

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2025



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### Moo-ving into March...

Our cover star looks ready to step forward—fluff, confidence, and all. As the days stretch longer and spring edges in, maybe it's time we follow suit. Shake off winter, get back into circulation, and say yes to plans—try the Tea Dance at Keighley Civic Hall, book a theatre trip to the Alhambra, attend a concert with friends, share a meal out with besties, join the local litter pick, or simply invite a neighbour over for a natter and a cuppa.

And if you know someone who's been hibernating a little too long, why not give them a nudge? Loneliness is real, but so is the power of small gestures—a chat, a visit, an unexpected hello. These things matter. I'm especially looking forward to the cheery faces of the daffodils this year. Let's step into spring together—one small (or slightly muddy) hoof at a time!

Liz Barker, Editor



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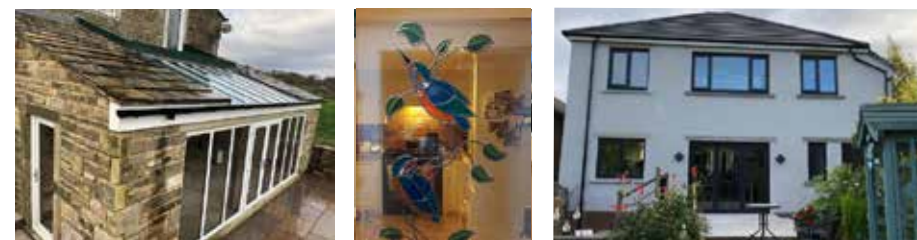
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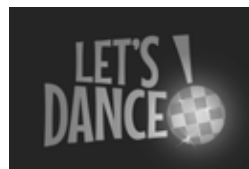
Wednesday 12th Mar Farfield Group Practice, Keighley BD21 2LD

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

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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.



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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](http://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.

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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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# Motherhood: A Conversation Across Time

~ Liz Barker



I can still see my mother standing in the kitchen, sleeves rolled up, hands dusted with flour, focused on rolling out the perfect dough. She was just as meticulous about the laundry—how to fold fitted sheets, an obsession lost on me. She was an “always make your bed first thing in the morning” type of person, with hospital corners as a non-negotiable. If the beds weren’t made, I knew something was amiss. She wasn’t one for sentimental speeches, but there was something in the way she moved—efficient, no-nonsense—that spoke volumes. She didn’t hover, didn’t coddle, but you always knew where you stood with her. She believed in getting on with things, in facing life looking forward. When I think about my mother, I don’t recall long heart-to-hearts or grand gestures of affection. Instead, I remember practical acts of care: the way she kept everything running smoothly, the quiet way she supported us, her absolute belief that problems were to be solved, not dwelled upon. There were times when I wished for a bit more softness, a bit more space for vulnerability. But looking back, I understand now that love doesn’t always announce itself in the way we expect. It was there, in the steadiness, in the reliability, in the way she always—always—showed up. And then I became a mother. I imagined I’d be

different. I’d be more open, more emotionally available, more willing to let my child see my uncertainties. And yet, I find my mother’s voice slipping out of my mouth more often than I’d like to admit. “Just get on with it.” “You’ll be fine.” “No need to make a fuss.”

My daughter, though, is not me. She has grown up in a world where feelings are dissected and discussed, where vulnerability isn’t a weakness but a language she speaks fluently. She challenges me in ways I never anticipated. When I try to brush things off, she pushes back. She asks me how I’m feeling, and sometimes I don’t know what to tell her. There are moments when she looks at me like I am an unsolvable puzzle, and I wonder if she knows that I often feel like one, too.

And yet, there’s something genuinely funny about this ongoing negotiation between generations. My mother still believes in the virtues of stiff upper lips and neatly made beds—hospital corners mandatory. I straddle the divide, part pragmatist, part introspective work-in-progress, trying to balance resilience with emotional openness. And then there’s my daughter, who has no qualms about processing her feelings aloud, declaring boundaries, and reminding me that “just getting on with it” isn’t always the answer. She teases me when I default to my mother’s no-nonsense phrases, and I catch myself rolling my eyes at the ones she’s picked up from her world. We’re three women, shaped by different eras, occasionally bewildered by each other, but somehow making it work.

Mother’s Day, for me, isn’t about flowers or breakfast in bed, though both are lovely. It’s about recognising that motherhood is a conversation that stretches across time, between generations; there are lingering codes and unwritten patterns. It’s about the things we inherit and the things we choose to leave behind. It’s about the moments—big and small—that shape us.

It’s about understanding that love is not always spoken, but for me, it is always there. So, to my mother: I understand you now more than ever. To my daughter: You are teaching me as much as I am teaching you.

And to myself: You’re doing okay. That’s enough.

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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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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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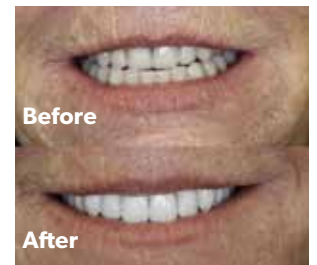
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# BEHIND THE SCENES AT THE MUSEUM

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**  
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 **Monday 17 March**  
A Dewsbury river walk

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2		4					
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Last month's competition location was Steeton Health  
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# COMMUNITY PAGES

**The Downstairs Project** is back a friendly and creative space in the **Civic Centre Keighley**.

**Art at East Morton Institute Monday's 10am to 12pm & 1pm to 3pm. Thursdays 10am to 12pm.**

More info contact

karenredhead@hotmail.co.uk

**Every Monday 11.30am - 1.30pm**

**Little Soldiers Stay & Play at The Salvation Army, BD21 2LJ**

**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 **Every Wednesday 1pm -2.30pm Civic Centre Keighley Gibson Dance Exercise Class for ladies 50 plus.**

**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](mailto: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](mailto: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.

**Feb 2025 to 1s Jan 2026 From Haworth to Eternity** Brand new exhibition at **The Bronte Parsonage Feb 2025 to Jan 2026 David Hockney Exhibition 20 Flowers for 2025 at Salts Mill, Saltaire Sat 1st - Sun 2nd March Haworth & Yorkshire Creative Makers Markets 10am - 4pm Haworth Old School Rooms.** Free entry and dogs welcome.

**Sun 2nd March Explore the heights of Oxenhope.** 6.5 miles. Meet for a **10.30am start in the Oxenhope Station Car Park or on-road. Keighley Ramblers**

**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**

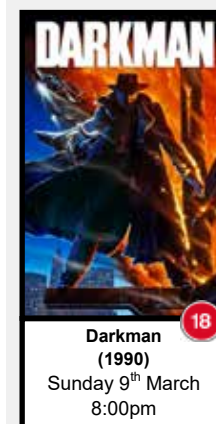
To book call 01535 677177 or email [admin@khl.org.uk](mailto:admin@khl.org.uk)

**Sun 9th March 11 am - 3pm Team Wilder Action for Nature Day at Cliffe Castle, Keighley Free event. Sun 16th March Laneshaw Bridge & Kelbrook Moor. 7.5 miles.** Meet for a **10.30am** start near the Emmott Arms or Ball Grove Mill (1 mile from start) Keighley Ramblers

**Fri 21st to Mon 24th March Keighley & Worth Valley Steam Gala**

**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 Keighley Victoria Park 5K & 10k Run or walk to raise money for Sue Ryder**



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# CULLEN SKINK



~ 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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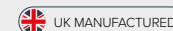
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