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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2025

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Moo-ving into March...

This month's cover star is a curious resident of Marsh Top Farm, reminding us to take a moment to smile—and maybe even stick our heads out to see what's happening in our community. Marsh Top Farm not only cares for its animals but also contributes to this magazine and our local economy, just like every advertiser inside. When you use these pages as your 'go-to' directory, you're supporting the community. As the days grow longer and spring edges closer, it's time to shake off winter and step back into circulation. Book that theatre ticket, enjoy a concert with friends, or share a meal at a local restaurant. Meet for a chat at the pub, visit the library, or reconnect at church. And don't forget your neighbour—a simple cup of tea and a friendly catch-up can make all the difference. Loneliness is real, but if we all reach out, we can brighten someone's day and make our world a warmer, kinder place.



Liz Barker, Editor

Let's step into spring together!



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WHAT'S ON THIS SPRING



Magic Show | **Saturday 1 March**
7:30 pm | Tickets £25-£39



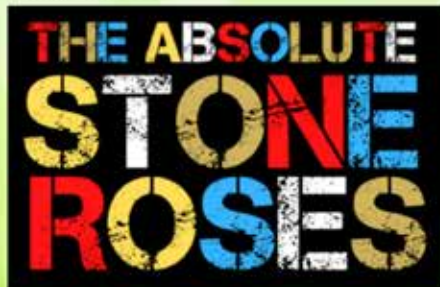
CinemaLive | **Sunday 2 March**
1:30 pm | Tickets £12



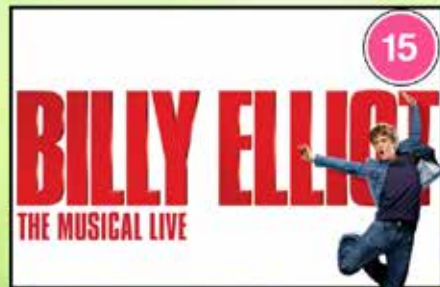
Film Night | **Friday 7 March**
7 pm | Tickets £6



Live Music | **Saturday 15 March**
7:30 pm | Tickets £20



Live Music | **Saturday 29 March**
7:30 pm | Tickets £17



CinemaLive | **Sunday 30 March**
1:30 pm | Tickets £12



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March 2025 10am – 12:30pm

Tuesday 4th Mar Fisher Medical Centre, Skipton BD23 1EU

Wednesday 5th Mar Crosshills Group Practice BD20 7LG

Tuesday 11th Mar Silsden Surgery BD20 0DG

Wednesday 12th Mar Farfield Group Practice, Keighley BD21 2LD

Tuesday 18th Mar Holycroft Surgery, Keighley BD21 1SA

Tuesday 25th Mar Kilmeny Medical Centre, Keighley BD21 1LA

Wednesday 26th Mar Haworth Haworth Medical Centre BD22 8DH



Tea Dance at The Civic Hall

Civic Centre, Keighley (North Street)

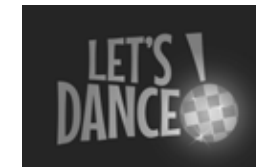
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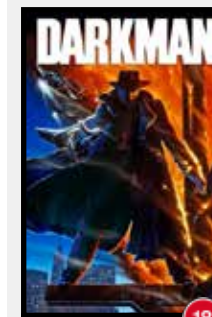


Did you know, **The Tea Dance at The Civic Hall** in Keighley is the last weekly sequence dance in

Keighley? We're excited to announce we are supporting **Let's Dance! on Monday March 3rd 2025, 1-3pm.**

This fantastic initiative, spearheaded by Angela Rippon, is about raising awareness of the benefits of dance on physical and mental health, whilst bringing people together and encouraging those who don't usually dance to give it a go. This campaign is all about making dance accessible to everyone, and **YOU are invited to join in!**

Regardless of your age, fitness, or level of experience, you are welcome to attend. Singles, couples, friends, come along and have some fun.



Darkman (1990)
Sunday 9th March
8:00pm

Keighley Picture House Cinema Classics

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Hello, lovely lot! We've been busy at **Marsh Top Farm Shop** as markets kick off again after the Christmas break. You'll find us at **Hebden Bridge** market every Thursday and Sunday, plus **Ilkley, Headingley, Baildon, Saltaire, and Mytholmroyd**. For details check our website: www.marshstopfarmshop.co.uk

Our farm shop in **Oxenhope** is open **Friday to Sunday**, while our butcher shop in **Halifax** (aka our prep hub) is open **Wednesday and Thursday**—where we cut meat, make sausages, cure bacon, bake pies,

and prep our famous meat packs. Speaking of meat packs, they're perfect for taking the hassle out of meal planning. **The Family Pack** includes meat and eggs, while the **Weekly Essentials Pack** has meat, veg, fruit, butter, milk, eggs, and one of Gretta's delicious steak pies. **Pre-order online for collection at the farm shop or a market near you.**

If you haven't popped into the farm shop, you're missing out. We stock everything from fresh meat, sausages, and pies to fruit, veg, cheeses, apple juice, British cured meats, dog treats, bird food, coal, logs, and now spring perennials and bulbs. (Just don't expect toilet roll or wine.)

We're a family-run farm and butchers, and we love a good chat. So, why not stop by this weekend? Say hi, browse, and maybe treat yourself to a cheeky pie or a free-range pork roasting joint for Sunday dinner. **We hope to see you soon!**

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What We Do

We design and deliver bespoke interior solutions, including:

Bespoke Curtains

Elegant, high-quality curtains, custom-made with tailored headings, linings, and finishes to perfectly suit your space. Our team provides expert guidance, from fabric selection to professional installation.

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Premium shading solutions designed to optimise lighting while enhancing your décor. We offer home visits, bring samples for you to browse, and provide a full measuring and fitting service.

Custom Upholstery & Cushions

Luxuriously embroidered upholstery and seating, crafted from sumptuous fabrics and expertly tailored to your home.

Re-Upholstery

We restore and revive treasured furniture, preserving its comfort, quality, and style.

Alterations & Repairs

A tailored service for furniture modifications, damage prevention, and repairs.

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We also do commercial interiors such as Pubs, Clubs, Restaurants, Hotels, B&B's and Cafe's

Frequently Asked Questions

What's the benefit of having made to measure curtains and blinds?

They are bespoke and made to measure. We have a huge selection of fabrics for you to choose from in the comfort of your own home.

Is it cost-effective to re-upholster my furniture?

Most of the time, yes. We can restore your chairs, couches, and full suites with high-quality fabrics, giving them a fresh new look.

What furniture can be upholstered?

We upholster a wide range of furniture, including bar stools, chairs, lounge suites, fixed bar seating, sofas, settees, pelmets, and bedroom headboards.

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Hip Hip Hooray – But No Cheer for Arthritis!

Osteoarthritis is the most common form of arthritis, with the hip being the second most affected joint. It develops due to age-related wear and tear, leading to cartilage breakdown, pain, and inflammation.

Causes of Hip Osteoarthritis

While the exact cause is unknown, several factors increase the risk:

- Aging
- Previous injury
- Repetitive physical activity
- Genetics

Being overweight

It typically affects people over 45, especially women. While not everyone experiences symptoms, those who do can take steps to manage them.

Symptoms

Symptoms vary but may include:

- ~ Pain in the hip, groin, buttock, or thigh, worsened by movement.
- ~ Stiffness, especially in the morning or after rest
- ~ Grinding, locking, or sticking of the hip
- ~ Weak buttock muscles
- ~ Difficulty walking, climbing stairs, or getting up from a chair or car

Managing Hip Osteoarthritis

There's no cure, but treatment can

significantly improve quality of life. Exercise is crucial—resting too much can lead to stiffness and muscle weakness. Strengthening the muscles around the hip, improving posture, and maintaining a healthy weight can reduce pain and improve mobility.

Low-impact activities like swimming and cycling are ideal, as they ease strain on the hip. Water-based exercises are particularly beneficial, as buoyancy reduces joint stress.


When Surgery Becomes Necessary

If pain becomes severe and mobility is significantly reduced, total hip replacement may be the best option. This common and highly successful surgery provides pain relief and restores function.


One patient, after years of suffering, walked five miles the day after surgery—though not surgeon-recommended, it demonstrates the procedure's transformative impact.

By staying active and maintaining a healthy weight, many can delay or even avoid surgery. But when needed, hip replacement can be life-changing. ~ David Hanson





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



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:

mail@worthvalleymag.co.uk

The winner will be selected from all correct
answers received by the 16th of March 2025.

Last month's competition location was Steeton Health
Centre and the winner was Shaun Roberts from Long Lee



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There might be the threat of another Arctic blast, but that's not stopping us from looking forward to summer... It's exciting to think that The Railway Children will be back in residence between July and September as part of the Bradford City of Culture 2025 celebrations. Tickets and full details are available on the Bradford2025.co.uk website.

We are also very excited to report on the return of the 1940s Weekend on 17th and 18th May, with details being released on our social media channels as we finalise plans. We have always been an important part of the '40s event, helping to relieve traffic pressure in Haworth, and we were – like many – sad to see the event not happen last year, so have stepped with our own event for this, and we hope for future years. In addition to these two headline events, we have our regular train programme every weekend and through the holidays, as well as the Steam Gala 20th-23rd March and the return of Cream Tea and Haworth Haddock services.

All this takes months and months of planning, and it takes a considerable effort to maintain the 150+ year-old Railway. Last year saw us replace Bridge 27 at Haworth, and this year, track relaying is planned at various locations, as well as further work up and down the line. You will also see that we are continuing our work to

improve Keighley Station, with the most recent investment being in the renewal of the glazing panels and associated repairs to the canopy on Platform 4 at Keighley. You will have already seen that the Old Parcels Office has reopened, as can be seen from the forecourt. I do hope that you will call in to see the food and drink offerings in our recently refurbished venue, which services hearty breakfasts and meals all We are also continuing to maintain the Railway elsewhere. You will see work at Damems Station House, Haworth Station and plenty besides as we continue our year-round programme to keep the Railway looking its very best for our visitors to enjoy.

Many of you will be able to benefit from the discounts offered by the Local Resident's Railcard scheme, so if you live in BD20, 21 or 22, please check the website for details on how to obtain your card, which gives money off standard fares, at the on-train bar and from some event tickets.

While we do have some 800 volunteers, we are always looking for new members to join the team, so please get in touch if you would like to join us to keep the wheels turning.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman



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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).

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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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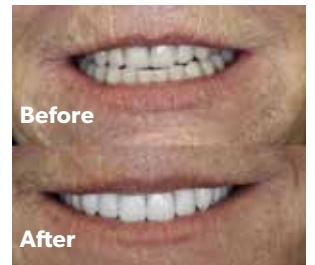
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BEHIND THE SCENES AT THE MUSEUM

Celebrating Patrick Brontë: A Legacy of Faith, Family & Reform

As local residents, you probably know a thing or two more than most about Patrick Brontë. You'll likely know he was the father of the famous Brontë sisters, and perhaps that he was the vicar at Haworth church, opposite what's now the Brontë Parsonage Museum.

But there's a lot more to Patrick than meets the eye. He was, in his own right, an exceptional character – it's thanks to him that the devastating sanitary conditions in 19th-century Haworth were reviewed and improved. He took his duties as reverend seriously, and fought hard to better the lives of his parishioners. It was Patrick's job to perform baptisms, marriages and funerals. He was on hand to visit the sick and comfort the living, and his copy of *Modern Domestic Medicine* is brimming with scribbled notes in Patrick's handwriting – extra information on successful cures and observations he made while visiting poorly individuals.

After his two eldest daughters died following an epidemic at their boarding school, Patrick took his surviving children's education into his own hands. His three young daughters would go on to write some of the most famous novels in the world. Patrick was born in County Down, Ireland,



on 17 March, 1777 – on Saint Patrick's Day itself! This March, we're celebrating Patrick Brontë by walking in his footsteps, getting to know the man who raised three of literature's greatest writers.

Before starting his curacy at Haworth, Patrick preached for five years in nearby Thornton – where the Brontë children were born. On **Sunday 16 March**, we'll be joined by local historian and guide Steven Stanworth, who'll take us on a **guided tour of the 'Brontë Bell Chapel' in St James Church, Thornton.**

Then, on **Monday 17 March**, we'll be striding out on one of Patrick's favourite **walks along the river in Dewsbury.** Patrick was rector at Dewsbury Minster from 1809 to 1811, and this walk will include lively stories of Patrick's early years in Yorkshire.

Find out more about our **'Celebrating Patrick'**

events at **bronte.org.uk/whats-on** – where you can book tickets online.

And, next time you're visiting the Brontë Parsonage Museum, be sure to spend an extra minute or two in Patrick's study – where he wrote his sermons, received his guests and, crucially, inspired in his children an enduring love of literature.

Walk in the footsteps of *Patrick Brontë* on the anniversary of his birth...



Sunday 16 March

A guided tour of the Brontë Bell Chapel



Monday 17 March

A Dewsbury river walk

Find out more at **bronte.org.uk/whats-on**.



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COMMUNITY PAGES

Every Monday 9.30am-12 noon South Craven Walking for Health Group. Contact 07757911726 or 01535 538835 for more information.

Every Monday 1pm - 4pm Knit & Knitter Craft Group at Steeton Hub.

Mondays 1 - 3pm Keighley Tea Dance at the Civic Hall

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.

Every Tuesdays Community Post Office Counter 12.30pm - 2.30pm at Steeton Hub

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.

First and third Tuesday of every month Silsden Bereavement Group 10.30am - 12.20pm at Silsden Methodist Church. A free support group

First Tuesday of a month Crosshills Goldies Sing & Smile – St Peters Methodist Church 2 -3pm singalong to the popular hits of the 50s, 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 Janet 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 £6.00 and company. If you are a pensioner and interested, please contact Pauline on Pauline on 07436 113748.

Every Wednesday 1 - 2:30pm Dementia Hub at Glusburn Institute with Dementia Friendly Keighley. Activities and support for those with dementia and their carers.

Buzz Youth Club, The Hive Silsden 8-12 year old FREE Entry 10.30am

- 12.30pm alternative Saturdays & every Wednesday 3.30pm - 6pm.

Every Weds 1 - 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.

1st Thursday of the Month at Steeton Methodist Church 7-15-8-15pm invites you to our Prayer and Praise Service

Every Thursday at the Hub in Steeton 10am. - 1pm Patchwork. A friendly group of like- minded ladies who like to create patchwork throws, bags, cushions and hold-alls. Often donated to Women's Aid and the Baby unit at Airedale Hospital. Plus tea/coffee and socialising . There is car-parking at the Hub

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.

Every Thursday 2-3pm Social Singalong at Glusburn Community & Arts Centre. All welcome to this friendly and inclusive singing for fun and wellbeing group. Drop-in for a cuppa from 1.30pm.

Free to attend.

Fridays 10am - 12.30pm Warm Space Group at Steeton Hub.

Every Friday 10am-12pm Digital Drop-in at Glusburn Community & Arts Centre. Help and advice about getting online, using your device, navigating websites and staying safe. £4 including refreshments.

Coffee morning every Saturday morning from 9.30am at the Village Centre, Crosshills. Everyone welcome for a drink & a chat.

First Saturday of the Month is Saturday Social 2 - 4pm at St James Community Hall Silsden. Have a chat, play games & refreshments **All Welcome**

Feb 2025 to Jan 2026 David Hockney Exhibition 20 Flowers for 2025 at Salts Mill, Saltaire Sun 2nd March 1pm - 3pm Preloved Prom Open Day at The Hive, Elliot Street, Silsden Selection of prom dresses, suits, shoes & bags to hire..

Mon 3rd March 10am International Women's Day Event at KHL, Scott Street, Keighley To book call 01535 677177 or email admin@khl.org.uk

Sun 9th March 11 am - 3pm Team Wilder Action for Nature Day at Cliffe Castle, Keighley Free event.

Mon 10th Mar 11am - 2pm South Craven Connect at Glusburn Institute. Free drop in with advice and information from local organisations. Info: 01535 630223.

Thurs 13th March Lunch Club 11.00am - 1.00pm Steeton Methodist Church Hall

Bingo, homemade soup & cake Donation. Open to all.

Cont>

Sat 29th March Beetle Drive & Afternoon Tea 2.00pm-4.00pm
Fun for all the family at **St Stephen's Church Hall**, Steeton, BD20 6SB

Adults £10 Children £5
Tel 07906844075 for tickets

Sun 30th March 10.00am

Mother's Day Family Service
St Stephen's Church, Steeton,
BD20 6SB Informal service with flower gifts

Fri 14th Mar 7:30pm Spring Concert at **Glusburn Institute with Sing Out!** South Craven choir and Sutton's Got Brass. Tickets £10.

Sat 15th March Silsden's Repair Cafe 9.30am - 12 noon at **Silsden Methodist Church.**

Sun 16th March 4pm Skipton Choral Society Spring Concert at Christ Church Skipton

Weds 19th March 11 am & 2pm Heritage Tour of Skipton Town Hall

Fri 21st March 7.30pm Glusburn & Cross Hills Gardening Society at Glusburn Institute.

Sat 29th March 11am - 4pm Keighley Lions Prostate Awareness Testing Event at Airedale Shopping Centre Unit 84 (old Clarks Shoes - opposite Boots)

Sun 30th March 9am 5K & 10k Run or walk to raise money for Sue Ryder, Keighley Victoria Park

Sudoku Solutions

3	7	5	1	8	9	2	6	4
8	9	6	5	2	4	3	1	7
2	1	4	7	3	6	5	8	9
5	2	9	8	4	1	7	3	6
4	6	7	9	5	3	8	2	1
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8	5	7	4	6	9	3	2	1
9	4	1	2	7	3	8	6	5
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5	7	9	1	4	6	2	8	3
2	1	6	3	8	7	5	4	9
3	8	4	9	2	5	7	1	6



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~ Martin Lingard

At the time of writing this month's recipe, it's still cold and damp; Cullen Skink is a hearty and comforting soup and a really easy dish to make that originates from the town of Cullen in the east coast of Scotland. It's worth trying to source undyed smoked haddock rather than the mucky artificial yellow stuff you sometimes see in supermarkets. It's also important to use full fat milk rather than skimmed or semi skimmed, gold top is even better! I like to add a small 100g bag of baby spinach just before serving and topping with a poached egg, but this is optional and it certainly isn't the Scottish way.

Ingredients (This feeds four generously)

- 75g butter
- 1 large onion, chopped
- 1.5 litres full fat milk
- 1kg potatoes, peeled and cut into smallish chunks
- 700g smoked haddock fillet
- 1 small bunch of flat leaf parsley, roughly chopped
- 100g bag of baby leaf spinach (optional)
- Sea salt
- Freshly ground black pepper
- 4 poached eggs (optional)

Method

Start by melting your butter in a large, heavy stove top pot over a low heat. Add your

onions and cook slowly for 10 minutes until they are very soft, stirring occasionally so they don't brown.

Add your potatoes, stir and pour in your milk. Increase the heat, bring to a very gentle simmer and cook for 20 minutes until your potatoes are starting to fall apart. Now place the fish on top of your milk and potatoes, pushing it down gently until just covered by the milk and cook for a further 4 minutes.

Once cooked, carefully lift the fish out and place on a plate to cool.

Whilst your fish is cooling, get a potato masher and roughly mash the potatoes and onions into the milk – we're aiming for a course, rough, soup like consistency, not a smooth puree.

Once cool enough to handle, coarsely flake your fish, chucking away the skin and any bones you find.

Now return the flaked fish to your pot with the parsley and season generously with black pepper and salt. Warm through for a couple of minutes, stirring occasionally whilst you poach the eggs if you have decided to take this option. If you're adding the baby spinach, do so a minute before serving, stirring it in to mix as it wilts.

Serve in deep bowls, placing a poached egg on top of the soup in each bowl.

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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 turn 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 612 8359

and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft.



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