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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2017

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The first signs of spring have arrived despite a storm called Doris. But I've lived in Yorkshire long enough to know that Ewan, the wicked step brother to Doris, is somewhere off in the distance gathering clouds. Snowdrops are the glimmer of hope I cling to at this time of year.

Getting outside for some length of time is the joy of spring. Worth Valley residents, Richard and Joe McEvoy, know something about that; in fact, they specialise in making the most of an outdoor experience with their Bushcraft business (see page5)

If it is encouragement you need to shed the few extra pounds that have crept up on you over winter, be encouraged, help is at hand, and thankfully Slimming World has at least seven local meetings to choose from.

There are lots more services in the following pages. Please support our local traders. And have a great March.

Liz Barker, editor

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Going wild.

It's not something we are encouraged to do these days! We live in our controlled suburban worlds with risk averse tendencies and cosseted experiences.

When was the last time you allowed your kids to climb a tree or build a shelter in the woods? How about start a campfire? Or forage for food and cook outdoors?

Spending an afternoon in the woods, learning the basic skills associated with bushcraft and survival is a real opportunity not to be missed. Father & son from Oakworth, Richard & Joe McEvoy,

have created a business that enables people to do just that...experience nature, feel the satisfaction of gaining bushcraft skills, & the utter joy of spending time in the woods.

Brigantia Bushcraft is the name of the business inspired by the Celtic tribe that occupied the North of Britain in ancient times. It is their tradition of self sufficiency and a deep respect for the natural world that provides a framework for the courses Richard and Joe have devised.

Youth groups, schools, families, dads-n-lads, mothers & daughters, grandparents, small teams, anyone really, who wants to enjoy the fresh air and experience nature in an exciting and challenging way, will find that Brigantia Bushcraft courses hit the mark.

It might initially be a shock to leave certain 'devices' behind; no smart phones,

ipads, or ipods are required for a Brigantia Bushcraft experience. But the rewards are many, not least, a boost in self confidence and the surprise at how empowering it is to thrive without certain modern conveniences.

Richard is a life long mountaineer and walker. He loves being in wild places and testing himself with whatever nature has in store. "it's about learning to thrive not just survive" is his view.

Richard has a background in working with disadvantaged and troubled children and knows the benefits of being in the outdoors and the positive effect it has on the well-being of those who struggle with routines and boundaries.

Joe is a keen hill walker with four years experience of bushcraft and survival skills. His passion is for ancient cultures and practices, from Mesolithic through to the Viking period. Joe has spent time with Native American people of the Blackfeet tribe in Montana. His specialist skills are firefighting and foraging.

Both Richard and Joe are DBS checked and have remote locations First Aid certificates.

The courses are run locally in the Worth Valley and can be tailored to suit folk from aged 6-86. You will find a booking form on www.brigantiabushcraft.com Or you can phone 07950 575752 We hope you will answer the call of the wild!





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*A warm welcome awaits you and your pets
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The Worth Valley Pet Store is owned and managed by Sharon Barker

There is an extensive range of products in store including all premium quality foods such as Burns, Arden Grange, Skinners, James Wellbeloved, Royal Canine and our own brand 'Barkers Healthy Recipes'. 'Barkers Healthy Recipes' is super premium hypo-allergenic complete nutrition. It has proven its quality over the past few years and has now become our top selling dog, cat, rabbit and ferret food. Best of all is our price bracket, you won't believe our prices for such a high end product.

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Plus, you'll be able to get your hands on a whole host of **exclusive offers and discounts** from the great retailers on display.

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Go on, you can do it too!



Our local Slimming World groups meet every week and help people make changes to their shopping, cooking, eating and activity habits.

A healthy eating plan called Food Optimising, is easy to follow, generous and flexible; it makes slimming much easier than many other weight loss programs.

Slimming World is based on sound nutrition principles using normal everyday healthy foods – no fads or gimmicks, incorporating Free Foods like fruit and veg, pasta rice potatoes with meat fish and more.

There are so many meals you can enjoy without weighing, measuring or counting a single bean! Tuck in to spag bol, steak, egg and chip suppers and even mushy peas, roast dinners, curries, & cooked breakfasts.

Debbie Henson, one of the local Slimming World members, is a mum of 4, works part-time and also runs her own business Starbakers. Debbie joined early 2016 and has lost a total of 4 stone 10½lbs and dropped 5 dress sizes! Debbie says Slimming World has given her a new lease of life and raised her confidence levels.

We know it takes courage to walk

through the doors and join a group, and it can be overwhelming when you're starting a brand new eating plan – and a brand new way of life.

Through group support, which Slimming World calls IMAGE Therapy, (Individual Motivation and Group Experience) – members are given the tools they need to succeed. One hour, each week is



what you get to soak up all the love, foodie ideas, insight, sharing and humour that will help you feel a million dollars Debbie says - even on those weeks when the scales go in the wrong direction (and we all have them) you'll keep motivated and most importantly, guided back on track – all the way to your personal target.



Slimming World also

helps members to gradually increase their physical activity levels in ways which suit their lifestyle and at their own pace. Body Magic gets members moving and enjoying an active life. Debbie now enjoys walking & running about with her children and hubby.

You will find more details about the local Slimming World meetings on page 3 in this magazine. Let them know you read about it in the Worth Valley Mag. Best of luck, You can do it too!



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Big blue & green smoothie

We've been sharing mainly juicing recipes in the past few months but we thought we'd throw in a super smoothie recipe. This one is ever so easy to make and has eight ingredients, all of which you can find at the local health food store.

All you need is a blender and 5 minutes spare.

I keep a few bananas in my freezer. It is best to peel them and place them in a plastic bag, then they are ready to go when you need them. Berries freeze well too.

The base for this smoothie is frozen ripe banana and organic, frozen blueberries. Almond butter is included for some plant-based protein, and almond milk binds everything together. Flax and chia seeds add fiber and omega-3 & 6 fatty acids and give the drink body. Spinach is a top source of magnesium, iron, vitamins B2 & B6.

The result is healthy & soooo delicious. It's a mix between a blueberry milkshake and a banana smoothie...and it is a perfect breakfast option or afternoon perk up.



Haworth Wholefoods & WORTH VALLEY MAG

You're kids are going to love it too.

Ingredients

- Frozen bananas 1 1/2 cups (1 1/2 bananas or 200 g)
- Frozen blueberries 1/2 cup (74 g) (organic if possible)
- Baby spinach ...1 handful (organic if possible)
- Almond butter 1 Tbsp (16 g) (or peanut butter)
- Unsweetened plain almond milk 3/4 cup (180 ml)
- Flaxseed meal 1 Tbsp (7 g)
- Chia seed 1 Tbsp (12 g)
- Protein powder 1-2 Tbsp (5-10 g)

Method

Add frozen banana, blueberries, almond butter, spinach, flaxseed meal, chia seeds, and almond milk to a blender and blend on high until liquid & smooth. The Protein powder is optional. If it seems a bit too thick add more almond milk.

This recipe is Vegan & Gluten Free.

March 24th, Haworth Wholefoods celebrates its 1 year anniversary! Come along to the shop on Haworth Main Street for **tasting sessions & juicing demonstrations from 11am** as well as other surprises on the day. All welcome.

We look forward to seeing you!



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Does your conservatory give you the chills?



A solid roof has many advantages in terms of energy efficiency. Designed and installed with thermo-efficient insulation, a solid roof has the added benefit of helping to control your winter energy costs.

Avoiding the pitfalls

Conservatories can make a fantastic addition to your home, giving you that extra room for your family to enjoy. Unfortunately, many conservatories tend to suffer from the same problems. Often, the roof can become unsightly and difficult to clean, can spring roof leaks and is noisy in the wind and rain. Sadly, most people cannot use their conservatory as and when they wish – it's freezing cold in winter and too hot in summer.

As we now move further into winter and the temperature drops so will the amount of time that you spend relaxing in your conservatory.

If you would like to relax all year round in your conservatory then maybe you could think about changing your existing plastic or glass roof with a permanent, solid replacement roof to match the aesthetics of your existing home.

New luxury living

A replacement tiled roof effectively converts your conservatory into a true home extension, which you can enjoy every day – regardless of the weather. The look and feel of your new luxury living space is completed with Velux roof windows and modern lighting to suit your lifestyle.

One challenge with replacement tiled roofs is finding the right contractor to undertake your project and avoiding the pitfalls of choosing price rather than experience. We spoke to replacement conservatory roof expert Chris Hopkins of Ploughcroft who said "One of the easiest ways of finding a reliable company is by consulting Which? Trusted Traders. Companies approved by Which? have a commitment to straight forward communication, high quality workmanship and an unrivalled reputation."



With over twenty years experience in general and heritage roof repairs and replacements, Ploughcroft have grown to today become a respected authority in replacement tiled conservatory roofs with a number of installations and satisfied customers throughout the region.

Want to know more?

Chris says *"All it takes to get started is a quick call to 01422 202 919 and a member of my team will arrange a home visit to discuss your requirements, answer any questions and provide a quote"*.

We'd like to thank Chris Hopkins of Ploughcroft for his advice. Should you want to find out more information, see case studies or browse their other services visit www.ploughcroft.co.uk

Say you saw it in the Worth Valley Mag!

Sudoku Puzzles

4	3			8	5		1
7	1		3				6
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				6	7		1
		7	1	5	8	9	
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Say you saw it in the Worth Valley Mag!

KEIGHLEY MODEL RAIL SHOW

University Academy of Keighley (UAK) 11/12th March
10am-4.30pm. Green Head Road, Keighley BD20 6EB

NEW VENUE!

2017



Our 42nd annual Exhibition will be held over the weekend of March 11th and 12th 2017. It heralds a new start, with a bigger and better show than ever in a new venue. It will be held at University Academy of Keighley (UAK), Green Head Road, Utleigh, Keighley. BD20 6EB.

Opening Times are 10.00am until 4.30pm. Admission charges:- Adults £6.00, Children £3.00, Family £15.00 (2 Adults & 2 Children). We accept most major credit and debit cards.

Each admission to the show includes entry into one of two prize draws for a state-of-the-art digital train set worth up to £400 – one held each day. Extra tickets for the prize draw can be purchased for £1 each.

We have 18 layouts for you to see in a wide range of scales from the tiny 1:220 Z gauge, (which can be fitted into the smallest space) to the much larger 1:22.5 G scale often used outdoors as garden model railways.

Especially for families with children we have Lego, Brio and K'Nex to play with, face painting and an interactive Lego layout. 'Thomas' fans will be able to see him and his friends on a special layout! In addition to all this, rides will be available on an outdoor

live steam model railway provided by Keighley Model Engineering Society.

For active modellers we have some exceptional layouts in the popular scales, an enormous range of traders selling everything a modeller could need including tools, materials, new and used model railways, kits, books and electronics.

There will also be demonstrations in paint weathering and kit building for modellers to extend their knowledge and sharpen their skills take place throughout the weekend. We are hoping to provide something for everyone, from the discerning modeller, to the beginner and families.

If you enjoy your day with us, as we hope you will, pay us a visit at the clubrooms in Knowle Mills, South Street, Keighley, BD21 1SY. We are open Tuesday and

Thursday evenings from 7.00pm until around 10.00pm and on Saturday afternoons 1.00pm – 5.00pm and would welcome anyone interested in learning more about us and our hobby.

The clubroom provides facilities to cater for any need, being one of the largest model railway clubhouses in the UK. Full details can be found on the club website www.keighley-mrc.org.uk or the dedicated exhibition Facebook page – just search for 'Keighley Model Railway Show 2017'.

To advertise call us on 01535 642227

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We only have **10** places available for the course starting on **Thursday 16th March 2017** so please get in touch as soon as possible – it's too good an opportunity to miss!

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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 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 March 16, 2017.



Last month's winner was: Michael Rhodes of Keighley. The correct answer was Mill Hey Brew House in Haworth.

photo credit @GoogleMaps

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COMMUNITY PAGES

Every Tuesday 1-3pm is the **Pensioners Club** at the Bay Horse Oxenhope. All welcome.

The Silver Line Helpline for older people: Information, friendship, advice Calls are FREE: 0800 470 80 90 FREE, confidential 24 hour service wwwthesilverline.org.uk. For a group talk/presentation about The Silver Line Contact the Community Engagement Volunteer, Jeanette House, Tel: 07873459188.

Dementia Friendly Keighley seated excercise classes are every Monday **11.15am -12pm at Central Hall, Keighley, BD21 3JD** More info call Maggie 07971 527525 or email info@dementiafriendlykeighley.org.uk.

Feb until Jan 2018 Bronte Parsonage, Haworth - To Walk Invisible from Parsonage to Production.

Tues 7th March 2pm -3pm Bad Beyond Expression - these are the words with which Branwell was dismissed from his two years as tutor at Thorp Green. But what exactly had he done that was considered 'bad beyond expression'? The accepted story is that he had conducted a scandalous affair with the mistress of the house, Lydia Robinson. Or had he...? This talk looks at the evidence for and against this theory and presents an alternative idea.

Free with admission to the Bronte Parsonage Museum.

Fri 10th March 7.30pm Haworth Cinema Fantastic Beasts & Where to Find Them.At West Lane Baptist Church, Haworth.

Sat 11th March Fairtrade in your

Break 11am Steamtrain from Oxenhope to Keighley. Travellers will be treated to fairtrade drinks/snacks sponsored by Oxenhope Coop.

Sat 11th & Sun 12th March Keighley Model Railway Club 42nd Annual Exhibition. University Academy Keighley.

Sat 11th March 10.30am - 12 noon Oxenhope Pre-School Open Morning www.oxenhopepresschool.org 07851 702283

Mon 13th March Stanbury & District Womens Institute 7.30pm at West Lane Baptsit Church, Haworth. Fun with a fused glass with Genevieve Thompson. Competition is a glass object.

Thurs 16th March Oxenhope Methodist Women's Fellowship are having a talk by Skipton Street Angels at the Chapel West Drive 7-30 pm Everyone welcome

Thurs 16th March Oxenhope Gardening Club at 7.30 pm in the **Oxenhope Community Centre**, Shaw Lane, Oxenhope BD22 9LS Steven Hickman, who runs the family business, Hoyland Plant Centre in South Yorkshire, has the National Collection of Agapanthus and Tulbaghias and regularly shows at all the large flower shows. Entry £3 non-members.

visit www.oxenhopegardeningclub.co.uk

Fri 17th March 1.30 - 3.30 pm Well-Being Cafe at the Community Centre, Shaw Lane, Oxenhope

Sat 18th March Operation Oakworth Village Clean up. Meet at 10 am at Christchurch,

Sat 18th March 6.30pm Celebration Concert by Haworth Band at West

Lane Methodist Church, Haworth (opposite Old Sun Hotel). Please come along and enjoy a good evening of entertainment by our local band. Pay on the door £5 which includes tea & biscuits.

Sun 19th March Circular walk; Leeming at Oxenhope Village 5 miles (8km) Bring a packed lunch. Meet Ken Allen Snr. at 10:45am at Oxenhope railway station for a little road walking, uphill at the start over the moors.

Fri 24th March Haworth Cinema Nocturnal Animals at West Lane Baptist Church, Haworth.

Sun 26th March 12.30 -2.30 Mother's Day Wild flower planting at East Riddlesden Hall. Would you like to leave your mark by helping to create a traditional wild flower meadow? The event is free but normal admission charges apply for the venue.

Sun 26th March 2pm at Cliffe Castle, Keighley - Steeton Male Voice Choir. FREE Event

Mon March 27th 10am Volunteer Day at Haworth Church Yard

Thurs 30 th March Oxenhope Methodist Women's Fellowship Paul Kenny will show slides of England's Green & Pleasant Land at the chapel West Drive 7-30 pm Everyone welcome.

Friday 31 March and Saturday 1 April, Backstage Live! Free event 11 am to 3pm at Airedale Shopping Centre will be hosting the ultimate fashion show!

Sat 1st April Groovy Happening at Parkside Social Club, Haworth. www.facebook.com/groovyhappening. All proceeds donated to Manorlands.

Sun 2nd April The Oxnop Singers are

presenting their **Spring Concert** at **7.15 pm at the Oxenhope Community Centre.** The music includes well-known pieces such as Bohemian Rhapsody and a medley from South Pacific.

The band also performing is the Night Flyers Swing Band., The Charity being supported this time is Sight Airedale, a local organisation supporting local people with sight impairment. Tickets are available from Susan on 01535 644995 or Avril on 01535 646158.

Tues 4th April 7pm Exley Head Ladies Circle is holding an evening with **Ian Dewhirst.** At Exley Head Methodist Chapel.. £4 entry to include refreshments. The subject is Victorian and Edwardian Leisure. Everyone welcome. Tickets from Glenis 01535 640346 or pay on the door.

Thurs 6th April Worth Valley Yorkshire Countrywomen's Association 7.30pm at Oxenhope Community Centre - The Tale of Beatrix Potter with Susan and Paul Kenny

Sat 8th April 2pm Haworth Tennis Club will hold its annual general meeting at the Old Police Station House, Mill Hey, Haworth. All members, past present and future, are welcome. Please send any items to add to the agenda to Jens Hislop, Tel 01535 644444.

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Has your business entered yet?

If you have a business based in the Haworth or Keighley area then why not enter? Entry is completely free and there are a variety of categories for you to choose from, you can enter into two categories that are relevant for your business, deadline for entries is 28th April, and full details and entry forms are on the website. Don't leave it until the last minute, enter now and who knows it could be you receiving an award from Harry this year



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WORTH VALLEY

It's easy to overlook what's on your doorstep, which is especially surprising when we have visitors travelling from far and wide to visit the gem at the bottom of the hill... Next year we will have been operating the Railway for 50 years, but we know that there are still some of our near-neighbours who haven't visited at all or not for many, many years.

That's all the more surprising when recently I've been talking to a family from Australia who will be visiting us as part of a trip of a lifetime for one of their children who is a Railway Children and Flying Scotsman fanatic, and another family visiting from mainland Europe for similar reasons. Having shown many visitors round over the years, it makes all our volunteers' efforts so worthwhile when they marvel at the magical charm of Oakworth station; the gas lighting at Haworth, Oakworth and Oxenhope; the lamps at Ingrow; the quality of the two

museums at Rail Story, Ingrow; the amount of work it takes to maintain the operational fleet; and the mainline connection at Keighley and the quality and ambience of our side of Keighley compared with the much more modern Northern facilities on platforms 1 and 2. They are also impressed by Keighley's canopy, waiting room, the subway between the platforms and the turntable.

We have a local residents' discount scheme, meaning that once they've applied for their card, residents of BD20/21/22 can enjoy a discount for travel on regular services. Please visit the website or any of the stations when we're running for more details. We do hope that you will make the most of what's on your doorstep!

Whilst we run trains every weekend and daily in the holidays, we run special events as well (for some of which residents' discounts are different, so please do check for details).

To make all this happen takes such a wide range of skills that we always have openings for new volunteers. If you would like to help run a station, work towards qualifying to operate a level crossing or work on the operation of the train, then please do get in touch via the contact details on the website. **Matt Stroh**



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FAIRTRADE FORTNIGHT 2017
27th Feb - 12th March

Haworth Fairtrade group are once again linking up with the KWVR for Fairtrade Fortnight to repeat the award winning Fairtrain. The theme this year is **'It's time to put Fairtrade in your break'**

so passengers on the **11am steam train from Oxenhope to Keighley** and back on **11th March** will be treated to free Fairtrade drinks with snacks sponsored by Oxenhope Coop. Music by Reubik will entertain passengers



Watch the video: <https://youtu.be/q35hFHj2VQk>

on the train; and look out for Ryan the banana too! Normal fares apply, local concession rates are available. www.kwvr.co.uk Go to www.fairtrade.org.uk for more information about Fairtrade and learn how you can get involved.



kwvr.co.uk



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