ARE VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2024











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What do you think, have we turned the corner yet? I'm told spring has finally sprung: The vernal equinox, the official start date for the season in the Northern Hemisphere, has arrived. But someone should tell the powers that be, or 'the conductor in the sky,' so we can get on with some of our seasonal tasks.

I love getting stuck into the garden at this time of the year. I clear away dead leaves or any other winter debris from the soil surfaces where I'm planning to plant annual flowers and vegetables. It is also a good time to divide perennials, spray wash pavement paths, and have a good general tidy up. Keighley Horticultural Society is encouraging any would-be-green-thumbed-

residents free seeds to get started with growing food. See page 23 and the community pages for more details.

Enjoy April! All the best, Liz



Liz Barker, Editor



















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better than getting together to enjoy a good walk in the beautiful countryside in which we are so lucky to live. We meet on the first and third Sunday of the month and on a Wednesday in the summer. The walks are led by an experienced leader and can vary from about 6 miles to around 10 miles and anywhere in between. The first walk of the month tends to be a shorter one to let people who may not have walked for a while get back into it. We are a friendly collection of people and welcome new walkers. You don't have to be a member of the Ramblers Association to begin your journey with us but by joining you open up your world because you can join walks with other groups anywhere in the country. By becoming a member, you will be helping to keep the countryside open and can participate in national campaigns to keep footpaths and trails

accessible to all. There is the opportunity at local level to be involved in the running of the group with various volunteer roles. It is a proven fact that exercise and fresh air are beneficial both physically and mentally. We don't let the weather get us down, as the saying goes 'there is no bad weather just bad clothes.' Comfortable walking boots and a waterproof outer layer is all that's needed to enjoy yourself and a packed lunch to eat halfway.

Look on our website at: http://www.ramblers.org.uk/keighley to learn about upcoming walks. The walk leader can give you more details. Just click on the walk that interests you and their telephone number is there. Discover your local area and paths further afield. Do come and join us, a warm welcome is waiting.

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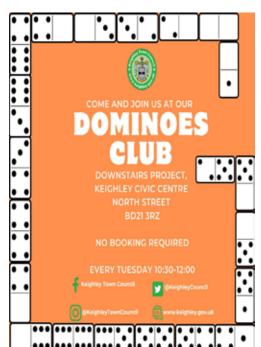
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Warm Asparagus & New Potato Salad



English asparagus and new potatoes are now in season and at their best. Initially expensive, the price of both drops as May approaches. I like to serve this dish with mutton chops or mutton

shoulder, braised slowly till tender. Mutton is much cheaper than lamb and, in my opinion, tastier. Served with a simple spring sauce of roughly equal quantities of fresh mint, lettuce leaves, and spring onions, all roughly chopped and mixed with white wine vinegar, diluted with a little water, it makes a cracking Easter lunch.

Ingredients

2 bunches of English asparagus (about 400 to 500g if sold loose, dependent on quality) A few fresh sprigs of mint 600g of new potatoes (Jersey Royals are good in this recipe) I large lemon, juiced A good pinch of sugar 100g unsalted butter, cut into squares I bunch of chives, finely chopped Sea salt and freshly ground pepper

Method:

Snap off the tough stalks of the asparagus so you're left with the tender tips (the top 5-8cm, depending on the quality of the asparagus). Pop the stalks in a bag and stick in the freezer; they're good to add to vegetable stocks. Slice the remaining spears crosswise so each spear makes two to three small chunks. Wash or scrape your potatoes, depending on how mucky they are. I prefer to wash; a bit of muck never hurt... Cut any larger potatoes into bite-sized chunks.



Bring two pots of salted water up to the boil, one large enough for your potatoes, the other large enough for the asparagus. Chuck your mint sprig into the potato pot. Once boiling, tip the potatoes and asparagus into their separate pots. Give the asparagus tips about a minute, dependent on thickness, drain and reserve. Give your potatoes about 15 minutes, again, dependent on size and variety, until tender. Remove from the heat but don't drain. Now tip your lemon juice into a small (not aluminum) pan, add 8 tablespoons of the potato water and a pinch of sugar. Place your pot over a very low heat and chuck in the butter. Briskly whisk until melted together as a thin sauce, then turn off the heat. Drain the potatoes and leave them for a minute.

Tip the drained potatoes and asparagus tips into a serving bowl, pour the butter sauce over them, season with salt and freshly ground black pepper, and mix well. Finally, sprinkle the chopped chives over the salad and serve. ~ Martin Lingard





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How to Cut Your Energy Bills and Help the Environment at the Same Time

It's rare to make a choice as a homeowner that offers a win-win, but there might be at least one example of this. And it's all to do with how you power and heat your home. If you are using an old, outdated gas boiler, for example, it increases your energy bill because you waste a great deal of gas just running the device. By updating to a new and efficient method of heating, you waste less energy and, therefore, you buy less energy.

And the great thing is that, at the same time, more efficient heating is better for the environment. And when our pockets and the world both benefit, that is something to celebrate.

Let's take a look at some of the options.

Air Source Heat Pumps

Air source heat pumps are a game-changer. They work by extracting heat from the outside air and efficiently converting it into warmth. ASHPs significantly reduce your energy bills and, at between 300 and 400% efficiency, you cut carbon emissions dramatically when compared with a gas boiler, making them an eco-friendly option.

Underfloor Heating

Underfloor heating isn't just a luxury, it's a smart investment in energy efficiency. This system heats your home from the ground up, ensuring an even and comfortable temperature throughout. Not only does it distribute heat more efficiently than radiators, but it is a less stuffy heat. With radiators, you often feel the need to open the windows, which wastes a significant amount of energy.

Solar PV & Battery Storage

Harnessing the power of the sun through Solar Photovoltaic (PV) panels is a fantastic way to generate your electricity. By installing Solar PV on your roof, you can offset your electricity consumption, reducing your energy bills and using a renewable, green source.

To further maximise the benefits, pair it with battery storage. This allows you to store excess electricity generated during the day for use in the evenings or when there are fewer hours of light.

Gas Boilers

While new technologies are transforming the heating landscape, modern gas boilers are still a viable option. By swapping an old model for a new, efficient gas boiler, you can achieve huge energy savings, and that benefits your household budget and the environment. Make sure you maintain it and get it serviced regularly to keep it at the top of its game for as long as possible.

Next Steps

If you want to explore an energy efficient and environmentally friendly option, this is an excellent opportunity to **talk to Yorkshire-based Clever Energy Boilers and Renewables.** We are the experts in heating solutions, having fitted thousands of heating systems across the breadth of Yorkshire.

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NO GARDEN? NO PROBLEM!

At KEIGHLEY HORTICULTURAL SOCIETY we've noticed that more and more people are becoming interested in growing things to eat. Not only is it a good way to cut the cost of your grocery bills, it's a great way to get kids interested in tasting the veg they've helped to grow.

But not everyone has a garden and there's a long waiting list for Council allotments. Luckily there are many edible plants you can grow in containers to create your own vegetable garden. A doorstep, a yard wall, a tiny balcony or a small patio is all the space you need. You can even create a mini veg garden on a sunny window sill inside or outside your home.

Most plants will grow in containers - if you take care of them.

Good plants to start with are chives. tomatoes, salad leaves, radish, spring onion, courgettes, potatoes and beans.

Seeds can be bought from garden centres and supermarkets or, if you know someone who already grows their own veg, they will usually have more seeds than they need and might be willing to share some with you.

Keighley Horticultural Society will be giving away FREE SEEDS on Saturday 6th April - see the Community Pages for details, pp16/17.



A way of keeping the cost of your gardening down, if you don't have plant pots, is to grow your vegetables in recycled containers - buckets, wooden boxes, bags for life, milk cartons, food cans and even old tyres! Make sure your container has some holes in the bottom for water to drain out.

Large plants such as beans, courgettes and potatoes will need to be grown in containers around 40 to 60cms deep. Small veg such as radish, spring onion and salad leaves will grow in shallower containers. A top tip when growing potatoes is to put only I or 2 seed potatoes into your container - that way you'll get a crop of bigger potatoes.

So why not have a go at growing your own. If you need more information or tips on caring for your plants you can call in to the Keighley Horticultural Society Hut, Rawden Street (off Fell Lane) Keighley **BD22 6DP any Sunday morning** between 9.30am and 12 noon -**ADVICE IS FREE!**

Good luck with your growing from all at KEIGHLEY HORTICULTURAL SOCIETY We'd love you to come and share your gardening successes at this year's Keighley Show. ~ Maggie Higson Keighley Horticultural Society Show Secretary

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Gamekeeper's Inn offers the perfect setting for your country wedding. We have two beautifully appointed rooms licensed for Civil Marriages and Partnerships. Our conservatory is perfect for intimate weddings for up to 50 guests. The award-winning Netherside Suite hosts up to 120 guests for your ceremony

and up to 150 for your evening reception. Full of rustic charm, its features include a log burning fire, oak beams and large windows allowing natural light to grace your day. Our Wedding Coordinator can help you with every aspect of your day, making the time leading up to your wedding exciting, romantic and memorable.







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Where in the Aire Valley?

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

This month's prize is donated by Keighley Picture House: Family ticket

Email your answer including your name & address to:
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The winner will be selected from all correct answers received by 15 April 2024.



Last month's competition location was Dream Doors in Keighley and the winner was Thomas Hey from Keighley.



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15

14



line.

We do relish a challenge, and this year will Festival. be like no other for the Railway as we tackle the replacement of the mainline span of We continue to plan for the longer term, too, across Bridgehouse Beck just outside the award from the government's Levelling Up locomotive yard at Haworth and we have funding. We are also completing the works been planning the replacement for many at Keighley station to refurbish the signal years, and the intention is for the new span box and open the Water Tower building as to be installed this autumn. It's an important a visitor centre, thanks to funding from the project which will help secure the future of Railway Heritage Trust and the Keighley the Railway for generations to come, and is an Town Deal. example of the challenges we face operating a branch line with a 150+ year history.

because we have just sent our 'class 25' diesel locomotive away for overhaul. This was please do get in touch. a key member of our operational fleet until so can be used for year-round operations for trains. the first time (else the carriages would get very very cold for our passengers!).

Spring is in the air, and we can look Despite the focus on the bridge replacement forward to a busy season ahead after later this year, we are still planning a very what has felt like a very long winter. full season of events, including the launch After a challenging start to the year, of an extended on-train catering offering. with Keighley station closed to us until Please do check the website for the latest the start of March, we are enjoying on dates and availability. We continue to run running trains for the full length of the our popular Haworth Haddock fish and chip supper services, as well as afternoon teas and-later in the year-the Beer & Music

"Bridge 27". This bridge takes the Railway working toward securing the £5m provisional

Undertaking so much requires a large pool of very talented and dedicated volunteers. That's not the only major activity this year, As ever, we are always on the look out for more volunteers, so if you are able to join us,

flood damage stopped the loco back in 2020, We look forward to welcoming you on and we are looking forward to welcoming it board soon. Don't forget that if you live in back into traffic when it returns, especially as BD20/21/22, you can obtain a local resident's it will now be fitted with a steam heat boiler, rail card and enjoy discounts on service

~ Matt Stroh

Keighley & Worth Valley Railway Chairman

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Matthew Varley
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Matthew Varley is the partner and Managing Director of My Denture

Clinics, here he works as a Clinical Dental Technician (Dip CDT RCS).

Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

Matt also returned to university to further his dental knowledge and become a Clinical Dental Technician, receiving the prestigious royal college of surgeons (Dip CDT RCS).

How can we help you?

Technology has moved on massively over the last few tears as far as dentures are concerned. The fact is, you don't have to suffer badly designed or ill fitting dentures anymore.

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Matt creates dentures which can offer the dual effect of restoring your smile and correcting the proportions of your face.

He can add volume to your lower face and upper lip region to achieve a more natural, youthful look. Everyone is different, so your dentures are influenced by your age, personality and gender to ensure they look perfectly natural. Matt will discuss your individual needs and the best choices available before providing you with the information you require to determine what is right for you.

The smallest alteration can make the biggest change and Matt is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

Matt's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

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BEHIND THE GLASS AT THE MUSEUM

From the evocative Worth Valley Railway to our own literary heritage here at the Brontë Parsonage Museum, Worth Valley and its surrounding areas are steeped in history. It's a rich and varied story, encompassing the very landscape itself and the families who lived and worked upon it – and it's always been our aim to bring that legacy to life through the perspective of the Brontës.

That's where our new podcast, **'Behind the Glass**', comes in. Since last summer, we've been recording a special series dedicated to telling the story of the Brontës, Haworth, and beyond. Each week, we welcome a different guest – including artists, authors, film-makers, and local staff members – delving deep into the Brontës' world by examining unique objects from our collection.

The beauty of a historic collection is that every item tells a story - no matter what object our guests choose, each reveals hidden depths to the individuals and times we explore. Our second episode, for example, looks at the Babbage Report. More than just the result of an inspection of Haworth in 1850, the report opens a window to the realities of life for so many 19th-century residents. As our local guest, Lizzy Newman, points out, a report like this is a reminder that the people affected by poor sanitation in Haworth's past were real individuals with families, friends, and hopes for the future. The report, instigated by Patrick Brontë, was the starting point for life-saving improvements to the village's sewage and water supply.

Our podcast hosts are staff members Sassy and Sam, taking listeners on a fun and light-hearted journey through our collections.



Sassy describes how she's loved developing the podcast. "The structure is really unique; each guest creates a new piece of writing inspired by the item they choose. I hope the podcast sparks a creative curiosity that gets listeners writing, just like the Brontës did."

Sam agrees that the variety of objects and guests on the podcast mean "there's a little something for everyone ... We wanted to create something that wasn't too academic – a podcast listeners can put on and enjoy 45 minutes of escapism, feeling they're part of the programme." Look out for a new episode each Thursday this month... 'Behind the Glass: A Parsonage Podcast' is available wherever you get your podcasts – or simply scan the QR code above with your phone camera and click the link.







Every Monday 7 -9 pm Andy's Man Club Project 6, Devonshire Street, Keighley

Mondays I - 3pm Keighley Tea Dance at the Civic Hall

Every Monday to Friday Dementia Friendly Keighley 10am - 4 pm

Open for drop-in anytime for coffee and chat for people living with dementia and carers and families. 6 College Walk, Airedale Shopping Centre, Keighley.

Every Wednesday Dementia Glusburn and Crosshills WI meet at 7.30 pm on the first Tuesday of the month at Glusburn Community & Arts Centre. A friendly group for local women.

Sutton in Craven WI meet 1.30pm every second Monday of the month Sutton in Craven Cricket Pavilion all local ladies welcome. See us on Facebook.

Wellbeing Café at Glusburn Institute Every Monday 10 am to 12 noon... Contact 01535 630223 for more details.

First Tuesday of a month Silsden Bereavement Group 10.30 am - 12.30pm at Silsden Methodist

Church Safe and welcoming space to share your journey free to attend.

Last Tuesday of a month is Afternoon Coffee, chat & cake at Steeton Methodist Church 2.30pm

- 4pm with The Salvation Army food bank collection point. Also Steeton Pharmacy will be there holding a wellness check including blood pressure and diabetes checks.

Every Tuesday 7 - 9pm Men's **Peer Support Group Free Safe &** Friendly environment for men to share,

chat & laugh. Airedale Enterprise Services, Sunderland Street, Keighley, BD21 5LE First Tuesday of a month Crosshills **Goldies Sing & Smile** – St Peters Methodist Church 2 -3pm singalong to the

popular hits of the 50s onwards, chat and laugh. £3 donation to attend, no need to book.

Games Club Every Tuesday 1:30 -3:30 pm. at Glusburn Institute. £2.50 per session.

Every Tuesday Rethinking Pain at The Hive, Elliott Street, Silsden 3pm -**4pm** A Group for people living in pain. **Silsden Singers Community Choir** Every Tuesday 7pm - 8.30pm at The Hive, 53 − 55 Elliot Street, Silsden. £5 per session, term times. For more information contact lanet Russell on 07941340261 www.silsdensingers.co.uk

Third Tuesday of a month at Steeton **Methodist Church 2-3pm**

Goldies Sing & Smile - sing-along to the popular hits of the 50s onwards, chat and laugh. £3 donation to attend, no need to book.

Steeton Bobbins WI 7pm meet on the first Tuesday of a month at St Stephen's Church Hall

Every Weds Glusburn Lunch club at 11.45am Glusburn Institute

for a two course, home cooked meal, for £5.00 and company. If you are a pensioner and interested, please contact Pauline on 07436113748

Every Weds I - 2.30pm Ladies Dance Exercise, Civic Centre, Keighley. Meet new friends/Socialise & Keep Fit First Wednesday of a month

2 - 2.45pm It's Story Time at Silsden Community Library for under fives.

Silsden Methodist Church Thursday Club 2.30pm - 4pm weekly

Music, Games, Quizes, friendly chatter & refreshments.

Every Thurs at 12.00 - 2.30pm Craven Craft and Mosaic Social Group at Sutton Sutton Cricket

Club (wheelchair access is good and there is plenty of parking space). The cost is £2 and covers two cuppas and biscuits and we usually put the world to right and have lots of laughs as we draw, sew, knit, crochet, doodle, diamond paint, embroider, rug hook or do ceramic mosaic.

Sunday Club at St Stephen's Church, Steeton, at 10.00am every second and fourth Sunday.

Thurs 4th April I lam - 3 pm Tails & Trails at Cliffe Castle Adventure. learning and fun for all ages.

First Tuesday of each month Walk & Wheel Group 1.30pm meeting at **Keighley Leisure Cent**re outside the main entrance. The session will last approx 60 mins and will be at a relaxing pace.

Fri 5th April 10am - 12pm FREE **Swing into Spring Creative Craft** Session Downstairs Project Civic Centre, Keighley All Ages. Colouring Easter Bonnet decorating & lots more. No need to book just turn up on the day.

Sat 6th & Sun 7th April 10 am -**5pm Ilkley Healing Alternative** Festival at The Kings Hall Ilkley. Sat 6th April Haworth Haddock on the Keighley & Worth Valley Railway.

Sat 6th April Keighley Horticultural Society are giving away free seeds, planting packs and advice.

10am till 1.00pm outside Sainsburys Supermarket 2.00pm till 4.00pm at Morrisons Supermarket

Sun 7th April 10 am - 4pm Skipton Artisan Market at the Canal Basin

Sun 7th April 2 - 4pm Music at the Museum Bradford Festival Choral Society at Cliffe Castle, Keighley

Sat 13th & Sun 14th April 10 am - 4pm Haworth & Yorkshire Creatives Makers Market at The old School Rooms, Haworth

Thurs 18th April 6 - 8pm Keighley **Town Council Community Showcase** at Keighley Civic Centre Free entry with refreshments.

Sat 20th April 9.30 am - 12pm Silsden Energy Helpdesk & Repair Cafe at Silsden Methodist

Sun 21st April Pendle Hill Circuit. 6.8 miles, moderate. Meet for 10.30 start at Nick of Pendle CP. Clitheroe Road. www.ramblers.org.uk/keighley

Sun 21st April. Train rides for all the family. Miniature trains running at Marley sports field approx. 12:30 until approx. 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at www.kdmes.org.uk/trains

Sat 27th April Ipm - 4pm Skipton **Eco Day** at The Town Hall. Crafting, Treasure hunt, face painting.

24 25

Unveiling Keighley: Embracing Heritage, Building Futures



I'm consistently amazed by the richness of our area's offerings.

We have Timothy Taylor's renowned beer enjoyed nationwide, Byworth Boilers crafting industrial-sized boilers for global markets, and Wyedean Weaving supplying military uniforms to our armed forces. Among Yorkshire's finest tourist attractions are the Brontë Parsonage Museum, The Keighley and Worth Valley Railway, and the historic Keighley Carnegie Library - England's first public library.

Our exceptional offerings prompt me to showcase Keighley nationally whenever possible. Yet, I'm equally focused on making our area an even better place to live, work, and enjoy.

Last year, I played a part in securing an extra £39.8 million for our town, supplementing the £33.6 million government Town's Fund and landmark funding for our New Airedale Hospital. This represents the most substantial investment in our area in a generation.

As part of this funding, the iconic Keighley and Worth Valley Railway will secure its future, while a new Manufacturing, Engineering, and Future Tech Hub will rival the Mechanics Institute of the 1800s.

Additionally, our beloved Keighley Cougars will receive funding to upgrade their stadium and facilities.

Community groups like JAMES and the Sangat Centre, alongside heritage buildings such as Central Hall and Haworth Village Hall, have received funding to continue enriching the lives of locals.

This represents tangible, visible change happening on our streets, even if it doesn't always make the news.

While we face challenges like drug crime and anti-social behavior, as well as darker issues such as child sexual exploitation, our community stands united in addressing them.

It's essential to emphasize that we are a community of strength and resilience, capable of standing on our own feet perhaps even reclaiming independence from Bradford District Council.

~ Robbie Moore MP for Keighley & Ilkley

Robbie Moore MP





Keighley, Ilkley and the surrounding areas

For help or advice please contact:
Office of Robbie Moore MP
Shan House, 80-86 North Street
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Scouting Beyond Borders: Lily and Harrison's Canadian Expedition



For the past two years, community magazine deliverers Lily and Harrison have dedicated themselves to fundraising for a once-in-a-lifetime trip with West Yorkshire Scouts to Banff, Canada. Joining them on this adventure are 30 scouts and 10

leaders. Throughout their journey, they'll be accommodated in youth hostels and a Canadian scout group's hut. Their itinerary includes visits to two different ski resorts. where they'll put their newfound skiing skills to the test and even try out tubing. As part of the cultural exchange, they'll meet with Canadian scout groups to swap camp games, songs, and badges. Lily and Harrison have tirelessly organized sponsored bike rides, tombolas, raffles, workshops, music gigs, and delivered the Aire Valley Mag and Worth Valley Mag to raise funds for this exciting trip. Their efforts have been met with overwhelming generosity, and they are immensely grateful to everyone who has supported them.

We wish them every success!





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Here's a great way to make more storage space... 🚜

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Yorkshire Loft Ladders, Quality You Can Trust

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality,

Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will tum up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge

amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!'

So, if you want to make use of your loft space, however big or small, call Warren on 0800

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