of Will Writers.

Guaranteed Funeral Services- Funeral arrangements and their associated costs with a guaranteed plan.

Don't be fooled by low-cost or do-it-yourself Wills that you can pick up in a stationery. It is unlikely to provide the real peace of mind you deserve. An ill-conceived or badly drafted Will can prove more harmful than having no Will at all.

Many home made wills are ineffective due to mistakes made or lack of understanding of law. The decisions you do or don't make will directly affect your family and loved ones in the future. Phone Fiona Best at Goodwills for a confidential conversation about how she and her team can help you prepare for the future and gain real peace of mind.

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FEELING DOWN, FEELING BLUE? Exploring Mental Health issues with Tony Gill RMN

What is depression?

Depression varies from person to person and it is fair to say that we all go through ups and downs in our mood. Sadness is a normal reaction to life's struggles, setbacks, and disappointments. Many people use the word "depression" to explain these kinds of feelings, but depression is much more than just sadness. Some people describe depression as "living in a black hole" or having a feeling of impending doom however it is more than this as some depressed people don't feel sad at all—they may feel lifeless, empty, and apathetic, or some may even feel angry, aggressive, and restless.

There are many signs and symptoms that you can look out, these include

- **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** No interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.

- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.

- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping [also known as hypersomnia].

- **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.

- **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

- **Concentration problems.** Trouble focusing, making decisions, or remembering things.

- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

Depression can also come in many shapes and forms such as major or mild depression and some people may even suffer from seasonal affective disorder (SAD), it also affects anyone such as men, women, children and older people. Some of the major causes of depression include loneliness, lack of social support, recent stressful life experiences, family history of depression, marital or relationship problems, financial strain, early childhood trauma or abuse, alcohol or drug abuse, unemployment, health problems or chronic pain.

Just as the symptoms and causes of depression are different in different people, so are the ways to feel better, having a good support network is vital as is recognising the need to ask for help, maybe professional help which may or may not include the use of antidepressants. Developing new strategies to help cope can be vital in helping you deal with your depression and these may help you develop a better quality of life.

(See the following page for therapists and qualified mental health practitioners or contact your GP for more advice.)

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Fit Friends Oxenhope Running Group 7pm-8pm Oxenhope Train Station Beginner and Novice run coaching Contact Richard in 07702 071779 for details

17 February 2011 until 31 March 2012

Patrick Brontë - In his Own Right: Bronte Parsonage Museum - Special exhibition focusing on Patrick Brontë - Free on admission to the museum

From Jan. 25th 2012 LIFE DRAWING GROUP West Lane Baptist Centre ALTERNATE Weds 7-9pm Friendly, informal group, just come along and draw! Sessions began Jan. 25th Subs. £20 for 4 sessions, payable in advance. Contact: rachlee@blueyonder.co.uk Tel: 01535 642300

2nd February Upper Worth Valley History Group Open Archive 1.00pm - 3.00pm, Contact Point, 28 Changeate. Tel. (01535) 644001 If you would like to know more about where you live, or trying to trace your family tree, drop in and see us. We would also be interested in any local history you might have such as photographs, pamphlets, old documents. and any oral history you can recount.

2nd February Not Over The Hill Yet (NOTHY) club 10am-4pm Parkside Social Club, Butt Lane, Haworth. Group for people aged 50+. Try virtual bowling on the big screen as well as traditional board and pub games, or just chat and make new friends. Swap skills to make life a little easier.

Please book by phoning Geoff. If you have any special needs, please discuss as we will accommodate where possible. Contact: Geoff Grange 01535 647675

4th February-Groovy Happenings, Music for Manorlands-7.30pm Parkside Social Club, Butt Lane, Haworth. The first Saturday of every month. Entry £2 on the door, Headline band-Foxes Faux.

COMMUNITY PAGES

5th February- Comedy Night, 8pm, Haworth Old Hall, Sun Street, Haworth. Haworth Old Hall Comedy Night presents 'Silky' plus Ben Schofield, Johnny Sorrow and Ray Kane. Tickets are £5 from the venue 01535 642709.

10th February Steve Wood's 'Old Stanbury' Slideshow. 7.30pm St Gabriels Church, Stanbury. A chance to see again Steve Wood's 'Old Stanbury' Slide Show. Admission £4, light refreshments included. Ring Chris (01535) 645437 or David (01535) 642180 to book.

10th- 12th February Keighley and Worth Valley Railway Winter Steam Gala Steam Trains Departures from all KWVR stations Featuring; visiting Engines, Express trains, an award winning real ale bar and guided tours of the Haworth loco motive sheds (booking advised) More information available on www.kwvr.co.uk

11th-18th February Oakworth Methodist church Pantomime-Robinson Crusoe. Tickets available from Janet Armstrong (01535) 642625 or book online at www.oakworthmethodists.org

15th February- Bradford Millenium Walk 5, 10.30am Oxenhope Post Office, Station Road. 5½ miles (8.8km) Circular Bring a Packed lunch. Meet Kenneth Allen at Oxenhope Post Office, Station Road, Conduits, reservoirs and good views on this walk.

24th February A Horror of Great Darkness, Gothic from the Brontes to Twilight: Bronte Parsonage Museum and West Lane Baptist Centre, Haworth.

A one day conference at the museum, exploring the Brontës' relationship with the gothic through a programme of events, talks and lectures. The day is primarily aimed at A- Level students but there may be places available for interested members of the public. Contact susan.newby@bronte.org.uk / 01535 640185.

25th February Table Top Sale 12pm-4pm Parkside Social Club, Butt Lane, Haworth. Local charities, businesses and individuals selling a variety of items. Last Saturday every month, upstairs. Tables are £5, entrance free. Teas, coffees and homemade cakes on sale, bar available downstairs. Contact: Ian 01535 643470

Events Further Afield

3rd-25th February-Waiting for Godot- West Yorkshire Playhouse Courtyard Theatre. wyp.org.uk WY Playhouse and Talawa Theatre Company. Ian Brown directs an all Black cast in this new production of Beckett's funny and poetic masterpiece.

5th February-Around St Ives Walk-Starting at Bingley Market Square-10.30am 6 miles (9.6km) Circular Bring a Packed lunch. Lead by Kenneth John Allen. A steep pull

up to St. Ives. Then it's downhill all the way. **9th February** Bingley Local History Society, Church House, Old Main Street, Bingley 7pm-9pm John Billingsley will tell us about "The Mixenden Treasure - a magical treasure hunt that began in Bingley 500 years ago".

12th February-Den Miller and Roger Davis-Saltaire Winter Bandstand-Every second Sunday of the month Caroline Street Club, 2 - 4pm. The series kicks off with talented young jazz musicians from Leeds College of Music. Admission is free, there is a bar, tea and coffee, a collection or the musicians.

Until 19th February-Daniel Meadows: Early Photographic Works at National Media Museum Bradford. Free Entry, Tuesday to Sunday 10am to 6pm Daniel Meadows: Early Photographic Works encompasses Meadows' major projects, as well as recently discovered work from his archives.

Until 3rd March 'prints' Bradford 1 Gallery, Centenary Square, Bradford. This exhibition showcases some of these works focusing on two main areas - prints from the nineteenth century by master engravers Goya, Sickert and William Blake, and Pop Art from the 1970s by American artists Andy Warhol and Roy Lichtenstein and by British artists Joe Tilson, Richard Hamilton and Patrick Caulfield.

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A VOICE FOR INDEPENDENCE

Kris Hopkins MP (Keighley & Ilkley)

It was in May 1998, when I was first elected as a Worth Valley ward councillor, that I first said I believed the interests of Keighley council

referendum would not be binding, meaning if we were to achieve a resounding 'Yes' vote – as I believe we would – we would then need to convince ministers that independence should be granted.

The arguments in favour of independence are strong.

tax payers would be much better served outside the grip of Bradford City Hall. And my opinion did not change during my four years as Leader of Bradford Council.

Firstly, I know of few people in Keighley and Ilkley who look towards Bradford in terms of their own identity. Although I have great affection for that city and its people, I would certainly never describe myself as a Bradfordian and never will. I also believe the vast majority of Keighley and Ilkley residents share this outlook.

The Government has since legislated to allow for a referendum to be held on whether Bradford district should have its own directly-elected mayor. This was an idea I argued strongly against when it was first suggested by the Conservative Party in opposition, most notably when David Cameron came to Bradford to make the case in favour. As a manifesto commitment, I did not seek to block the proposal in Parliament. But I regard the referendum itself as a somewhat different matter. I therefore intend to lead the campaign in Keighley and Ilkley for a 'No' vote on Thursday 3 May 2012.

Secondly, people want accountable, locally-based representation and I do not believe they receive this when our councillors have to travel to another city to make their case.

This poll must be used to our greatest advantage because an overwhelming vote against a Bradford-based directly-elected mayor can only strengthen our case to Government that Keighley and Ilkley has no affinity with Bradford and no longer wishes to be part of Bradford district.

And thirdly, I believe the council tax payers of Keighley and Ilkley are being short-changed through their relationship with City Hall. Keighley and Ilkley residents pay more council tax than the residents of the three Bradford parliamentary seats combined. And, as a result, they do not receive anything like the value for money to which I believe they are entitled. If we were independent, we would have more money to spend dealing with our own priorities and problems rather than relying on what have traditionally been crumbs from the City Hall table.

I understand that Bradford Council and the Local Government Boundary Commission for England must be persuaded of the power of our case before any referendum can take place, although Bradford Council would be unlikely to stand in our way. And the result of any

Regardless of their party political affiliation, I very much hope that Keighley and Ilkley residents will listen to the arguments I am putting forward and agree to join my campaign for change. It is an opportunity we cannot afford to waste.

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Slow and easy Lamb Tagine

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Origin: Moroccan

Ingredients

- Olive oil
- 500g lamb, diced
- 1 onion, roughly chopped
- 2 carrots, roughly chopped
- 2 garlic cloves, crushed/chopped
- 400g can of chickpeas (optional)
- 200g dried apricots
- 2tsp ground cumin
- 1tsp paprika
- 1tsp dried coriander
- 1 cinnamon stick
- 1tbsp finely chopped fresh root ginger
- 250g sweet potatoes, peeled
- 1 can chopped tomatoes
- 200ml chicken stock
- Fresh chopped coriander (optional)
- Handful of chopped pistachio nuts (optional)

Directions

In a large pan, heat a few tablespoons of oil over a medium heat and brown the lamb on all sides, then transfer onto a plate. Add the onions, ginger and carrots, then fry for a few minutes until the carrots are starting to brown. Add the garlic and cook for another minute.



Tip the lamb back in, then stir in all the spices and cinnamon stick, and add the chopped tomatoes, apricots and chickpeas (if using). Season well. Bring the pan to the boil whilst stirring, then reduce to a simmer for 10 minutes or so to thicken the sauce. (You don't have to do this bit, but it will be better if you do). Transfer to the slow cooker set on medium heat, or a moderate oven 170 c/or the simmering oven of an AGA and cook for 6-8 hours.

Approximately two hours before you want to eat, chuck in the sweet potatoes. If you're like me and leave it on whilst at work you can leave this bit out, or you can cheat by boiling them up in a pan and throwing them in last minute. Don't be tempted to leave them in all day or you'll have orange sludge in place of your potatoes!

Scatter with chopped pistachios and coriander. Source: slowcookerclub.com

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To understand the background of why Haworth is the first Fairtrade Village in the World you need to go back to April 2000 when

Garstang in Lancashire declared itself the first Fairtrade Town.

Bruce Crowther the man who dreamt up the whole idea had a crazy vision that people all over the world would follow the example and campaign against the injustice of trade rules which kept people in abject poverty. Bruce's vision and model was the inspiration for the Haworth Fairtrade Group and the connection remains strong to this day. The great news is that now there are well over 1000 Fairtrade towns in 23 Countries including large cities such as London, Paris, Rome, Madrid, Brussels, Copenhagen, Oslo, Chicago, San Francisco, Boston, Vancouver and Wellington in New Zealand all following in Garstang (and Haworth's) footsteps. Yorkshire is working towards being the first Fairtrade region.

The Fair Trade Way is the world's first long-distance fair trade heritage trail that links Fairtrade Towns between Garstang and Keswick. This walk will form a network across the UK eventually linking all fairtrade communities.

The walk begins at the FIG Tree, Fair Trade Visitor Centre and cafe, Garstang at the very spot where the signing of the fairtrade towns declaration took place 12 years ago. The recently opened centre, still in it's infancy, has built up a small but significant exhibition giving an indication of things to

come. It will trace the history of trade justice from the abolition of the Atlantic slave trade, highlight pivotal moments such as Live Aid and demonstrates what an immense impact the Fairtrade Towns initiative has had, influencing both the public and politicians, changing attitudes and challenging trade rules, the intention being that this will eventually be an accredited museum recording the history of these important milestones and showcasing significant artifacts and memorabilia.

There are huge plans for the FIG Tree involving live link up video conferences with their fair trade partners in Media USA and in the cocoa growing community in Ghana, chocolate making workshops for children and many more ideas for learning and celebrating how far we have come but slavery still exists today and until we all understand and agree that it is not acceptable, it will carry on.

Here in Haworth we have played a significant part of this positive change and in November we celebrate 10 years of being the first Fairtrade Village; before this though you are invited to join us in the making of the Fair Trade Way and walk on one of the Saturdays round the Bradford Fairtrade Zone. The Bradford



District Fair Trade Way will be launched at 12 noon on Saturday 10th March in Bradford City Centre on Darley Street. There will be Fairtrade refreshments and the chance to learn more about Fairtrade, before setting off along the Fair Trade Way for Bingley.

All welcome on this and eight other Fair Trade Way walks: **Details of the walks, eg start time, location, how to register your interest etc. will be posted on www.bradford.gov.uk/fairtrade**

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