

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2026

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March 2026 – What Lies Ahead?
March brings light. Thank goodness for that! The days stretch out, the first shoots appear, and there's a quiet sense that something new is unfolding. Spring doesn't rush; I love that. And it feels hopeful.

The external world can feel fast, noisy and uncertain. Change moves quickly. Expectations pile up. It would be easy to feel overwhelmed. But here, we have something steady: community life, local relationships, shared history, and a sense of belonging.

Mother's Day falls this month on the 15th. It is a chance to pause and feel grateful for the women who shaped us. I'll be especially thankful for my own mum, a daily reminder that resilience, love and humour carry us further than worry ever could.

As 2026 gathers pace, maybe the key is not to chase everything, but to stay grounded. Rooted. Authentic. To nurture what truly matters and let the rest settle.

Spring is on its way. And so, quietly, are new possibilities.

Let's grow well ~ together.
Have a lovely March.



Liz Barker, Editor

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Leche Frita

(FRIED MILK)
by Martin Lingard



We ate these custard fritters on holiday in northern Spain, a region famous for its dairy. They're a wonderfully moreish sweet snack — dead simple to make, if a little messy. You'll need a shallow baking tray, roughly 20 × 20cm., any larger and the custard will be too thin.



Note: Stage 1 is best done the day before you plan to eat the Leche Frita.

Ingredients (serves 6)

For the custard

- 500ml full-fat milk
- Zest of 1 small lemon
- 1 vanilla pod, split lengthways (or 1–2 tsp vanilla paste)
- 4 large egg yolks
- 30g plain flour
- 40g cornflour
- 100g caster sugar

For frying

Sunflower oil

For the coating

- 50g plain flour
- 2 large eggs, beaten
- 200g panko breadcrumbs
- 2 tbsp caster sugar
- ½ tsp ground cinnamon

Method

Stage 1: Make the custard

Put the milk, lemon zest and vanilla into a saucepan. Slowly bring to a simmer, stirring

to release the vanilla seeds (or to mix in the paste). Remove from the heat and leave to cool. Lightly oil your baking tray. In a mixing bowl, whisk together the egg yolks, plain flour, cornflour and sugar until smooth and thick. Once the milk has cooled, remove the vanilla pod and gently reheat the milk until just simmering. Slowly pour the hot milk over the

egg mixture, whisking continuously. Rinse out the saucepan, return the mixture to it and cook gently for about 5 minutes, stirring constantly, until you have a thick custard. Pour into the oiled tray, leave to cool, then refrigerate for several hours or overnight until fully set.

Stage 2: Frying (the messy bit!)

Turn the chilled custard out onto a board. Cut into roughly 5cm squares, then cut each square into two triangles. Set up three plates: one with flour, one with beaten eggs and one with breadcrumbs. (A bowl of warm soapy water nearby is highly recommended.) Pour sunflower oil into a frying pan to a depth of about 1cm and heat to 180°C. Coat a few custard pieces at a time in flour, then egg, then breadcrumbs, ensuring they're evenly covered. Fry in batches, turning once, until golden on both sides. Remove with a slotted spoon and drain on kitchen paper.

Stage 3: Mix the sugar and cinnamon together and sprinkle generously over the fritters. ~ Best eaten warm.

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As we head into our main season on the Keighley & Worth Valley Railway, there's a real sense of excitement building along the line. While our trains run right through the year, spring always brings a fuller timetable, special events and plenty to look forward to.

We begin in style with our four-day Steam Gala, a firm favourite in the calendar. With three visiting guest locomotives joining our home fleet, an intensive timetable and lots of steam in action (including the ever-popular steam crane), it promises to be a fantastic spectacle and a great celebration of heritage railway at its best.

Our regular services continue every weekend and throughout the school holidays, offering a perfect day out in the Worth Valley. Whether you're travelling the full length of the line or stopping off to explore, there's nothing quite like the experience of steam travel through our beautiful Yorkshire scenery.

I'm also delighted to see the return of our popular Haworth Haddock and Afternoon Tea trains across the spring and

summer, a little treat to look forward to and a wonderful way to enjoy the railway in comfort and style.

Our themed events are back too. May sees the ever-popular 1940s Weekend take over the railway, and in July we introduce a brand-new event, our first 1980s Weekend, which should bring plenty of colour, music and nostalgia to the line.

If you live in BD20, BD21 or BD22, don't forget to check out our Local Residents' Railcard Scheme, offering discounts on fares, savings at the on-train bar and money off selected events.

Finally, while we're supported by around 800 dedicated volunteers, we're always keen to welcome more. If you'd like to help keep the wheels turning, please do get in touch, there's a place for everyone.

We look forward to seeing you on board for another busy and enjoyable main season in the Worth Valley.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

NEXT STOP: DISCOVER THE RAILWAY

All Aboard for a Great Day Out at the Keighley & Worth Valley Railway

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Who are we?

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).

How can we help you?

Technology has moved on massively over the last few years 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.

Everybody has the right to smile!

**Would you like to be more confident?
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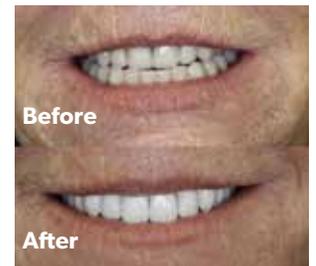


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BEHIND THE SCENES AT THE MUSEUM

February was a hugely exciting month for us here at the Brontë Parsonage Museum, from our re-opening and the launch of our brand-new exhibition, to the red carpet of the “**Wuthering Heights**” UK premiere!

At the premiere we were delighted to be able to shine a spotlight on one of the special items from our collection, Charlotte Brontë’s mourning bracelet, believed to be made from the hair of her sisters Emily and Anne. We teamed up with Haworth-based **Wydean Weaving**

to create an exceptional replica which was worn on the red carpet by actress and producer Margot Robbie, who plays Catherine Earnshaw in the latest adaptation. The finished replica bracelet combines three different shades and 280 braided threads and was sealed with a dry steam pressing process to stabilise the structure and preshrink the braid before being fitted into the clasp pieces.

During the Victorian era hair jewellery was fashionable and widely worn, it was also common practice to make mourning jewellery incorporating the hair of a deceased relative. The original bracelet is made of a wide band of braided hair with a gold clasp set with

garnets and has been owned by the Museum since 1923. You can see the bracelet on display in the Parsonage, along with other examples of mourning jewellery, in a specially curated collection.



Replica

Original

If you’d like to find out more about the practice of creating hair jewellery we’ll be hosting an online event with conceptual artist and historian **Donna Lawson, Victorian Hairwork: Histories, Techniques, and Material**

Practice. This event takes place on **Wednesday 8 April, at 7pm.** If you’d like to try out Victorian hair art for yourself, Donna will also be hosting an in-person workshop in May! **You can find out more online at bronte.org.uk/whats-on.** While you’re visiting the museum, make sure you also take a look at the exhibition in our foyer space, which looks at Wuthering Heights adaptations through the years. From the original 1920’s version right through to Emerald Fennell’s 2026 release, the creative response to Emily Brontë’s only novel has been extraordinary and we’re delighted that it is still inspiring artists almost 200 years after Emily’s death.



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

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

Where in the Aire Valley? COMPETITION



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

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Email your answer including your name
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Last month's competition location was Taylored Dental
Care and the winner was Rowan Ackroyd from
Riddlesden.



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COMMUNITY PAGES

River Worth Friends – litter picking and conservation tasks **Volunteers wanted Tuesdays, 10am–12** info@riverworthfriends.org for more information

Every Monday 6.45 pm - 9pm Steeton Male Voice Choir meet at Steeton Methodist Hall. New members wanted call Ian 07949626675

Art at East Morton Institute Monday's 10am to 12pm & 1pm to 3pm. Thursdays 10am to 12pm. More info contact karenredhead@hotmail.co.uk

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 1-3pm Tea Dance at Keighley Civic Centre £2.50 inc tea & biscuits.

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.

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

Every Tuesday Dementia Friendly Keighley 10am – 12.30 pm Games Morning, for people/carers living with dementia **Airedale Shopping Centre, Keighley.**

Tuesdays (Term Time) 2.30pm - 3.30pm Calm at the Castle Relaxing & meditation - friendly group. FREE & no experience needed at Cliffe Castle Keighley

Morton WI every second Tuesday evening each month. Social evening with refreshments at **The Institute in East Morton 7:20 pm.** Contact Ann 07968094238 or email presidentmortonwi@gmail.com

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

The Craft and Chat group which meet on the **1st and 3rd Tuesday of the month from 10am to 12pm** in the **Church Hall, Keighley New Church, Braithwaite Road, Keighley.** Enjoy crafting or just a friendly chat amongst friends

Every Wednesday 10am - 1pm Dementia drop in -Sangat Community Association Marlborough Street Keighley 01535 610263 A drop in for people living with dementia and people who feel they they may have dementia Families and carers also welcome to the session Games, puzzles, Arts & crafts

Every Wednesday 11 am - 2pm Keighley Dementia Advice at Keighley Library Whether you need advice, a listening ear, or guidance through the challenges dementia can bring. Contact 07961 537888

Every Wednesday Morton Meet and Tiny Feet Cafe at **East Morton Institute** on 2.15pm to 4.15pm.

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

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

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 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

Keighley & District Men's Forum meet Every Thursday from October to April. Refreshments from 9.45am, speaker from 10.15am. £2 admission. Keighley Playhouse, 1, Devonshire Street, Keighley.

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 Friday 9am - 11.30am Table Top Sale (clothes, houseware, furniture etc) at **The Good Shepherd Centre, West Lane, Keighley, BD22 6ES.**

Every second Saturday of a month 10am - 12 noon Riddlesden Green Connection Community Cafe St Mary's Meeting Room, Banks Lane BD20 5PA . Eco liquid refills, book swap and cafe every time.

Weds 11th March 10am - 12pm Crochet Bee Making all materials provided **Downstairs Project, Civic Centre**, North Street, Keighley, BD21 3RZ Free event email louise.soothill@keighley.gov.uk to book a place.

Sun 15th March 9am 12pm Sue Ryder Manorlands Keighley 10K & 5K run or walk with exciting new routes. The Leisure Centre, Keighley, BD21 3JN

16th to 21st March Keighley Playhouse - Accidental Death of an Anarchist.

Sat 21st March Damems Spring Trail Family fun and friendly adventure at **Damem's Nature Reserve.** Explore the beautiful nature trail, enjoy activities including crafts and campfire cooking. FREE event all welcome.

Sat 28th March 11am - 3pm Easter Egg - stravaganza at **Cliffe Castle, Keighley** Join the Easter Bunny for a trail & Easter crafts

Sat 28th March 1pm Easter Treasure Hunt at **Damem's Nature Reserve** FREE event all welcome.

Sat 28th & Sun 29th March 10am - 4pm Haworth & Yorkshire Creatives Old School Rooms, Haworth FREE entry & dogs welcome

Sun 29th March 10 am - 4pm Aire Valley Railway Modellers Club Spring Open Day **Melbourne House, Dalton Lan, Keighley, BD21 4LG** Admission Free Stairs to top floor of the mill, but no lift. Trade stalls and refreshments

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The Spring Trail will invite families to explore Damems Nature Trail through a fun, seasonal activity led in partnership with Get Out More CIC. After the trail, children can join a child-led forest school session with nature exploration, crafts and campfire cooking. The event aims to introduce more families to Damems as a valuable local green space.

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

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

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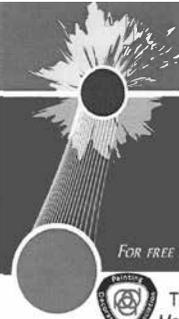


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