

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY



Feb 2013

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February

It's the month we celebrate **love**. We are reminded to be good to ourselves, indulge someone who is dear to us, or express our heartfelt desires.

In this edition we've placed love hearts next to various experiences and opportunities for you to participate in or ideas for treating a loved one: Enjoy a steam adventure on the Keighley & Worth Valley Railway, buy a photography tuition gift voucher, give the gift of music with guitar lessons, buy a limited edition print from Imaginarium, indulge your senses in a special aromatherapy massage at The Holistic Room; these are a few of the ideas brimming from our pages. Many are exclusive offers for this month only so snap them up while they are going!

Jo Longbottom has shared a few of her beautiful poems on the subject of, you guessed it, **love**. Beware, they may bring a tear...so have a box of tissues on hand.

We are thrilled to celebrate the announcement that Le Tour de France will wheel its way through the Aire & Worth Valleys in 2014. What a privilege and honour to host such a prestigious and world class event in our part of the world. And what a great opportunity for us to showcase the beauty and distinctiveness of Yorkshire. Plans are already underway to take full advantage of this unique event and ensure a legacy is in place for the years that follow. If you have a particular interest or want to get involved in planning for Le Tour please contact us on 01535 642227. or info@worthvalleymag.co.uk

You will find more news on the Fairtrade front in the centre spread of this month's magazine. Congratulations Fairtrade Yorkshire for becoming the world's first FT Region! Have a great month! Liz contact us: 01535 642227



Liz Barker, editor

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Getting the Good Picture Buzz.

There are many reasons that we take pictures, but when it comes to the enjoyment of photography, what makes it worthwhile is what I like to call 'The Good Picture Buzz,' says Paul Barker.

It's the feeling when you push the shutter and think, 'That is a great shot. I can't wait to show it to someone else'.

Getting that feeling is within the grasp of anyone with a camera. It only takes a little coaching to move from taking basic snapshots to well composed, technically

well executed photographs.

If you are looking to get more from your camera, be it the simplest compact or the latest DSLR, a course taught by Paul Barker, professional photographer with almost 25 years experience working for the national media, is a great way to improve.

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A Big Thank You!

Well, we never thought the day would come, but here we are announcing that Weaver's in Haworth will close its doors for the last time. It is the end of an era you might say!

Midnight on Feb 16th 2013 our boss, Colin Rushworth, will be saying hello to his 68th year and at the same time saying goodbye to 35 years spent running the show here at Weaver's, often labelled an institution.

He makes out he has done it all himself...i.e. introducing chandeliers to Haworth, the world's first fake fur beams, shabby chic, cow pie, wonderful haddock soup, dancing in the streets with umbrellas, etc. But we know Colin has had a host of stalwarts with wife Jane, daughter's Sally & Lucy, and son Tim playing a big part in the success; as did scores of local staff employed over the decades: Sue every lunch time, Ross Swinton the head chef, and his current apprentice Sam Smith.



Everyone here at Weaver's want to say a special heartfelt Thank You to all our loyal customers for their support over the years; some of you have stood by us for over 30 years; how did we deserve you?

And to all the wonderful characters who have cooked, served tables and washed the dishes, we were nothing without you!

Our boss, not known for his "outbursts of generosity" has promised he will put a bottle of wine on your table as a personal thank you...if he recognizes you! (And if you book a table with us, of course!)

Finally, if you fancy buying any of that shabby chic that adorns the walls and shelves of Weaver's we will be selling everything. It's started already and will end with an Open Sale Day 10am-4pm Feb 17th 2013.

Good bye and thanks once more, from all at Weaver's

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Say you saw it in the Worth Valley Mag!

WINED & DINED with Claire Smith from No.10 The Coffee House



February; the month which hosts Saint Valentines Day, a day that has been dedicated to the notion of romantic love since the fourteenth century

when Geoffrey Chaucer and his circle first established the tradition. It is a day when mysterious declarations of undying love drop through the letterbox or are expressed in bouquets of velveteen roses, chocolate boxes and romantic dinners for two.

But whilst we all love hearts and flowers and the compliments of others I believe that we tend to neglect the most important aspect of the word "love" and all its connotations. To love means to cherish, care for and adore; love is generally seen as a positive, nurturing energy which nourishes those to whom it is directed as much as the food needed to sustain the physical body; but how many of us remember to nourish ourselves. Loving ourselves seems to have become the hardest concept of all, being commonly perceived as selfish, ego-driven, and even cringe-making. I would argue however, that the concept of self-love goes a lot deeper, and is less about vanity and more about accepting the value of self worth and respect, without which we cannot understand or offer unconditional love to anyone else.

How many of us (especially we

women!) spend half our lives feeling unhappy with ourselves. We worry that we are the wrong size, the wrong shape. We forget to nourish ourselves whilst working too hard, taking too little rest and starving ourselves of everything we love in order to attain ridiculously unrealistic objectives in every aspect of our lives. No matter who we are we all live in bodies which carry us around and allow us to experience this world and yet how many of us dislike or neglect our physical selves or feel the need to drive them to the point of exhaustion in the pursuit of perfection.

I have a little book which lives on the ledge of the front coffee room window, entitled "When I loved myself enough." It was a gift from a friend and is filled with little quotes such as "When I loved myself enough I learned to meet my own needs and not call it selfish", "When I loved myself enough I began buying a hostess pie for the teenager in me who loves them," and "When I loved myself enough I started eating organically grown food (except for those occasional fruit pies of course)". So many of my customers have commented on the value of this book and its contents.

I believe that there is a collective need amongst humanity for a higher level of self-love and respect than we have maybe allowed ourselves. This year why not give yourself a valentine. Treat yourself to something that makes you happy, no matter how small or silly it seems and give yourself the gift of love - food for the soul.

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Say you saw it in the Worth Valley Mag!

Shells to Sand

by Jo Longbottom

A thousand moons have waxed and waned,
A thousand suns have shone,
Ten thousand tides have ebbed and flowed
And stormed since you were gone.

<>

So many rains have rattled down
On landscape parched and dry,
Now rid of all the brokenness,
I'm learning how to fly.

<>

So many fragments of my heart,
And tears that soaked my face
Are gathered up and mended now,
All neatly back in place.

<>

Where once my thoughts were clouded
There is pure clarity,
And left upon the tide-line
All trace of you and me.

<>

And should you go and gather them
Like shells one scarlet dawn,
You'll find them broken by the waves
Of time, the ocean's storm.

<>

Look at them a moment.
Broken in your hand.

Drop them, and in ten thousand moons
They'll all be ground to sand

<>

Bare feet will gently tread them,
No one will ever know,
They were my life, my hopes, my dreams,
A million moons ago.

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AIREDALE ASPIRE

MAKE 2013 THE YEAR YOU GROW YOUR BUSINESS

Local business referral group, Airedale Aspire, starts 2013 with the news it has generated around three-quarters of a million pounds worth of business during 2012.

As one of the most successful business networking groups in the area, Airedale Aspire is made up of a broad cross section of friendly business professionals who are all dedicated to helping each grow further.

"It's a great group to belong to," said membership co-ordinator Steve Burles. "As well as being a really good way to meet other like-minded business people in the area, there's a good social side to the group."

Potential new members are encouraged to sample the group in action by going along as visitors to the regular Thursday morning breakfast meetings at Central Hall, Alice Street, Keighley. Or they can attend a special visitor day at Central Hall on Thursday February 21.

Said group director Mick Jordan: "Either way, people will have a good opportunity to chat informally with members and find out more. It's also a chance to see for themselves how business referrals work and how belonging to the group can make a real difference to their business.

"The meeting will begin at 7.00am, but because the format is so profitable, most of us arrive for networking by 6.45am. There is a nominal meeting fee of £10, which includes breakfast and the venue has ample free parking."

Anyone interested in attending should call Steve on 07778 489332 or visit the group's website, www.AiredaleAspire.co.uk for more information.

Members themselves receive more than just good referrals (since it first started in 2010, more than 2,400 business referrals have been passed). Everyone is provided with structured training programmes that cover a range of subjects, from presentation skills to ideas for marketing your business.

Social events are important too - the last one being at Keighley Golf Club with a talk by a representative from local brewery Timothy Taylors. And this year, Airedale Aspire is sponsoring the first ever Keighley Business Awards. It is sponsoring the Special Recognition Award, the only one voted for by the public.

Said training and events coordinator Tony Lee: "For local business people looking to grow their business, Airedale Aspire really does offer a terrific return on investment as well as the chance to meet and socialise with some of the areas most successful business owners."





Ken Eastwood, Oxenhope resident and co-founder of FibreValley, the social enterprise campaigning for better broadband in the Worth Valley, shares his recent experiences.

BT have taken note of our campaigning and fibre broadband is now available in the upper Worth Valley, via cabinets served from the exchange at Crossroads. We had always hoped that FibreValley would have some influence and it seemed we now had.

So after a little research we decided to return to BT and they confirmed that unlimited Infinity 2 (up to 76Mb/s) was available. Our phone line connects to a telegraph pole just a few feet away from the fibre cabinet at Muffin Corner in Oxenhope, so we placed our order expecting to receive a fantastic service and eagerly awaited our installation date.

Sadly, there was no knock on the door on the scheduled date and a telephone call revealed that there were technical issues and inevitable delays. The following few weeks involved numerous follow-up calls and our broadband service subsequently went off all together. A complaint was lodged, resulting in a commitment to accelerate installation and to pick up the cost of mobile broadband in the interim.

After three weeks with no service, we were told Infinity 2 would not now be available because of "capacity issues" at the local exchange. A downgraded service was offered that would not include an

unlimited data allowance.

With no resolution in sight we contacted BT Group CEO, Ian Livingston, sharing our tale of woe. After a further three weeks we were informed that because our line actually connected to a cabinet up on Marsh (about a mile away) there was nothing that could be done. Requests to be connected to the nearest cabinet fell on deaf ears.

To date we have had no technical explanation, other than that the underground infrastructure was built to provide telephony, sometimes does strange things and can't always meet the needs of broadband customers.

We returned to TalkTalk and were connected to an unlimited fibre service last week. We're now getting 12Mb/s download, which is a marked improvement over ADSL. The BT Openreach engineer who installed the service observed, "It's a shame you're not connected to that cabinet on the corner you know. You'd be getting 70Mb/s + if you were." If only he knew!

This article is reproduced on www.fibrevalley.net where you can comment, share your own experience, speed test your broadband and publish your results. Fibre Valley continues to campaign to bring high speed broadband to ALL in the Worth Valley. Further work is underway in Stanbury and Oldfield. Residents in these areas can contact Liz for more details. 01535 643686.

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RURAL MATTERS **Best Laid Plans** by Jonathan Sharp



who I bought my first Trifolium from and it turned out his first 100 ton cow was also a Trifolium (roughly translated from Latin means clover or three leaves) and having lost his cows during foot and mouth he wondered if I would sell him one. Brian has one of the best herds in the country so I was pleased to sell. To cut a long story short I sold him an in calf heifer, and took the money and bought Honey!

Honey is doing well she is currently the highest yielding heifer in the herd, she is always first in the parlour in the morning; like Emma she's a worker and just gets on with it; if she had sleeves they would be rolled up! Her daughter Honeymoon has now been weaned and by the time you have read this will have moved from the calf house to the young stock building.

How much is a cow worth? Well the picture (left) is of Emma and I on honeymoon in Canada (romantic as ever) and that cow was worth over a million dollars! She was latter grand champion at the two biggest shows in the world (not the most flattering photo), her name was Missy. Last year I sold cows varying from £1400 to £2250 so I have a long way to go!

I hope you're enjoying my rural musings, it does seem to be having an impact, the postman now calls me Honey!!

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Say you saw it in the Worth Valley Mag!

Vive Le Yorkshire!

Photos: John Giles PA News



Welcome to Yorkshire Chief, Gary Verity, and TDF Director, Christian Prudhomme; a bromance made in Yorkshire!

It's not often you'll hear the French and the English singing each other's praises. The age old rivalry between us 'Roast Beefs' and those 'Frogs Legs' goes back centuries, but now it would seem we have finally found something we can both agree on: **Yorkshire is brilliant!**

If you haven't already heard the news, then I'd like to take this opportunity to tell you (very proudly) that Yorkshire has been chosen as the starting point and host of two stages of the Tour de France 2014.

At a press conference to announce the route of 'Le Grand Départ', Christian Prudhomme (general director of the TDF) seemed genuinely blown away by our beautiful county, and cited our scenery and heritage as major reasons for the committee's decision to choose us over other strong contenders such as Edinburgh and Florence. After Team GB's recent exceptional performances in cycling, the organisers of Le Tour said they

were keen to return to the UK 'as soon as possible'.

While the race has been through London and across the South coast before, it has never visited the North of England. It's a phenomenal coup for Welcome to Yorkshire, championed by Chief Exec Gary Verity.

Up to 3 million people are expected to line the streets along the route of the race, which is the biggest annual sporting event in the world, and over 3 billion viewers are expected to watch it on television.

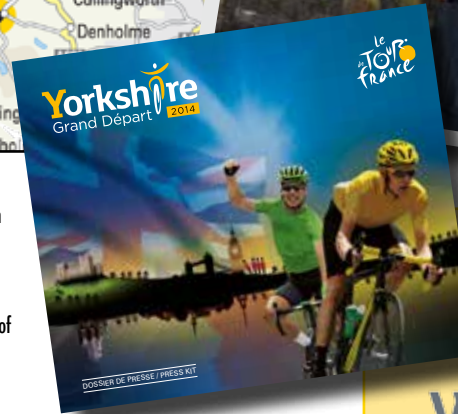
Welcome to Yorkshire is calling this our 'opportunity to welcome the world', and that it will be a 'wonderful advert for our

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Detail of Stage 2 TDF2014 route through Worth & Aire Valleys, West Yorkshire.

Map & photo courtesy of www.letour.fr



Above: Stan the sculpture sheep, Liz Barker, Lauren Barker, Elliott Barker, Parish Cllr. John Suckling, Lynda Suckling at entrance to Stanbury village.

county'. Hotels and B&Bs in the area have started getting booked up already, which is an indication of the the boost in tourism that the race will provide for our district. It's our chance to show off!

Plans to hold a cultural festival on the run-up to the festival are underway, and the excitement and coverage of Le Tour is sure to inspire people of all ages to get involved with cycling. Stage 1 starts on 5th July 2014 in Leeds, and goes through Harewood, Otley, Ilkley and Skipton before heading through the Yorkshire Dales and over to Harrogate. Stage 2 begins the next day in York, and continues on to Knaresborough, Silsden, Keighley, Haworth, Oxenhope, Hebden Bridge, Huddersfield and then to Sheffield. Go online to www.letour.yorkshire.com to find out where you can see the race when it arrives; maybe it's even going past your door! (report by @dollypop)

Say you saw it in the Worth Valley Mag!

Welcome to Stanbury Le Tour de France

Residents in Stanbury were pleased to find out that their village will be included in the second stage of Le Tour de France Grand Départ in 2014.

Stan, the colourful sculpture sheep that depicts the local landscape and the newly appointed mascot of Stanbury has been placed at the village entrance with a sign reading "Welcome to Stanbury Le Tour de France" Plans are already under way to gather the community and celebrate this unique event.

Stanbury Parish Councillor John Suckling and wife Lynda pose with other village residents to show their excitement and enthusiasm.

"We are delighted to have this world class sporting event include our little Pennine village. We'll be sure to get the bunting out and make the most of it!"

photo by Paul Barker

“Things are changing, people are caring, world leaders are listening.”

Just like Make Poverty History in 2005, the recently launched IF campaign is expected to be huge. Led by around 100 organisations it aims to put an end to global hunger and is timed to put pressure on the world leaders meeting in Northern Ireland for the G8 summit in June.

www.enoughfoodif.org

The Fairtrade Foundation is to launch 'Make food Fair' during the annual Fairtrade Fortnight when events take place across the UK

These are just a couple of examples which demonstrate the call to action to stop the immoral use of the world's resources and exploitation of billions of people.

We simply cannot ignore the fact that despite there being sufficient food in the world to feed everyone, 2 million children still die each year due to malnutrition. This is utterly unacceptable and preventable

But, there is good news, from local to global.

On Friday 18th January, Yorkshire was declared the first Fairtrade Region. This means that at least 67% of the population of Yorkshire live in a Fairtrade place as defined by the Fairtrade Foundation. The all day launch event

began with a coffee morning at Riddings Hall Ilkley, which included a performance of a specially-composed Fairtrade version of the Yorkshire anthem "On Ilkley Moor Baht 'at"

In Leeds, MPs Greg Mulholland and Hilary Benn attended an afternoon schools event at the Civic Hall, then the formal declaration was made in the evening at a reception at the Mansion House in York. Bruce Crowther the founding father of Fairtrade Towns and Adam Gardner from the Fairtrade Foundation joined campaigners and supporters from across the region including the Archbishop of York. The Lord Mayors of Bradford, Leeds and York also attended the events, along with representatives from The Co-operative Membership, sponsoring the day.

To quote Archbishop Dr John Sentamu, one of the speakers

“We should all be very proud today that we can stand up and say Yorkshire is a beacon, lighting the way forward for the rest of our nation, on issues of fair pay. When we see unfairness and suffering we have a duty to step in and intervene with love, generosity and kindness. Not because it is the right thing to do, but because we have a moral obligation to do so. Fairtrade is not simply about generosity, it is about justice.”



Dr. John Sentamu
Archbishop of York

Yorkshire has a long association with the struggle for workers' rights and dignity, from Sir Titus Salt and the old textile mills of the West Riding, the famous anti-slavery campaigning of Yorkshireman William Wilberforce, to the Rowntree family, leading by example the issue of tackling poverty. We could also add the preachings and dedication of Patrick Bronte; they all strove to improve the lives of workers and promote equality. Fair trade is an extension of that vision and ethos for the wider world.

The Fair trade idea is not new, when the Haworth group started 10 years ago the

concept had already been around since 1946 with the first formal "Fair Trade" shop opening in the USA in 1958. It was when Fairtrade Towns came along in 2001 with a structure and direction that everyone previously involved in trade justice or who had environmental concerns, was given a voice to actually 'do' something. It's an initiative which has caught the imagination of the public and inspired hundreds of thousands in 24 Countries so far. We have become part of a Global movement which consists of Towns, Villages, Zones, Cities, Counties, Islands even. Now, from Holmfirth to Hull and Sheffield to Scarborough, Yorkshire is the worlds first Fairtrade Region.

Closer to home

During Fairtrade Fortnight, our area will be hosting a visit from Palestinian Fairtrade olive farmers on 26th and 27th February. Sales of Zaytoun olive oil, sun dried tomatoes, dates etc are providing a desperately needed economic lifeline for those farmers struggling to live in a conflict zone. Contact the chair of Fairtrade Bradford 07703 778261 if you would like to know more about the plans.

The Fairtrade Bradford zone groups will be getting creative and making a variety of objects from sculptured trees to altar cloths, all fabricated from Fairtrade packaging, the theme for this year. We'd love to know if you are doing anything yourselves or if you want to be involved locally, in your own workplace community group etc.; we have supporting materials and would be delighted to help you.

There are exciting plans for the launch of Fairtrade Keighley and work is already underway to work with schools and businesses in the district, again, we appeal to any supporters to contact us if you are interested to know more or be on the steering group.

TRY THE
90KG
RICE CHALLENGE



What you can do right now

Haworth has taken up the 90kg rice challenge, this is the amount which a farmer in Malawi needs to sell at a fair price to pay for one year's education of a child, although primary education is free, only 30% can afford to go on to secondary education. The country is one of the poorest in the world but is very democratic, has a free press and a tradition of peace. For every 11 groups or schools in Yorkshire taking up the 90kg challenge we will have sold one tonne.

You can pick up a bag of brown or white rice for £2.99 kg from Sonias Smile, Oates and Wiles and Cobbles and Clay in Main Street or West Lane Baptist Church, Haworth.



So you see, it's easy to be involved, positive actions today on your doorstep feed into a massive and organised force with a clear intention. Created by ordinary people doing extraordinary things result in a powerful message, reaching and influencing those who will make the decisions in June, affecting humanity and the future of our planet.



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YOU
by Jo Longbottom

You are my morning birdsong
And the sun from the east to brighten my day.
You are the noontide heat
That paints my paleness golden,
You are the petals in my Jasmine Tea!
You are the low resounding hum of teatime bees.
You are the greenest canopy of summer trees,
You are the scent of honeysuckle
Borne on the breath of evening's gentle sigh.

To Love You
by Jo Longbottom

I'm not sure how to love you.
You soared like an eagle
Over my horizon
And looked for me
When I was lost.
You sheltered me 'neath mighty wings.
You scooped and swooped me up
And lifted me past graven crags
Towards the sky.
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'Til I could see the sun in all its brilliance,
So I could cast my heavy coat
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To love you
I can give you only this....my song

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Oaty breakfast muffins - wheat free and very tasty

These tasty little muffins are power packs of slow release energy - 2 of these and a banana will keep you going all morning as a good breakfast on the go. They use oats instead of flour which makes them easier to digest too - a great kick start to a healthy spring.

- 100g / 1 cup porridge oats
- 200ml / 1 cup milk (any sort)
- 100g / 1 cup oat flour (which is just porridge oats whizzed up fine in a food processor)
- 60ml / 1/4 cup vegetable oil
- 50g / 1/2 cup sugar (brown or muscovado is best)
- 1 egg (or a mashed banana - trust me on this)
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 1 tsp cinnamon
- Good pinch of salt
- An optional handful of dried fruit, nuts, seeds, or a teaspoon of orange extract, or zest of an orange, or even chopped up chocolate if you must!



Turn on the oven to 150-60 fan/ 180 electric, 4-5 gas or bottom of the top oven of an Aga). Put 12 muffin cases into a muffin tin. Put the milk and oats into a bowl and leave to stand for about 15 mins until they soften. Mix together all of the dried ingredients and add to the milk and oats, followed by the oil and egg (or banana) and stir well. Pour into the muffin cases and bake for around 15-20 minutes. Delicious warm from the oven, and a great alternative to chocolate for that 3pm feeling when you need something to keep you going 'til tea time!

TOP TECH TIPS by Michelle Thompson of Cloud FreeIT

Skimming through the newspaper one Sunday last month, my attention was hooked by a single, somewhat ambiguous, headline – **'Is this the loneliest generation?'**

The Government is worried that lonely people suffer ill-health and thus cost the state too much money, but do they mean tots, teens, twenty-somethings, or those of us that generally prefer to forget our age?

The young ones are always plugged into their gadgets – seemingly texting about nothing in particular to the very people they're sat in the same room with, using their 'super-quick' bionic thumbs. It doesn't appear very sociable to me! Or healthy...

Does the growth of 'one to many' communications (e.g. posting status updates to be read by anyone with whom you have a connection) help keep loneliness at bay? Perhaps. Reading that one of my pals is currently sitting on



a bus watching a man pick his nose may be mildly amusing for about a nano-second, and may be a poor substitute for a bit of gossip, 'a good old moan' or a giggle over a cuppa or a meal out (or in) with friends, but it's definitely better than no contact at all.

When life takes us away from our roots, and we're working all the hours our chosen 'creation deity' throws our way, it's bound to have an effect on our ability to maintain close contact with our friends and relatives and this can have a negative impact on everyone.

People are living a lot longer than their predecessors. You may, like me, find you have quite a lot of elderly relatives you'd love to visit, but as no-one can change the number of hours in a day or days in a week, no matter how hard I try I can't get round to visit them all often enough. Now THAT

makes ME sick...

Apparently, one in three elderly people feels lonely at least sometimes, with more than half of retired people living alone and 17% having contact with family, friends and neighbours less than once a week! It's bound to be worse at this time of year too, with ice and snow keeping some people stranded indoors for days or even weeks at a time.

What strikes me as very sad indeed is that, given the availability of communication technologies, such as email, social networking and internet telephony there's still an awful lot of very lonely people out there.

At CloudfreeIT, we've seen an increasing number of customers in recent years, wanting help with their computer problems or training in how to use Skype, Facebook and email so they can stay in contact with people, but they're not the ones the Government is most worried about as they're already taking their own steps to avoid loneliness.

'Befriending' schemes work well in reducing illness amongst the lonely, but tend to fall down due to limited supplies of volunteers. If the Government's Digital Strategy to get more people online was implemented by befriending scheme volunteers, perhaps in the longer term more people would feel less isolated.

Do you know of anyone (old or young) who may be feeling lonely, and isn't yet able to access the internet? If they are 'up for it', helping them to get online could open the way to them feeling much less lonely. It could improve their sense of well-being and even their physical health may benefit too.

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Thurs Feb 21st Oxenhope Gardening Club Oxenhope Community Hall, Shaw Lane at 7.30pm Talk by David Allison, editor of the National Vegetable Society's magazine looks forward to 'A vegetable grower's year'. Non-members £3. Membership for the year is £15. For full programme of talks and trips visit www.oxenhepegardeningclub.co.uk

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ADI p8
Digi-man Aerials p8
IILR p8

Alterations and repairs

R.C Clothing alterations & repairs p29

Groups/Events

BNI Airedale Aspire p9
Fairtrade p16/17
Hen Night Angels p28
KWVR p2
Le Tour de France p14/15
Penningtons Octagon p19
Sue Ryder Big 10K p21

Beauty & Therapy / Hair

Fresh faces of Yorkshire p13
The Holistic Room p13

Building Services, Joinery,

ADP p28
D&R Construction p25
Furniture Workshop p23
Handyman p29
Haworth Handyman p29
Micks Roofing p28
Total Construction p20
Vink Property Services p28

Butcher

Leadbeaters p12

Cleaning / Domestic

Adele's Ironing p29
Arkwrights p29
Craven carpet cleaning p23

Chimney Sweep

Bristles p29

Chiropody

To your door p13

Cinema

Haworth Cinema p 31

Computer Related

Bay Videos p23
CloudFreeIT p32
DVD conversion p4
PC Consulting p3

Counselling

Vivien Wallwork p 13

Damp proofing

Phoenix Exteriors p28

Fencing

Worth V Fence p18

Fuel/Heating

Anchor logs p11

FB Guest p11

Hartley & Whittaker p11

Towler & Stain p27

Funeral and related

Albert Pratt p31

Lyndon Leeson p31

Garden Related

Garden Maintenance p18

Mike Smith p18

Worker Bee p18

Holidays

Upwood Park p31

Villa in Spain p27

Insurance

Linton Greenwood p11

Mobility

Fenetic Welling p18

Worth Ability p13

Motor related

Highfield Motors p25

Vale Lane Garage p25

Painting & Decorating

Andy Beattie p23

Jacques Balson p23

R.P. Decorating p23

Photography

You in Frame p31

Physio

Haworth Physio p13

Plumbing /Tiling

A Butterfield p20

JSC Plumbing p20

S. Thompson p20

Steve Spencer p20

Print & Design

Monster Print p24

Restaurants

Weavers p5

Retail

And Chocolates Ltd. p25

Furniture workshop p23

Imaginarium p19

Towler & Staines p27

Solicitors

O'Neills p 32

Schools

Stanbury Primary School p7

Travel/Transport/ Taxis

Bronte Taxis p30

Freight Train p21

Tuition /

Education/Training

Digital Nomads p11

Freight Train p21

Guitar teacher p7

Kip Mcgrath p7

Photography p4

S. Spence p7

Tutor Doctors p7

Websites

Local Dealz p2

Digital Nomads p11

Wills & Legal Services

Goodwills p31

Windows/Doors

Bob Beattie p20

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