

A photograph of a winter landscape. In the foreground, there are snow-covered bushes and a stone wall. In the middle ground, a large tree with snow-laden branches stands prominently. In the background, there are more trees and a building partially visible. The sky is a pale, overcast blue.

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2025

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Welcome to the February edition of the community magazine.

With so much change in the air, from erratic weather to rapid technological advances, we hope to bring you a moment of calm and plenty of practical support for daily life.

Whether you need a trusted local tradesperson, or help finding a therapist for a nagging pain, our pages are full of solutions to everyday challenges. Many featured businesses are long-established, locally-run, and well-trusted.

This month, several health surgeries are hosting drop-in sessions to help residents navigate their services, we've highlighted the details to keep you informed.

For a lighter touch, you'll find cheerful stories and Sudoku puzzles to engage your mind and lift your spirits.

So, why not take 25 minutes, grab your favorite cuppa, and enjoy catching up on the local scene, offline and in real time?

Thank you for supporting the magazine and the wonderful community it represents.

Liz Barker, Editor



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Why Trust Us to Deliver Your Message?

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With a distribution of 20,000 homes and businesses, we're the largest free magazine in the region. Whether you're targeting households in Haworth, Oxenhope, Keighley, Silsden, or Crosshills, we ensure your message reaches the right audience.

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Haworth Cricket Club (HCC) is on West Lane, tucked behind a row of houses. We are a friendly and sociable cricket club with two senior sides and a junior section with teams at Under 9, 11, 13 & 15. We are very proud of our picturesque ground set amongst farm fields with wonderful views and we welcome everyone who wishes to join us, whether it be to play or spectate. We just want everyone to enjoy the views, the sport, and the club!

HCC is a community club and we are keen to work with local primary schools, churches and other organisations as our facilities can be used all year round. We are contributing to a green environment by having solar panels fitted to our clubhouse roof and hope to be able to extend the changing and clubhouse facilities within the next year, to improve accessibility and inclusivity. Our real ale bar is open on Saturday throughout the season and throughout the winter you will receive a warm welcome and warm fire. We host a variety of village, sporting, and family events throughout the year, many for charitable donations. Last season we hosted a cricket tournament in memory of a past player who sadly passed away in 2024. We raised £1,300 for each of the two benefitting charities, Sue Ryder, and Brain Tumour Trust. We hope to make this an annual event as a fitting tribute.

We formed in 1887 as Haworth Wesleyans CC, with the first match against Lees Albion on September 14, 1889. The first games were played in a Haworth field at 'Long Bridge,' then at Cooke Gate (just off West Lane) until the present ground at West Lane was opened on Saturday 9th June 1951. From 1893, the club played in the Keighley section of the Craven Senior and Junior Cricket Leagues before being admitted to the West Bradford League. The 1940s was the club's most successful period, winning the League 1944-1948 and completing the double by adding the Keighley cup in 1944-1946. In 1984 HCC joined the Craven and District Cricket League, which the club last won in 2021.



We have several qualified coaches, to cater for all standard of skills and abilities, which help people participate in junior or senior club cricket. Our season starts in April, but indoor winter training starts in February. If you want to learn or return to play cricket, to volunteer, or you'd just like to join a welcoming club and enjoy the friendly social side with fantastic views, then please do contact us using haworthcricketclub@gmail.com



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Cover Chat (Yes, we're listening!)

Following last month's experiment using AI to create our cover, we were delighted to hear from so many of you. It's clear that you feel passionately about showcasing real, local photography. We've listened, and we're happy to embrace your feedback.

Moving forward, we invite you to submit your images for our magazine covers. We'll credit all photographers whose work is selected. We're looking for bright, impactful, and seasonal images that celebrate the beauty of our local area. Suitable subjects include landscape, wildlife, pets, flower, and fauna. Please ensure submissions are:

- ◆ High resolution (JPEG or PNG format),
- ◆ Portrait-oriented,
- ◆ With consideration of the placement of our masthead ("Aire Valley Mag") without obscuring the photo.
- ◆ Send to: mail@worthvalleymag.co.uk

We look forward to your creative contributions and thank you for helping us make the magazine a true reflection of our community.

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As the snow finally melts, it seems odd to be talking about the summer, but what a summer we are looking forward to... First, back to the here and now... The first couple of weeks of the new year saw our volunteers and staff out clearing the point work and platforms so that we could provide the only service up the valley when the snow was at its worst. We have been reflecting on our 50+ years of operation and concluded that there have only been a handful of days when we have been unable to run any service due to the weather, which has more recently been caused by flooding around Haworth rather than snowfall. It is thanks to the commitment and tenacity of our team that we provide such a dependable service.

Moving back to warmer climes... we are turning our attention to our 2025 programme of events, which is dominated by our support for the Bradford 2025 City of Culture: we are hosting a production of The Railway Children, which runs from 16 July to 7 September, and we hope it will bring many visitors to the home of the Railway Children to enjoy the production. Tickets are available via the Bradford2025 website rather than directly from us. It will be great to see so much attention on the film that cemented the Railway's future when Oakworth was the central location for the 1970 production and which generated so much interest all these years later. We are just completing phase 2 of our development work at Oakworth, which will open more areas for visitors so you can marvel at the innards of the Oakworth Goods Shed, which has been closed for viewing until now and is

a wonderfully preserved time capsule from when the Railways were at the heart of the nation's freight distribution network. As well as the summer's production, we are still offering our regular programme of events, with trains running during half term (15-23 February), the Steam Gala returning 20-23 March, and the Diesel-focused Gala 19-22 June, with trains operating every weekend too. More details of the events and latest developments on the Railway can be found on our website.

As well as the year's events, we are also turning our attention to the next round of maintenance and overhaul activities, and we are planning a programme of track renewals, work on our buildings and all the other things needed to keep a 150+-year-old railway running reliably and regularly. It's a never-ending task and is costly both financially and in terms of time spent. It takes months of planning and preparation to deliver the range of projects necessary to keep the wheels turning, most notably last year with the replacement of the bridge near the entrance to Haworth Yard, which has been shortlisted for the Heritage Railway Associations "Infrastructure Project of the Year" award, such was the scale and excellence of the work.

If you have the skills and time to support our varied work, we would be happy to welcome you into our volunteer family, and we are always keen to welcome you on board.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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Our Keighley Denture Expert is Matthew Varley (Dip CDT RCS)

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.

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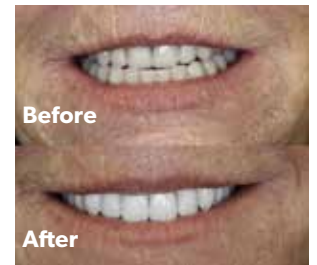
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BEHIND THE SCENES AT THE MUSEUM

Happy New Year from everyone at the Brontë Parsonage Museum! 2025 is set to be an incredible year for all of us in the Bradford area, as we celebrate City of Culture right on our doorsteps. Keep a lookout for events and opportunities throughout the next twelve months – some of which are happening right here in Haworth. Now the new year is underway, we're excited to reveal the theme of our special 2025 exhibition, which opens in February. This one has a particularly local focus.

From Haworth to Eternity: The Enduring Legacy of the Brontës charts the rise of Brontë-mania, especially on film and TV, putting Haworth's role centre stage. Highlights of the exhibition include early souvenirs from the Parsonage and props from Sally Wainwright's 2016 film, *To Walk Invisible*. Particularly tantalising is the production script from the first, silent film adaptation of *Wuthering Heights* in 1920, which will also be on display. The script details all the instructions for producing the film – but the film itself has never been found. Haworth's history is entwined with the story of the three sisters, and many of



The first film adaptation of *Wuthering Heights* in 1920 was shot in and around Haworth. © The Brontë Society

the precious items we have in our care have come to us from local families and friends of the Brontës. We're continuing our local history theme with a talk which digs into the murky world of sanitation in the nineteenth century, lifting the lid on hygiene at the time of the Brontës. Happily, this coincides with the opening of our brand-new (squeaky-clean!) visitor and **Changing Places** facilities. Our new exhibition, the opening of our visitor facilities, and our sanitation talk all take place on **Saturday 1 February**, and we'd love to see you there!

The talk is free for local residents (and with entry to the Museum) – and if you're lucky, you might just spot a couple of friendly, talking flowerpot men outside the visitor facilities, a sure sign that spring is on the horizon. Find out more about the new season at the Museum over on our **'What's on'** page. Just head to our recently refreshed website, **bronte.org.uk**. Remember, local residents enjoy concessionary prices, children go free, and you can return time and again on your ticket for twelve months at the Museum – including admission to our 'free with entry' events!


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			5		3			
2			6	9	4	1	3	
	4	3	1	5		2	7	
	2						1	
	9	1		4	2	8	6	
	5	9	4	6	8			1
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Friends of East Riddlesden Hall - meet once a month between Oct and April on a Thursday 2pm to 4pm in the Airedale Barn. Contact Secretary on 0771 373 3516 for more details

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

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 their carers and families. 6 College Walk, Airedale Shopping Centre, Keighley.
First Tuesday of each month Walk & Wheel Group 1.30pm meeting at Keighley Leisure Centre outside the main entrance. The session will last approx 60 mins and will be at a relaxing pace.

Every Tuesday 10am - 12 noon Keighley Remember When? Fancy a chat? Age UK Unit 8 Airedale Centre, Cooke Lane, Keighley.

Every Tuesday 10.30am - 12 Dominoes Club at Keighley Civil Centre, Keighley, BD21 3RZ no need to book simply show up and enjoy the game.

Every Tuesday Dementia Friendly Keighley 10am - 12.30 pm Games Morning, for people/carers living with dementia Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Morton WI every second Tuesday evening each month. Social evening with refreshments at **The Institute in East Morton 7:20 pm.** Contact Anne 07968094238

First Weds of every month 2 - 3.30pm Connections Bereavement Support Group the Restaurant at Airedale Hospital.

Coffee Morning every 4th Thursday of the month 10am to 12pm at Keighley New Church, Braithwaite Road, Keighley BD22 6PX. All are welcome.

Every Thurs 11am Age UK Friendship Group meet new friends over a cuppa In the Community Room by the cafe in store at **Morrisons, Keighley** more info email info@ageukbd.org.uk

Every Thursday Dementia Friendly Keighley 1.30 pm - 3.30 pm Crafty Friends, creative session, Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Thursdays (October - April) Keighley Men's Forum, Corner entrance of Keighley Playhouse, 1 Devonshire Street, Keighley Refreshments from 9.30am, Speaker at 10.15am Variety of speakers/ presentations £2/week inc. refreshments **Every Thursday 2-3pm £5**

Senior Gentle Exercise Class (term time) at **East Morton Institute.** Suitable for any ability & can even be undertaken whilst sitting.

Every Thursday from 1.30pm Time For Me Bereavement Support Group meet at The Three Horses, Fell Lane, Keighley, BD22 6BZ. Further info contact helen.timeforme@gmail.com

Thursday & Fridays 10.30am to 3 pm The Drop-In at The Civic Centre, Keighley. A great place to meet new people, play board games or dabble in arts & crafts.

Every second Saturday of a month 10 - 1pm Riddlesden Green Connection Community Cafe St Mary's Meeting Room, Banks Lane BD20 5PA. Eco liquid refills, book swap and cafe every time.

Thurs 30th Jan Nature Natters 12pm - 2pm at The Gatehouse, Cliffe Castle, Keighley A free wellbeing group Natural Winter Crafts. Free to book call 01535 668588 www.getoutmorecic/wellbeing/community-wellbeing

Thurs 13th Feb Nature Natters 12pm - 2pm at The Gatehouse, Cliffe Castle, Keighley A free wellbeing group Natural Dye Painting. Free to book call 01535 668588 www.getoutmorecic/wellbeing/community-wellbeing

Fri 14th Feb 6pm Family Beetle Drive Night at Keighley Salvation Army Church, Fun game for all the family, prizes to be won, free snacks and drinks. Book your place 01535 603494 or email keighley@salvationarmy.org.uk
Sat 15th to Sun 23rd Feb Keighley & Worth Valley Railway Half Term Happiness Train Services.

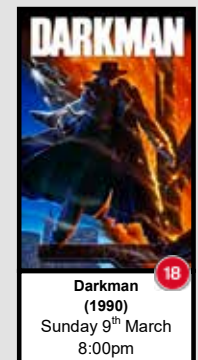
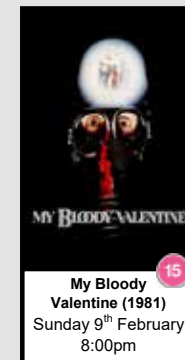
Sun 16th Feb Music at Keighley Cliffe Castle Museum 2pm Haworth Band
Thurs 27th Feb to 1st March Saltaire Beer & Cider Festival Victoria Hall, Saltaire

Weds 26th Feb Nature Natters 12pm - 2pm at East Riddlesden Hall Nature Day. Free to book call 01535 668588 www.getoutmorecic/wellbeing/community-wellbeing
Fri 28th Feb 12pm - 3.30pm Wet Felting Class at The Gate House, Cliffe Castle Park, Keighley BD21 3BG Free event please contact louise. soothill@keighley.gov.uk to reserve a place.

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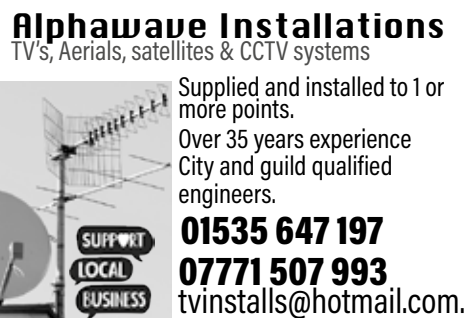


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Leftovers Chicken and Vegetable Stew with Dumplings



~ Martin Lingard

This is a great dish for winter as it is hearty, warming, tasty and healthy, plus very economical. It makes good use of leftovers and any veg you may have hanging about in the fridge, freezer or

store cupboard. It does take a few hours to make, but most of this time is just the stock simmering slowly, leaving you free to crack on with other stuff... Feeds 4 well.

Ingredients

For the stock:

- Leftover roast chicken carcass
- 1 medium onion, peeled
- 1 large leek, thickly sliced
- 2 carrots, cut into chunks
- 2 celery ribs roughly chopped (plus leaves)
- A thumb sized bit of ginger root, peeled & sliced
- 2 or 3 garlic cloves
- a dozen or so peppercorns
- a bunch of herbs (parsley, sage, bay, thyme etc)

For the stew:

- 4 tbsp pearl barley
- 2 tbsp soy sauce
- 4 carrots, peeled and diced
- 2 medium potatoes, peeled and diced
- Mixed green veg' - whatever you have to hand (frozen peas, green beans, bag of spinach etc)
- Leftover roast chicken

For the dumplings:

- 75g suet
- 150g self-raising flour
- ½ tsp salt & pepper

Method

Take your chicken carcass, remove all the remaining meat and set to one side in a bowl. Break up the remaining carcass and wings, legs & thighs and place in a large stockpot, skin, bones, jelly & all. Chuck all your other ingredients into your pot too, you can also add spices such as a few cloves, a star anise, a handful of coriander



seeds and a few chilli flakes here too if you wish. Cover with 2 to 3 litres of water and bring to the boil. Once boiling, put on the lowest possible heat setting, skim off any scum, bob on a lid and leave for 2 to 3 hours, go and watch a movie!

When time's up, drain through a colander into a large bowl or pot, discard all the bones and veg'. Clean your stockpot then strain the stock through a fine sieve back into your stockpot. Return your pot to a high heat, add your pearl barley and soy sauce. A glug of sherry works well too here if you have any left from Christmas!

Boil without a lid for 15 to 20 minutes, this is to ensure the barley is cooked and it also concentrates the flavour.

Add the carrots and potatoes, turnips, swede or parsnips can be used as well or instead of here if that is what you have. Season to taste. Reduce to a simmer, bob on a lid and leave for 20 minutes while you make your dumplings.

To make the dumplings, lob the flour, salt, suet and a bit of ground pepper into a mixing bowl, mix with the back of a knife, adding one tablespoon of water at a time. After 3 to 4 tablespoons, you will have a firm springy dough. Roll into approximately 12 small (walnut) sized balls.

Now remove the lid, add the green veg' and chicken and stir well then lower your dumplings on top, spooning some liquid over them. Bring back to a simmer and cook for another 10 to 15 minutes before serving in deep bowls.

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**Couples' Compatibility Quiz:
 How Well Do You Know Each Other?**

Put your relationship to the test with this light-hearted quiz! Answer the questions below without showing your partner, then compare your answers to see how well you really know each other. Keep it fun, and remember, there are no wrong answers (just amusing ones)!

1. What is your partner's go-to comfort food?
 Your Answer:
 Partner's Actual Answer:

2. If they could instantly master a skill, what would it be?
 Your Answer:
 Partner's Actual Answer:

3. What's a household chore they secretly (or not-so-secretly) hate doing?
 Your Answer:
 Partner's Actual Answer:

4. What's their favourite TV show or film to watch repeatedly?
 Your Answer:
 Partner's Actual Answer:

5. What's their dream holiday destination?
 Your Answer:
 Partner's Actual Answer:

6. Who takes longer to get ready for a night out?
 Your Answer:
 Partner's Actual Answer:

7. What's one thing they absolutely can't leave the house without?
 Your Answer:
 Partner's Actual Answer:

Scoring:
 1-2 matches: Room for improvement, but plenty of laughs ahead!
 3-5 matches: Solid effort! You know each other pretty well.
 6-7 matches: You're practically psychic. True love goals!

Bonus Tip:
 For any mismatched answers, use them as a conversation starter. You might discover something new about your partner and share a laugh in the process.

Have fun testing your love ~ and don't forget, it's all about enjoying the journey, not acing the quiz.



Drop-in Advice Sessions: Get Online with NHS App, GP Services, and Social Prescribing

Are you feeling left behind with new online health services? Many people worry about using smartphones or making mistakes, but with a little guidance, you can discover how online systems can work for you. Over the past year, free drop-in sessions hosted by Modality AWC have helped people gain confidence in navigating these services.

Why Online GP Services?

The NHS has evolved significantly, now offering a broad range of services through healthcare professionals working alongside GPs. With increasing demand, online systems help manage GP appointments more efficiently. Submitting an online form allows your request to be triaged immediately. Urgent cases are prioritised, and routine appointments scheduled accordingly—sometimes saving you weeks of waiting. For example, some patients attending drop-in sessions have reported getting a GP appointment or being referred to a specialist within an hour of completing an online form. Others have been directed to healthcare professionals like physiotherapists, had blood tests arranged in advance, or received guidance from Social Prescribers on resolving health-related social issues.

What If I Can't Go Online?

Not everyone finds online systems suitable, and that's okay. You can still call or walk into your GP surgery, where staff can complete the online form for you. However, the more people who choose these traditional options, the longer the queues may become.

More Than GP Access

The NHS App provides convenient features like accessing your consultation records, test results, and hospital letters, as well as ordering



medications in seconds. Other apps, such as Holly Health, can support mental health, prompt medication reminders, and assist with weight loss.

If you're unsure about starting, visit a free drop-in session to get personalized guidance. With just a bit of help, you can unlock the benefits of these services and feel more in control of your healthcare journey.

Martin Gourley
Freelance Training Volunteer

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27

True Love:

Seeing the Best Despite the Flaws

Ah, love. That miraculous force that renders us giddy, blinds us to reason, and inspires countless poetic verses. But while the romantics may extol its virtues, the true art of love lies not in seeing perfection but in embracing imperfection. To love someone deeply is to recognise their flaws and say, "Yes, I see you, and I'll stick around anyway."

Consider *Only Fools and Horses*, a staple of British television and a treasure trove of life lessons disguised as comedy. Del Boy and Raquel, while



not your conventional romantic leads, embody the reality of love in all its messy, imperfect glory. Del, with his grandiose schemes and boundless optimism, and Raquel, with her practicality and patience, are a reminder that love is about acceptance and partnership. Raquel doesn't demand that Del become someone he's not; instead, she meets him where he is, nagging gently but never trying to extinguish his spark. And perhaps Del and Raquel are onto something. Research by Dr. John Gottman, an acclaimed relationship psychologist, reveals that successful relationships thrive not on grand gestures but on the small, consistent acts of love and acceptance. A British study conducted at the University of Bath found that couples who actively practice gratitude and acknowledge their partner's positive traits ~ despite glaring faults like their inability to load a dishwasher correctly ~ tend to have longer, happier relationships. As the saying goes, love may be blind, but gratitude wears bifocals. Yet, it's not all sunshine and romantic comedies. To truly accept someone is an art that requires patience, a sense of humour, and the ability to



let go of perfection. A survey by Relate, the UK's leading relationship charity, found that a key predictor of relationship satisfaction is the capacity to forgive and adapt. Translation: learning to live with someone's peculiar insistence on talking through every television programme is more important than romantic candlelit dinners; but don't forget the candlelit dinners! British humour, naturally, offers a way to cope with these irritations. Oscar Wilde quipped, "To love oneself is the beginning of a lifelong romance," but perhaps it's loving someone else's annoying habits that truly tests our mettle. After all, who among us hasn't wanted to throttle a beloved for leaving tea bags in the sink? The trick, dear reader, is to see the tea bags as endearing evidence of their charming disarray. True love is not blind in the sense of ignorance; rather, it sees clearly but chooses to look beyond. It's about supporting your partner in the here and now, celebrating their victories while standing by them through failures. Love, at its finest, says: "I see the worst of you, but I also see your best, and both are enough for me." So, whether you're living your own *Only Fools and Horses* saga or simply learning to endure the quirks of a significant other, remember this: love is less about grand passion and more about sticking together, laughing through the absurdities, and perhaps even growing fond of those tea bags in the sink. After all, who needs perfection when you have a perfectly imperfect partner to share it all with? ~ Liz Barker

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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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