

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2022

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Worth Enterprise Park, Valley Road, Keighley

What do you think about the cover this month? The jury is out. Many people when they see dandelions consider them unsightly weeds needing to be pulled up or chemically eradicated through toxic treatments.

I participated in No Mow May last year and I haven't touched my lawn since then. I don't know what my neighbours think but I suspect they are wondering when I am going to tidy up the landscape around my house. The thing is, I've noticed how the birds and bees have been attracted to my 'wild' garden and I am determined to support and extend their habitat. I may well wait a bit longer to mow this year. As for the dandelions that are currently proliferating, I intend to pick them and experiment; I'm told they are very nutritious, even medicinal. Let me know your thoughts on this or anything else in the magazine.

Have a magnificent May. Liz
liz@worthvalleymag.co.uk



Liz Barker, Editor

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We are also pleased to announce that we will be offering **Ear Wax Removal Clinics in HAWORTH** on the Last Wednesday of each month.

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Say you saw it in the Worth Valley Mag!

Put some colour in your summer

Kick-off your summer with a burst of colour as the annual **Sue Ryder Manorlands PaintRush**, sponsored

PoundToy, Bristol Street Motors and McNally EV, returns to Keighley!

Gather friends and family and head to Marley Playing Fields on Father's Day, **Sunday 19 June**, where hundreds of people of all ages will walk, jog or run a 5k route and pass through seven colour stations where



they will be showered from head to toe in bright-coloured paint.

Along the route there will also be fun obstacles to tackle - from hurdles and cargo nets, to slime pits and slides – and the team from AB Jetting will be adding to the fun by spraying participants with pressure washers.

Everyone that takes part will receive a PaintRush t-shirt, a pack of paint to throw and a medal, and after the run people will be able to enjoy a family fun day with music, food and a bar.

With fun for all the family, this colour run makes for a great day out while raising vital funds for Sue Ryder Manorlands Hospice's expert end-of-life care, as well as the support they provide for patients' families, helping them through the most difficult times.

Tickets cost £15 for adults, £10 for under 18s and £40 for a family of 4.

For more information and to buy tickets, visit: sue Ryder.org/manorlandspaintrush. If you have a large group, please contact the hospice's fundraising team call 01535 640 430 or email manorlands.fundraising@sue Ryder.org

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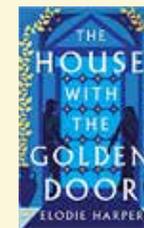
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Prize-winning author brings her Pompeiian Courtesan heroine to Haworth



Author Elodie Harper will be visiting Haworth's Independent Bookshop **Wave of Nostalgia** to launch **The House with the Golden Door** - the second title in her Wolf Den trilogy about women in ancient Pompeii. Elodie will be signing books and discussing the story of her heroine, Amara, a courtesan in Pompeii. In the first book, *Wolf Den*, Amara was sold by her mother, enslaved in the infamous Lupanar brothel and learnt that in the city everything has its price, even freedom. We meet Amara again in *The House with the Golden Door* where she finds that in order to gain her freedom, she needs not only to

be sharp, clever and resourceful but also ruthless. Wave of Nostalgia, finalist in the regional Independent Bookshop of the Year, loves to champion strong women. Owner Diane Park is really looking forward to welcoming Elodie to Haworth. Elodie Harper will be answering questions and signing copies of *The House with the Golden Door* **on the afternoon of Friday 6th May at Wave of Nostalgia**, 74 Main Street, Haworth BD22 8DP tel: 01535 538352

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Every Wednesday Haworth Senior Citizens 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth. New Members Welcome. Call Doreen 01535 648928

Every Thursday 1pm - 3pm The Shed Oakworth Village Hall. New members welcome. Learn, practice or share your skills. Call Carol Grice 07758 710945

Every Thursday from 1.30pm Time For Me Bereavement Support Group meet at The Golden Fleece Inn, Oakworth. A mutual support group for those who have lost someone dear, recently or a long time ago.

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall. New members welcome.

Fri 6th May Cross Roads & Lees Church & Chapel Ladies Group 2pm at St James' Church Cross Roads. Speaker Diane Watts from Embrace (Child Victims of Crime charity).

Sat 7th & Sun 8th May Bronte Vintage Gathering at Showfield, Haworth Road, Cullingworth. Great family weekend of fun. Fairground, SMJ Falconry, Buntons Digger rides, RAF Flypast (weather permitting), Craft tent. Pendle dog agility, trade stands, Falconry, Fire engines, exhibitors, steam attractions, Bouncy castles, children's activities, clay pigeon shooting, beer tent, food outlets.

Weds 11th - Sun 14th May Haworth West Lane Baptist Amateur Operatic Society Seventy Years of Song. 7.30pm at West Lane Baptist Chapel. ticketsource.co.uk/haworth-aos.

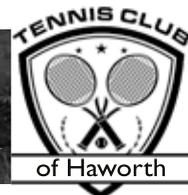
Mon 9th May 7.30pm Haworth & District WI at West Lane Baptist Church, Haworth. Jill Minford of Jems Body Harmony will be leading a keep fit session.

Sun 15th May R.S.H. Artisan Markets Central Park Haworth 10am - 3pm and every 3rd Sunday of every month.

Sun 15th May Train rides for all the family. Miniature trains running at Marley sports field approx. 13:30 until approx. 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available.

Sat & Sun 21st & 22nd May Haworth 1940's Weekend The village is transformed with decoration, stalls, dances and re-enactments along Main

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Street and the park. Join in 1940s costume for lots of dancing and merriment.

Weds 25th May 10.30am Keighley Ramblers Meet outside old site of Denholme Velvets, Halifax Road, Denholme Around Leeming Reservoir. A scenic Walk of moderate difficulty 7 Miles. Call Hugh 07745899115 for more info.

Thurs 26th May Oxenhope Antiques & Collectors Society 7.30pm at Oxenhope Community Centre, Shaw Lane, BS22 9LH. Speakers: The Leader Brothers - A Mystery Box

28th May until 30th Oct Welly Walk at Bolton Abbey.

Sat 28th May KWVR The Haworth Haddock Enjoy Fish & Chips by Steam Train.

Thurs 2nd & Fri 3rd June Keighley in Motion Transport Festival. Free circular bus service every 15 mins from 10am - 5pm

Sat 4th June The Friends of Central Park Haworth are to celebrate **Her Majesty the Queen's Platinum Jubilee** with a **BIG PICNIC IN THE PARK** with entertainment from 12 noon until 5pm. Haworth Band, Story Telling, Refreshments, Tombola, Childrens games, Dancing, Singing.



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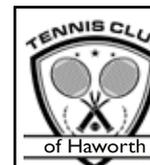


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In preparation for the 2022 season we are recruiting new members and welcoming back established members. For the latest details contact Jens or Andrea: 01535-644444 jensandrea@blueyonder.co.uk



Say you saw it in the Worth Valley Mag!

BEHIND THE SCENES AT THE MUSEUM

This month, with spring clearly in the air, we thought we'd let you hear from our green-fingered gardening volunteers...

Signs of spring came to the garden early this year thanks to an unusually mild and sunny January. So mild was the weather, that hardly a week passed by all winter without one of the roses still in flower and lifting the spirits. The hellebores were the first of the spring flowers to bloom, soon to be followed by the cheerful, welcome sight of the aconites and then, in quick succession, swathes of snowdrops.



Work in the garden continued throughout the winter with some planting and a little tidying, but in an effort to provide over-wintering habitats for insects and larvae and create winter interest by leaving seed heads and berries throughout the garden, clearance work was kept to a minimum.

One big change that took place during the winter months was the removal of the large ash tree situated in the graveyard at the side of the Parsonage which sadly succumbed to ash tree dieback last summer. Trying to maintain a positive outlook, this will allow more light to fall on one of the shadiest parts of the garden and so bring the possibility of introducing new plants to the border which would not have flourished there before.

Looking ahead, our main focus is on endeavouring to work more sustainably wherever possible and to have wildlife and biodiversity at the forefront of our decision-making. We are looking at creating more of our own compost to use within the garden and we are also investigating the possibility of harvesting rainwater.

New planting will be carried out with the intention of attracting more bees, butterflies and other pollinators into the garden and a new 'bug hotel' has been created to provide a habitat for them. The hotel has been made from offcuts and recycled materials and filled with foraged materials collected on woodland walks and

so also fits in with our sustainable ethos. We are also looking at ways in which we can eliminate, or at least reduce, the use of plastics in the garden, just as we do across the rest of the Museum.

The garden is the first thing visitors see when they come to the Parsonage and always attracts positive feedback and compliments. Whatever the time of year, we hope our neighbours and local residents enjoy it too.

~ **Christine, Theresa, Geoff and Jenny**
Brontë Parsonage Museum gardening volunteers

May at the Brontë Parsonage Museum

Defying Expectations: Inside Charlotte Brontë's Wardrobe

Exhibition included with admission to the Museum. Open 10am-5pm Wednesday to Sunday. Concessionary rates apply for residents of BD20, BD21 and BD22.*

For details of this and forthcoming events, please see www.bronte.org.uk

*Proof of residence is required, please visit www.bronte.org.uk/visit-us for details



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May

by Mary Oliver



May, and among the miles of leafing, blossoms storm out of the darkness~ windflowers and moccasin flowers. The bees dive into them and I too, to gather their spiritual honey. Mute and meek, yet theirs is the deepest certainty that this existence too~ this sense of well-being, the flourishing of the physical body~rides near the hub of the miracle that everything is a part of, is as good as a poem or a prayer, can also make luminous any dark place on earth.

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Suffolk

- 6 days - June 29th to July 4th

Be charmed with our visit to Suffolk. Residing at our luxury 4 star hotel. Located in the hazy Constable painting inspired area of Dedham Vale /Flatford Mill AONB. Nearby is the Roman capital castle city of Colchester - naturally steeped in history, so lots of hidden gems to explore in our excursions taking in sublime unspoilt country and coast.

Happy 2nd Anniversary to Worth Valley Food Bank

Many thanks to all of you who have contributed to Worth Valley Food Bank: kind individuals, local schools, members and leaders of JOIN, churches, pubs, The Spar, local Co-ops and traders on Main Street and Mill Hey; whose kindness throughout the last two years has enabled us to provide for the needs of vulnerable families and individuals, and their pets.



An estimated 8 million people are living in food poverty in the UK, one of the highest rates in Europe, and demand for food banks has soared during the pandemic. We are one of over 2,200 foodbanks operating in the UK, and we are making a small but vital contribution to the relief of poverty in our local community.

We don't know all the details of the stories of those who use our emergency food deliveries, but we do know that their need is genuine. On average, 12 adults, 8 children

and 6 pets are in receipt each week. The provisions make a huge difference and the recipients have asked us to thank all the donors and all the volunteers, who answer the phone, shop, collect donations, mark-up, pack and deliver the bags.

The Food Bank is open 1 - 3pm on Tuesdays for donations at West Lane Baptist Church (rear entrance) 07704 586030. If you would like to donate money, contact us for our bank details. If you need an emergency

delivery of food you can text or leave a message on the above number. We are grateful for all donations of in-date tins and packets of food, basic toiletries (e.g. toothpaste and soap), and cleaning materials. Items regularly needed are: Long Life Milk, Tinned meat and fish, Laundry liquid, Cooking oil, Loo paper. Once again, many thanks to all of you who have donated or volunteered over the last two years. Best wishes,
Annie Williams ~ Worth Valley Food Bank

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7				6	4			2
				8		4	3	
	5	1		4				8
	6			1		9	4	
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Where in the Worth Valley? COMPETITION

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

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

Email your answer along with your name & address to:

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The winner will be selected from all correct answers received by the 20th May 2022.



The April location was The Flappit Pub and the winner was Michael Krajnyk.

Robbie Moore MP



Keighley, Ilkley and the surrounding areas

For help or advice please contact:

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As the warm spring days are upon us, and tourists begin to flock towards our beautiful area, we are entering an exciting period for our local attractions. Across the area, we have Yorkshire's, and the country's, finest tourist offerings. Look at The Brontë Parsonage Museum, a great place to learn about some of our most illustrious residents and a fitting tribute to their works, or the famous Keighley and Worth Valley Railway; an amazing way to take a trip back in time for the afternoon. Additionally, Cliffe Castle, East Riddlesden Hall, and the emerging Keighley Creative offer an even broader cultural mix.

With such a fine and diverse cultural offering, it is no surprise to see that our area has been shortlisted to be the UK City, (or as I prefer to say) District of Culture for 2025. It has been great to play my part in this campaign, and bang the drum for why our local attractions mean we are the only choice for this title. Down in Westminster, I have met with relevant Ministers including Culture Secretary Nadine Dorries and Arts Minister Lord Parkinson to make our case for being chosen as the winner on behalf of our great many attractions, local businesses and cultural offerings.

Being awarded the City of Culture title has the potential to have such a positive impact on our local economy. You only need to look at past Cities of Culture like Hull and Coventry to see this, with both



Si Cunningham, City of Culture Communications & Bid Development Manager addressing the Worth Valley Tourism Forum. photo by John Sargent

cities receiving tens of millions of pounds to fund festivals and support local projects. Indeed, in Hull, it is estimated five million visitors went to the city as part of their celebrations. It is of course key the whole District benefits from a potential title and I will be working hard to ensure this is the case. Just think what this funding and tourism could do for our area. Small businesses, whether on Haworth Main Steet, or Keighley and Ilkley's town centres, the whole District in fact, will receive such a boost from extra visitors.

If the District is awarded the City of Culture title, it will be partly down to those amazing cultural spots I have mentioned. Since being elected, I have had the pleasure of visiting local attractions many times and meeting with the volunteers and business owners. They have faced tough times, yet after having periods of no visitors, they could possibly open their doors to millions of people.

That is why I say let's get behind this initiative, shout from the rooftops about what we locally have to offer and back the bid to be City of Culture 2025!

Robbie Moore ~ MP Keighley & Ilkley



Asparagus Risotto

by Martin Lingard

The English asparagus season is here, a sure sign of Spring, this is my favourite risotto and it makes one bunch of asparagus go a long way and feed four people. If you omit the streaky bacon and use a vegetable stock rather than a chicken stock as your base, this recipe becomes vegetarian.

Ingredients (Serves 4)

- 1 bunch of English asparagus
- 750ml chicken stock
- 75g unsalted butter
- 1 medium onion
- 4 rashers of streaky bacon (unsmoked)
- 200g arborio rice
- 100ml dry white vermouth (or dry white wine)
- 1 tablespoon of chopped fresh mint
- 100g Parmesan
- Sea salt
- Freshly ground black pepper

Method

The secret to making a good risotto is to have all your ingredients prepared and to hand, otherwise it can get away from you! So, bring your stock up to a simmer, snap off the woody bits of your asparagus and chuck the woody bits into your stock. Leave to simmer for 30 minutes while you do the rest of your prep' then strain, return to a clean pan and keep warm

on a low heat at the back of your stove. Have a ladle to hand.

Chop the tips off the asparagus and blanch them in boiling salted water for a minute then drain and plunge into cold water then drain again and set aside.

Chop the remaining asparagus stalks into thickish discs on the diagonal (about 5-10 mm) and reserve, finely chop your onion and bacon rashers and finely grate your cheese. Gently melt your 2/3 of your butter in a large saucepan and fry your onion and bacon together, stirring occasionally with a wooden spoon until the onion is soft and a pale gold colour.

Reduce the heat, tip in your rice and stir until well mixed, now chuck in your sliced asparagus but not the tips. Pour in your vermouth and stir till it's almost all been absorbed by the rice, now add a ladleful of your stock, stirring until it has been absorbed then add another ladleful and repeat until you've used all your stock. Add the asparagus tips when you're about 2/3 of the way down your stock. Once you've used all your stock and it has all been absorbed by the rice, remove your pan from the heat and stir in the fresh mint, the remaining butter, half your cheese and a few good grinds of black pepper, stir then check to see if it needs added salt. Cover your pot and leave for 3 minutes or so then serve onto warm plates and sprinkle over the remaining cheese.

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WORTH VALLEY

KEIGHLEY & WORTH VALLEY RAILWAY

SCHOOL'S OUT...

...or at least it has been for the last two weeks, and that has given us a chance to open the Railway all week, and we've enjoyed carrying many happy passengers during the spell of good weather.

After the challenges of lockdowns and closures of the last couple of years, it's great for our volunteers to see full trains running, making all our work so much more worthwhile.

Of course, running a heritage Railway continues to present challenges. The locomotives, rolling stock and infrastructure require careful – and increasingly expensive – care and maintenance, particularly with the Railway being over 150 years old, and some of our operational locomotives are now over a century old. As well as the planned maintenance and overhauls, an increasingly pressing challenge is the cost and availability of fuel.

The situation in Ukraine is appalling, and my heart goes out to all those affected. The situation has had a consequence on the Railway because it has contributed to the increase in the cost of diesel

fuel (which we are all experiencing at the pumps) and it has meant that one option for the supply of coal has been shut down, which is a problem because all the coal mines and pits in the UK that produced steam coal are now closed.

The whole heritage railway movement is impacted by the situation, and we have been at the forefront of the work to find alternative fuels by recently being the first standard gauge (ie full size) steam railway to trial a more environmentally-friendly fuel. More research and development is needed to refine the composition of the fuel, but we hope that this paves the way to providing options to heritage railways across the country.

Having said that, we are continuing to operate our full programme of events, and our team of 700+ volunteers look forward to welcoming you onboard soon. Even better would be if we could welcome you to our team. We are always open to new volunteers, and you can apply via the website or by calling into the office at Haworth.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chair

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Keighley College *Travel and Events* students were amongst the fifty plus delegates at the fourth annual Worth Valley Tourism Forum organised by Upstairs at Pennybank House in conjunction with Visit Bradford. Stakeholders from the visitor economy were updated on local projects that will potentially affect the sector (Bradford City of Culture 2025, The Queen's Jubilee, The Railway Children Return film, Keighley Towns Fund projects). A workshop was held to help prioritise and frame a more collaborative



approach to tackling challenges in the sector and to support post pandemic recovery. For those interested in finding out more contact: upstairsatpennybank@gmail.com

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Whilst heritage and media are a part of the work Material Worth regularly undertakes, they are perfectly suited to create beautiful interiors for your home, whether bespoke curtains, cushion covers, bedspreads, or Roman blinds; all your soft furnishing design requirements will be carefully met.

In the year prior to the pandemic, Material Worth decided to support a tree planting scheme, committing

to planting a tree for every pair of curtains they made. Over a hundred trees have been planted as a result through the **YorGreenCIC** scheme. More locations for tree planting are being sought in the Worth Valley, so if you know of a landowner who would like to have trees planted in the area, do get in touch with Gill. Congratulations Material Worth and thank you for your dedication and commitment to adding value to the local community. <https://yorgreencic.org.uk>



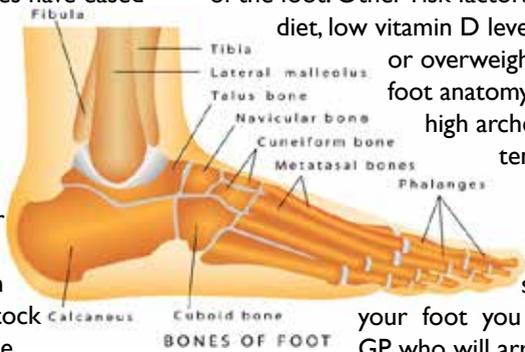
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(Don't) 'Keep On Running!'
by David Hanson

Some of our more 'seasoned' readers will remember a chart-topping song from the 'Swinging Sixties' called 'Keep On Running' by the Spencer Davis Group. In fact, slightly 'less seasoned' readers will know the song as it has featured in films such as Buster and a famous Andrex puppy commercial in the 1980's. However, for those of us that get enjoyment and maintain their health and fitness from running, there is a time when you definitely have to NOT keep on running. Aches and niggles in our legs and feet are all things that we might have to tolerate as a runner. Once you've fully warmed up and get 'into the zone' those aches have eased and are no longer an issue. But (and it's a very big and important 'but') when the pain is in one of your feet, becomes constant and gradually worsens over time to the point that it no longer is only associated with running but affects you when you walk, it is time to take stock and investigate just where the pain is coming from.

Stress fractures of the long bones in your feet between your toes and your ankle are a cause for real concern. These bones are called your metatarsals and help form the arches of your feet which are essential in both weight bearing, walking and running. You have five metatarsal bones - your big toe is known as your first metatarsal and then moving out towards your little toe are your second, third, fourth and fifth metatarsals. Bone is a living tissue and it responds to stress by making new bone, but when the bone fails to respond adequately to stress, a stress fracture may occur. This is a hairline crack in the bone and for runners the most



common metatarsals to develop a stress fracture are the second followed by the third. The second metatarsal is the longest and most rigid and is exposed to the greatest repetitive stresses. The fracture normally develops near the 'neck' of the bone which is closer to the toes or phalanges (see diagram). This small crack however will worsen if you continue to run and it may develop into a full thickness fracture. If this broken bone then becomes displaced, meaning that a gap forms where the bone breaks, healing becomes much more difficult and this may result in arthritis and constant pain in later life. Female athletes who have a decreased bone density as a result of changes in hormone levels that may lead to osteoporosis will be at a greater risk of developing a stress fracture of the foot. Other risk factors include poor diet, low vitamin D levels, being under or overweight and abnormal foot anatomy such as low or high arches, tight Achilles tendons and weak muscles. If you suspect you have a stress fracture in your foot you should see your GP who will arrange for you

to have an X-ray or a bone scan. An X-ray may not show the fracture, but based on an examination of your pain and your clinical history it will still be strongly suspected. You will be advised to stop all running activities and may be placed in a supportive boot for a period of time. Healing time for a stress fracture is around 4 - 6 weeks and once the bone has fully healed you are unlikely to have any further problems and can return to running. You can still exercise in this period as long as it doesn't place further stress onto the injured foot. Static cycling, swimming and seated upper body training can all be done safely.

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Haworth Tennis Club p9

Keighley & Worth Valley Railway p20/21

Keighley Furniture Project p24

Keighley Ramblers p8

Paint Rush p4

Robbie Moore p15 & p17

Upstairs at Pennybank p15

Building Services/General/

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Airedale Property Maintenance p26

Broomhill Roofing p22

DR Construction p15

Golden Acorn Roofing p22

Handyman p26

Haworth Handyman p26

MB Roofing p22

Queensbury Kitchens p32

RLW Plastering p19

Yorkshire Loft Ladders p31

Business Related

Accountax p6

Ask Andrina p6

Truhar Accountancy p6

Care/Cleaning / Domestic

Adele's Ironing p27

Cars

Mini Excellence p24

Stockbridge Tyres p24

Chimney Sweep

Bristles p29

Computer

Computer Repairs p16

DVD Conversion p16

Main Road Computers p16

Counselling/Therapy

Vivien Wallwork p26

Doors/Windows

Bingley Windows p3

Garolla p23

Electrical

JS Electrical p16

Fire & Security

Keybury p3

Fencing

Worth Valley Fencing p13

Florists

Rosa Rugosa p26

Fuel/Heating

Anchor Logs p29

Calderbank Heating p19

Nicholson Heating p22

Funeral and related

Andrew M Ellershaw p24

Lyndon Leeson p24

Richard Wine p24

Gardening/Trees

JE Home & Gardens p16

SAS Landscape & Gardening

Services p16

Worth Valley Trees p16

Hearing

The Mobile Hearing Clinic p2

Oxenhope Pharmacy p5

Holidays/Travel

Steels of Addingham p12

Knitting/Sewing/Soft

Furnishing design

Hilarys Keighley p2

Material Worth p11

Phillipe's p11

Wildfell Alterations p11

Locksmith

In House Securities p22

Painting & Decorating

Andy Beattie p27

R.P. Decorating p29

Pest Control

Red Dog p27

Pharmacy

Oxenhope Pharmacy p5

Physio

Haworth Physio p28/29

Plumbing /Tiling

AR Carling p22

DSM p22

Nicholson Heating p22

Steve Spence p22

Retail

DSM p22

Marsh Top Farm p19

Office Furniture Outlet p24

Queensbury Kitchens, Bedrooms &

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