

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2019

FREE
ADMISSION
VOUCHER INSIDE

Brontë Parsonage
MUSEUM

DISTRIBUTED FREE TO OVER 7,800 HOMES IN SILSDEN,
STEETON, EASTBURN, SUTTON, CROSSHILLS, GLUSBURN

www.airevalleymag.co.uk



be delicious!

with **Slimming World**

Tuesday 9.00am & 11.00am
Silsden Town Hall
Call/Text Ann on 07935 417 214

Tuesday cont. 5.30 and 7.30
St James Church Hall, Silsden
Call/Text Ann on 07935 417 214

Wednesday 3.30, 5.30 & 7.30pm
Steeton Hall
Call Fiona: 07786 432 310

Thursday 7:30PM
Silsden Sports Club
Call/Text Sarah 07703 772 79

We are recruiting for new Consultants and have opportunities for both existing & new groups.
Call Carla on 07881 953118

slimmingworld.co.uk    0344 897 8000



Sue Ryder Manorlands Hospice

Keighley BigK 10K & 5K

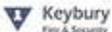
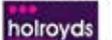
Mothers' Day
Sunday 31 March 2019
9am Victoria Park



For individuals, teams of 5 and school teams
Early bid entry ends 28 February
For more information and to enter visit: www.sueyder.org/bigk10k
call: 01535 640430
email: liv.moffat@sueyder.org

 /SueRyderManorlands
 @SRManorlands

incredible hospice and neurological care

February. It may be cold and grey but at least the days are noticeably longer. We are focusing on the positives...Sue Ryder, Manorlands is reminding us to keep moving too...perhaps take up a challenge like the Great North Run later in the year, or closer to home, how about the Keighley BigK? February is training time.

And continuing with the theme of health & wellness you will notice this edition is filled with relevant content: Try a free Self Esteem class, Yoga, a Positive Thinking course, or tackle a bad habit with the help of hypnotherapy. Our local Physio, David Hanson writes about exercise and injury. If you are mobile, get yourself to Keighley Civic Centre and enjoy the weekly Tea Dance. Give yourself a hug; that's a good start!

Have a great February. *Liz*



Editor Liz Barker

LIBERTY FABRIC

now available at *Sewing days cafe*

We are a unique cafe with a sewing & craft room below. Whether you love patchwork, quilting, dressmaking or general sewing, we have a stunning variety of 100% cotton fabrics to inspire your future makes. **And now we are official stockists of Liberty Patchwork fabrics!** (Plus Stoff, Makower, EQS, Henry Glass, Riley Blake & Michael Miller and a growing haberdashery selection.)

✦ Sewing lessons for all ages ✦ Fortnightly Sewing Bee
✦ Late night Thursdays ✦ Gift Vouchers ✦ Afternoon Tea

For more details: 01535 647459 joanne@sewingdays.co.uk
www.sewingdays.co.uk 99 Lidget, Oakworth, BD22 7HN

Bingley Windows & Glass Co. Ltd.

Always great value, always great service!



..... Winter warmer event now on

Specialising in 'A' rated energy windows, doors, bi-folds & conservatories; all modern colors available and now introducing the flush sash range

Recommended installers for Solidor & Rockdoor composite doors

Fully equipped in house glass shop

All installations backed by Certass & accredited by the TRUSTMARK scheme

Accurate free quotes generated promptly

☎ (01535) 958 183
☎ 07966 906 782
✉ admin@bingleywindowsandglass.co.uk
🌐 bingleywindowsandglass.co.uk

📍 Unit 3E, Aireworth Mills
Aireworth Road, Keighley, BD21 4DH
(off Marley Roundabout)

Working alongside 

Say you saw it in the Aire Valley Mag!

Sellmy 2day.co.uk

Oakworth, Keighley **01535 644500** or **07976 752704**
email: enquiries@sellmycar2day.co.uk

 **ENTER REG AND**



We want to buy your car quick, safe and secure.

- **Fast & Secure Payment** - We pay secure HSBC chaps directly into your bank account. We don't drive away until the funds are in your account.
- **No Fee's or Charges** - there are no admin fees, collection fees or any other hidden costs.
- **Nationwide collection** - even from your work address.
- **We buy all makes**, models and ages of any value.
- **30 years experience** in the motor trade.
- **We make selling your car** as simple and stress-free as possible.

www.sellmycar2day.co.uk



"the future is bright"



Marshall Krysko Limited was established with the aim of working with individuals and supporting small to medium sized businesses to help them achieve their goals. With a lifelong friendship and over thirty years combined experience, Peter and Rebekah have worked with businesses across countless sectors and understand the challenges you face. Whether a new start-up or an established business, they can take away the administrative and compliance burdens, enabling you to focus on your business and what you do best! Friendly and approachable, give Rebekah or Peter a call today to discuss how they can tailor their services to meet your needs. **Take a look at what a few of their clients have said:**



Peter Marshall and Rebekah Krysko

"As an international events company, our accounts and in particular the bookkeeping, can be very complex. From the very start, Marshall Krysko displayed to us an in-depth knowledge of how best to undertake such work."

"We are delighted with the professional approach and service we receive from Marshall Krysko. They play an integral part in the smooth running of our businesses, providing continual support, advice and peace of mind. We look forward to the continued relationship with Peter and Rebekah and we would highly recommend their full range of services. We look forward to working with them as we grow our business."

BRADFORD UPVC WINDOWS

Queensbury Based - Established 2005



DISCOUNTS GIVEN ON ORDERS OF 3 WINDOWS OR MORE

- Windows with A rated Energy Glass
- Door Locks Repaired / Security Upgrades
- 10% Discount for Senior Citizens
- Bradford Council Approved
- 10 Year Guarantee
- Free Quotes



ALL DOORS AND WINDOWS HAVE INSURANCE AND POLICE APPROVED LOCKS

STEAMED UP GLASS REPLACED

30 YEARS EXPERIENCE

01274 817182

www.bradfordupvc.co.uk



Running your own business?
With us by your side...

"the future is bright"



We are your local, approachable and friendly **Accountancy Practice** providing a wide range of services tailored to meet your needs.

- Year End Accounts
- Company Tax Returns
- Personal Tax Returns
- Bookkeeping
- VAT Returns
- Making Tax Digital (MTD)
- Payroll
- Business Advice



www.marshallkrysko.com | Silsden, Yorkshire
rebekah@marshallkrysko.com | 07950 407 160
peter@marshallkrysko.com | 07761 004 617

Contact us today to discuss how we can help you

WORTH VALLEY

2018 was the year of recognition of the achievement of operating the Railway for 50 years in preservation and 2019 is the start of our journey into the second half-century.

There has been work on-going throughout the winter to finish a long-running infrastructure project to stabilise the cutting near Mytholmes Tunnel, installing new drainage and undertaking significant groundworks. We have also completed the construction of a building to house the 'wheel-drop' facility at Haworth, which allows us to remove a wheelset from a locomotive or item of rolling stock from below. The facility avoids the need to lift the vehicle from its wheels which is a far more time-consuming process, meaning that we can undertake running repairs far more efficiently. This helps to keep the fleet operational.

2018 saw the return to traffic of the locomotive that had hauled the original re-opening train back in 1968, Ivatt-designed number 41241 in June 2018, and right at the end of the year, British Railways "standard" class 2, number 78022 re-joined the operational fleet in a stunning Brunswick Green British Railways livery. These two locos are just the right size for hauling trains over the winter as we run every weekend throughout the year through gaslit stations with roaring fires to keep out the cold! On Wednesdays starting in March, we operate the heritage diesel service, which gives the opportunity for a great view of the Railway from our diesel rail car units.

As we move on in the year, we have our



Keighley and Worth Valley Railway

regular programme of events planned. We have a Spring Steam Gala (8-10th March), during which we run a variety of special trains which include double-headed, express and demonstration freight trains. We continue to run our special services which include 'Sparkle & Steam' Prosecco-tastings, Haworth Haddock fish & chip trains, and we are looking forward to May 3rd-6th when we are re-introducing a heritage diesel-focused event at our "Diesel and Steam mixed traffic gala".

You will appreciate that it takes a huge effort by our team of over 600 volunteers who are supported by a small staff to make all this happen. The dedication that our volunteers demonstrate day in, day out, is amazing, particularly when you consider how hard they have worked throughout the winter on maintenance and operation in the worst of the West Yorkshire's weather! *Matt Stroh*

KEIGHLEY & WORTH VALLEY RAILWAY

WED 20 AND THU 21 FEBRUARY
ADVANCE BOOKINGS ONLY - BOOK NOW!



CHASE AND MARSHALL FROM PAW PATROL ARE COMING TO SEE THEIR LITTLE FANS AT OXENHOPE STATION.

THE HEROIC PUPS WILL BE MAKING APPEARANCES AT INTERVALS ON EACH DAY.

MEET & GREET WITH CHASE & MARSHALL | STEAM TRAINS | FACE PAINTING
COLOURING | BALLOON MAKING & MUCH MORE!

Join in every day on Nick Jr.
nickjr.co.uk

nickelodeon
© 2019 Nickelodeon. All Rights Reserved.

Visit us at: **kwvr.co.uk**
or follow us for more details.



PJM ONE STOP MAINTENANCE SERVICE

Commercial Maintenance:

- Ovens • Dishwasher
- Washing Machines etc.

Handy Man Services:

- Electrical & Plumbing
- Painting & Decorating
- Small Joinery Jobs • Door Repairs
- Flat Pack Furniture • Picture Framing
- TV Wall Mounting... and many more, just ask when you call!!

NO JOB TOO SMALL!! CALL PAUL
Mobile: 07740 676 433 Tel: 01535 523234

NEED AN ELECTRICIAN?

CONTACT: JONATHAN SCOTT

MOBILE: 07732 174 201

HOME: 01535 644421

E-MAIL: JS.ELECTRICAL@OUTLOOK.COM

JS Electrical
 Oakworth

ELECSA Part P Approved Contractor
 GOVERNMENT APPROVED REGISTRATION SCHEME FOR ELECTRICAL CONTRACTORS

Bob Beattie
PVCU FENSA
 Registered Company

from a single window to a complete house

REPLACEMENT WINDOWS & DOORS, FASCIAS, SOFFITS, GUTTERS

Tel: 01535 646761
Mob: 07973 846825

PVCU REPAIR SPECIALIST

AA ELECTRICAL
 Covering Keighley & Surrounding Villages

- All Electrical Work
- Plumbing
- 20% Discount For OAP
- Competitive Rates
- All Work Guaranteed
- No Job Too Small or Too Large

Call Alan Menzies For A Friendly, Helpful Service

Mob: 07866 458844
Tel: 01535 657429

Call now for a free electric check

MB ROOFING

Local & Reliable, Over 10 Years Experience

Full Roof Replacements, Small Roof Repairs, Joinery, Soffits, Guttering, Sheds, Fencing & Much More

Warranty Available (Job Dependent)

Call Matthew Now & Get A Fast Free Quote
 Tel: 01535 608986 Mob: 07808 158588

Broomhill Roofing

Firestone Rubber Membrane Flat Roofing Systems
 20 year Guarantee

New Slate & Tiled Roofs, Roof Repairs, Fascia's, Guttering & Velux Windows

Telephone to arrange a free no obligation survey & quote
Tel: 01535 628821 www.broomhillroofing.com

DSM Worcester Accredited Installer

Bathroom & Fireplace Centre

Gas, LPG & electric fires • Fireplaces • Multi fuel stoves
 Central heating • Bathrooms supplied & installed
 Boilers • Radiators

Maintenance & servicing of all gas appliances

Showroom open: 8.30-5pm Mon-Thurs • 9-4pm Fri & Sat

www.dsmlumbingandheating.co.uk
01535 663313 • 07734 567222

Unit 4 Forward Mills, Goulbourne St., Keighley BD21 1PG

A. R. CARLING Est. 1996
Plumbing & Heating Services
 Haworth

With over 20 years experience

REPAIRS * SERVICING * INSTALLATIONS
 Central heating specialist * Gas appliances
 Unvented systems * Power flushing Landlords
 gas safety certificates

All general plumbing & heating work

Tel: 01535 439709
07900 941760



IS YOUR CONSERVATORY GIVING YOU THE CHILLS?

Conservatories can make a fantastic addition to your home. However, if you are one of those homeowners who invested in a conservatory believing it would bring extra space to your home all year round, you've probably been pretty disappointed! In reality, it's freezing cold in the winter, stiflingly hot in the summer and extremely noisy in windy and rainy conditions.

As we now move further into the winter and the temperature drops, so will the amount of time spent relaxing in your conservatory.

A tiled conservatory roof replacement transforms your existing conservatory, which can often be uncomfortable due to irregular temperatures, into a space that can really enhance your home and be enjoyed by you and your family all year round. No more draughts, noise or extreme temperature conditions.

New Luxury Living!

Replacing a tired polycarbonate roof with a brand new, solid tiled roof replacement effectively converts your conservatory into a true home extension that can be enjoyed each and every day throughout the year regardless of the weather conditions outside!

The look and feel of your new luxury living space can be complemented with Velux roof windows and modern lighting to suit your taste, home and lifestyle. A solid roof has many advantages in terms of energy efficiency too. Designed and installed with thermo-

efficient insulation, a solid roof has the added benefit of helping to keep control of your winter energy costs.

Avoiding the Pitfalls

You don't need us to tell you that replacing your conservatory roof is a big deal. It's an investment in your home and lifestyle so why cut corners? As experts in installing lightweight bespoke aluminium and timber framed conservatory roof replacement, we have seen too many people make the mistake of choosing cheap 'clad over' options.

You generally get what you pay for and high standard roof replacements that meet the appropriate Building Regulations cost a lot more than cheaper 'clad over' substitutes! Installing a solid tiled conservatory roof to an existing conservatory is the 'must have' home improvement at the moment. We want the best for your home, so you can enjoy the conservatory you deserve for years to come.

Warming up to the idea?

If you'd like to turn your conservatory into the space you always thought it would be, all it takes is a quick call.

We will arrange a free telephone consultation with our Divisional Director, Chris Hopkins. He will be able to answer any questions and arrange a visit. In the meantime, why not browse our case studies on our website to see how our previous customers have transformed their homes.

01422 202919 www.ploughcroft.co.uk





BOLTON ROAD

Funeral Service

local caring independent funeral director

Easing your worry

Losing a loved one can be one of the most distressing times, we not only lend a sympathetic ear, but an affordable funeral service too.

Low Fuss Funeral - £1850.00

- The payment of a Cremation fee
- The payment of the Doctor's fees
- The payment of the Minister's fees
- The conveyance of your loved one into our Chapel of Rest
- The provision of the York oak veneered coffin with gold embellishments
- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral point, to meet family and friends directly at the crematorium

Bespoke Funeral - £1950.00

- The payment of a Cremation fee
- The payment of the Doctor's fees
- The payment of the Minister's fees
- The conveyance of your loved one into our Chapel of Rest
- The provision of the York oak veneered coffin with gold embellishments
- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral point, to meet family and friends directly at the crematorium
- The viewing of your loved one at our traditional Chapel of Rest
- The leaving from a home address on the day of the funeral before proceeding to the crematorium

Prices valid at time of publication but maybe subject to change

ALL OTHER FUNERAL REQUIREMENTS UNDERTAKEN AFFORDABLY

Serving all areas

Affordable without compromising on care

If we can help please call for an informal chat and advice.

01274 640100

Chapel of Rest 1109 Bolton Road, Bradford, BD2 4SP

To advertise call Karen or Liz on 01535 642227



In our fast paced digital world, and with things changing so quickly, it is not unusual to feel like you are being left behind. But you can do something about it, and you might even find that you have fun along the way!

2019 OFFERS

Book a bespoke one to one session with Wendy and learn how to make the most of your laptop or tablet/iPad.

Cost - £30 per hour (Book in February and receive £5 off)



Wendy Spencer

"We're here to help you develop your skills"

Our Award Winning social media expert Sonia will help you develop your skills from beginner level to intermediate level. With her down to earth personality and passion for helping people Sonia delivers a first class quality service to all of our clients. For StartUps, ScaleUps & existing small businesses You will learn how to create one or more social media accounts:-

- Facebook/Twitter/Instagram/Google+
 - How to build up your followers and engage with them
 - What to post and when to post it
 - How to join and interact with other businesses & groups
 - How to track user interaction
 - How to make better use out of the platforms you currently use
- Sonia can also help with Facebook Twitter and Instagram both for personal or business use.

Cost £50 +VAT per person for 1.5 hours (Book in February and receive £5 off)



Sonia Patel

Call Airedale Enterprise Services on **01535 607775** to book a session
www.airedaleenterprise.org.uk



Airedale Enterprise Services Sunderland Street, Keighley BD21 5LE 01535 607775

Sudoku

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

Where in the Aire Valley? COMPETITION

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

This month's prize is generously 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 15th Feb 2019.



Last month's location was The Salvation Army, Keighley.

The winner was Benji Grundy from Keighley

@Google Earth

Experiencing Personal Difficulties? Feeling Anxious or Depressed?

AWCC

Aire, Wharfe and Craven Counselling
You talk. We listen.

We have a team of highly skilled practitioners who can help you to find positive ways of dealing with these issues.

We believe that everyone has the right to access counselling regardless of their ability to pay, so let us help you pave your way to living to your full potential.

1st Floor Cavendish Business Centre,
11-17 Cavendish Street, Keighley BD21 3RB

01535 288335
www.awc-counselling.co.uk

Registered Charity
Number 1176331

CAFE CHOUX BAR

The New Year means more exciting things here at Cafe Choux Choux

Come in and try our new:

- Main Menu
- Cocktail Menu
- Coffee Menu

There is something for everybody here:

CHOUX

15% off your total bill when you redeem this Voucher*

*Only one voucher per bill, and cannot be used in conjunction with other offers or discounts. Redeem at time of payment.

Unconventionality leads the way as the celebrations continue in Haworth

At the Brontë Parsonage Museum we've been immersed in our bicentenary festival which have given us a wonderful opportunity to celebrate the lives of Charlotte, Branwell and Emily. We're full of anticipation for Anne's 200th birthday in 2020 but wanted a focus for 2019 and knew instinctively it should be Patrick. The actual anniversary we've hung it on might be a little tenuous (two hundred years since Patrick was first offered the curacy of Haworth!) but the decision to celebrate him was one that we all felt enthusiastic about. But what aspects of the man and his life are we hoping this year will illuminate? We know that Patrick's life was a

remarkable story in itself. His journey from a humble Irish background to respected Anglican minister via Cambridge University has become the stuff of legend, as are the terrible losses he faced, with the deaths of his wife and six children all when they were relatively young. The idea of Patrick as a social campaigner will also be familiar to many, but perhaps not the extent of his causes and the tenacity with which he fought for them. He was, of course, instrumental in the production of the famous Babbage report of 1850, which paints a horrifying picture of the squalor in which many people in Haworth were living, and which fuelled

the improvements in sanitation that eventually transformed life for his parishioners. Patrick was clearly a man of conscience and moral courage, and with a compelling life story of his own. But it is as the father of literary genius that he is most famous, and it is fascinating to ask, in what ways did Patrick's influence shape his children's talent? He certainly gave them a liberal education, encouraging (or at least not hindering) their wide-ranging reading. He noted their artistic and musical skills and encouraged those too, paying for tutoring out of his meagre curate's income. But we have to look at his spirit

of independence to find the most valuable legacy he gave his daughters. Charlotte, responding to critiques of *Jane Eyre*, wrote in the preface to the second edition, "Conventionality is not morality". The importance of a person's own conscience over generally-held opinion is a principal that Patrick seems to have acted on throughout his life. And we see it in the bravery and freedom of his daughters' writing; in the confidence they had in their own creative voice that meant they could write with an originality that took the world by storm, and which Patrick himself must surely have admired. *Susan Newby Learning Officer, Brontë Parsonage Museum*

2019 at the Brontë Parsonage Museum

Patrick Brontë: In Sickness and in Health

A new exhibition examining the life and work of the Reverend Patrick Brontë.

The Unthanks: Shall Earth No More Inspire Thee

Our outdoor audio experience featuring the poems of Emily Brontë set to music and performed by The Unthanks.

Open daily from 10am, the Museum runs an exciting programme of events, exhibitions and family experiences throughout the year. Visit www.bronte.org.uk/whats-on for details.



Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk  
Open Nov-Mar 10am-5pm daily, Apr-Oct 10am-5.30pm. Last tickets sold 30 minutes before closing. Reg Charity: 529952. Reg Company: 73855

Brontë Parsonage
MUSEUM

We're marking the life and work of the Reverend Patrick Brontë in 2019 and we'd love to see you!

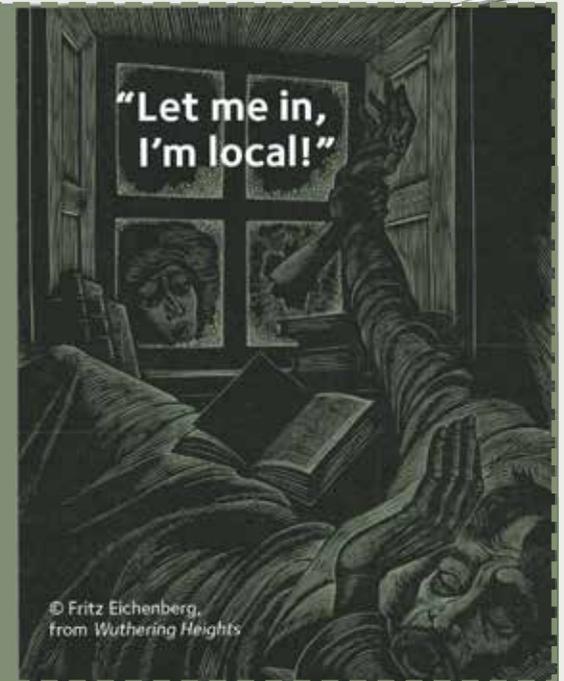
Bring this voucher to the Museum for free admission.

Voucher is for Museum entrance only and may not be used for ticketed events.

Voucher is valid 4/2/19 - 31/12/19 and may only be used once. Voucher admits one person.

Exclusive to readers of the Aire Valley Mag.

Brontë Parsonage
MUSEUM



COMPUTER UNIVERSE

No fix, no fee + free diagnosis + advice!

PC / Apple / Laptop servicing and sales.
Fixed rate competitive pricing.
 Fast friendly service by experienced, local experts.
Virus removal, upgrades, speed-ups, data recovery + more.
 New and refurbished laptops from £200. Custom PC's tailored for you.
Game console, iPad, iPod, iPhone etc repairs.
 VHS to DVD conversion, internet cafe + training.

19A Briggate, Silsden, BD20 9JS 01535 958082
 www.thecomputeruniverse.co.uk info@thecomputeruniverse.co.uk

Steel's of Addingham

EST. SINCE 1940
 STILL FAMILY OWNED & OPERATED.
 TRAVEL SAFELY IN COMFORT AND STYLE
 WITH OUR MODERN FLEET OF COACHES.



12 up to 75 seat coaches available for private hire, corporate & group travel. Ideal for weddings, Airport, School Groups, Special Occasions.

2019 Tours

April/May: Spring Scotland
 May: Orkney Isles, Devon - Exmouth
 Sept: Ireland, Roman Spain
 October: Scottish Autumn Tints
 Nov/Dec: Thursford Xmas Spectacular Show
 Mar/Sept: Mystery Weekends

Local en-route pickups within 20 miles of Addingham
TEL: (01943) 830206 / 830720
 www.steelscoaches.co.uk info@steelscoaches.co.uk

Great North Run

8 September 2019

Run for Sue Ryder Manorlands Hospice and help us be there when it matters.

TEAM INCREDIBLE

Registration £25 Fundraising Target £300



Find out more at
 www.sueryder.org/greatnorth
 Call: 01535 640 430
 Email: manorlands.fundraising@sueryder.org

PR REGULATOR

Sue Ryder palliative neurological and bereavement support

- ### 1 Positive Thinking

Hebden Bridge | Starts 9th Feb | 2PM - 5:30PM
 Venue: The Hebden Bridge Town Hall
 Saitaire | Starts 10th March | 2PM - 5:30PM
 Venue: The Victoria Hall
- ### 2 Self Esteem Course

Hebden Bridge | Starts 30th Mar | 2PM - 4PM
 Venue: The Hebden Bridge Town Hall
 Saitaire | Starts 14th July | 2PM - 4PM
 Venue: The Victoria Hall
- ### 3 Raja Yoga Meditation

Hebden Bridge | Starts 15th Jun | 2PM - 5:30PM
 Venue: The Hebden Bridge Town Hall
 Saitaire | Starts 1st September | 2PM - 5:30PM
 Venue: The Victoria Hall

Enquiries & Registration
 Please register online:
www.brahmakumaris.org/uk/leeds
 For course enquiries please call 0113 275 7727
 or email leeds@uk.brahmakumaris.org
 Free of charge. Registration required.

@BrahmaKumarisLeeds @InnerSpaceBradford

BRAHMA KUMARIS
 WORLD SPIRITUAL UNIVERSITY (UK)
 Registered Charity, England & Wales (20971) and Scotland (SC04097)

"Three wonderful and very informative Saturdays spent learning about myself and the workings of the universe. Came away looking at the world through very different eyes. I would recommend to every one." **Pamela from Huddersfield**

"I have recently attended the Raja Yoga Meditation course in Hebden Bridge, I found my time there to be of real value and one of personal enlightenment. We were made very welcome from the outset, aspects of the course were clearly described and discussed, and the atmosphere was one of warmth, tranquility and inclusiveness. There was time to have discussion on relevant parts of the course, and the meditation method was very interesting to participate in. We were instructed by the excellent teacher Manoj, who was a calm, patient and truly illuminating individual, and I feel that I gained fresh insights into a way of experiencing peace of mind and a renewed sense of positivity." **David from Hebden Bridge**

Creating a meditation practice is one way to access a calm and peaceful outlook on life. It is a kind of re-set in the day when you create spaciousness and renew your 'mojo'. As vibrational beings we must maintain our energies and come back to ourselves each day. These classes and mini courses are **free**, however donations are greatly appreciated.

Keighley Playhouse

NOBODY'S FOOL

28th January - 2nd February 2019



Box Office 07599 890769

Tea Dance

at The Civic Hall
 Civic Centre, Keighley
 (North Street)
 Most Mondays 1-3pm
 Only £2.50 inc Tea & Biscuits
 Contact: Deryck & Joyce Feather
01535-662121



S.A.S LANDSCAPE & GARDENING SERVICES



Fencing, Flagging, Decking, Turfing, Grass & Hedge Cutting, Weeding & General Tidy-ups.

07766 564676
stevesmith31@tiscall.co.uk

Garden MAINTENANCE
Est 1999

- ★ Local Friendly Reliable Service
- ★ Grass & Hedge Cutting
- ★ Turfing / Tree Work
- ★ General Garden Tidy

No Job Too Small
Call Jeff 07931 660456



AFM PROPERTIES

ENHANCED DBS PUBLIC LIABILITIES INSURED

Garden Clearance
Hedges & Tidy
Lawns & Pruning & Decking
Fencing & Walling & Paving

Friendly family professional service call
Alfe for FREE QUOTE on 07973 778601



GREEN & TIDY TREE CARE

All aspects of tree work undertaken from hedge trimming to large tree removal. Fully insured and qualified with over 10 years experience. Logs and woodchip supplied.

Call for free quotes/advice
07506 729731 or 01535 531634



WORTH VALLEY TREES



07775503195
worthvalleytrees@gmail.com
All aspects of tree work undertaken

Shaws Garage Doors

- Repairs To All Makes/Types of Garage Door
- Door Replacements • Remote Control Systems • Roller Shutters

Call Simon Shaw on
07540 892959 / 01423 847957
www.shawsgaragedoors.co.uk
We Now Accept Debit/Credit Cards



Anchor Logs™

LOVE YOUR FIRE

KILN DRIED HARDWOOD LOGS | KINDLING
LOG STORES | ORNAMENTAL BARK

Tel: 01756 748342
Mobile: 07977 011215 or 07801 595333
Email: hello@anchorlogs.co.uk
Web: www.anchorlogs.co.uk (order and pay online)






PROPER LOGS

Kiln Dried Hardwood Logs

Large dumpy bags (Nets available)
Delivery at your convenience
(Also weekends & evenings)

FREE DELIVERY 07468 431 978



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 overniding 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.

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

Install a loft ladder and make more use of your loft!



Loft ladder, Light & Switch plus 50 sqft of flooring from as little as £277 +VAT which includes FREE fitting in less than a day.

Our customers choose us to fit their loft ladders, because we offer:

- A FREE home visit
- Fully guaranteed
- A FREE written quotation
- A large selection of ladders

Call now! Freephone 0800 612 8359
www.yorkshireloftladders.co.uk



YORKSHIRE LOFT LADDERS



and your different toppings and let your guests make their own. *Tip: Do not allow your children to do this. They will make tennis-ball sized truffles and spread the toppings all over your lovely rustic table cloth, thereby ruining your serene candle-lit dinner party vibe.

Ingredients

- 250ml coconut milk
- 300g dairy-free dark chocolate
- 3 tbsp coconut oil
- 1 tsp vanilla bean paste (or extract)
- Pinch of salt

Toppings

You can use whatever you want here – cocoa powder, chocolate flakes, desiccated coconut, chopped mix nuts, freeze-dried fruits like raspberry and strawberry, edible glitter or popping candy.

Method

1. Melt the chocolate and coconut oil in the microwave (I do this in 30 second bursts, stirring after each burst to ensure the chocolate is melting evenly).
2. While the chocolate is still hot, add a small pinch of salt and the coconut milk and stir gently to combine.
3. Stir in the vanilla, then cover the bowl and place in the fridge to set for at least 4 hours.
4. When the truffle mixture is set, add your toppings to separate plates.
5. Using a teaspoon, scoop out little balls of the truffle mixture, roll in the palm of your hands, and then roll them in your topping of choice.
6. Return to the fridge until 15min before you're ready to serve them.



Yorkshire born and bred, Amy Firth lives in the Worth Valley with her partner, 3 kids, Murphy the dog and several rescue hens. A life-long advocate for fairer food and farming, Amy is always in search of great veggie and vegan recipes which she shares on her Instagram page: @amy_firth78

Aireworth Dogs in Need

Registered Charity No. 1162052

Rehoming unwanted, mistreated and abandoned dogs in Keighley and the surrounding areas.

Can you offer a loving home to one of our dogs? We are a foster home based rescue. All our dogs are neutered, vaccinated and microchipped. We have dogs of all ages and sizes requiring new loving homes. Contact us to arrange a homecheck!

Website: www.aireworthdogsinnneed.co.uk
 Email: aireworthdogsinnneed@gmail.com
 Telephone: 07551 891117

AA AERIAL SERVICES

FREE call outs - no hidden charges

Our Services include:

- TV Aerials
- Satellites
- TV wall mounts
- CCTV
- Data ports
- 25 years experience
- Data & networking systems
- Internet Extensions

10% discount for OAP's

Call Ian
 01274 875403 or 07980 651 974

I.L.R Aerials

Digital Aerials & Freesat Systems Supplied and Fitted

For Prompt Reliable Service Guaranteed

07916 144709

Digi-Man Aerials

Digital Aerials & Satellites

Fully Qualified Installer of

Sky & Sky HD Problems Solved

Freeview / Digital Problems Solved

For a FREE Quote & Advice Call Digi-Man Aerials

Mention this magazine & Get 10% Off

Friendly Professional service

Freephone: 0800 0377011
call now 01535 646141

Accounttax

- Self Assessment returns
- Partnership returns
- VAT services
- Monthly Bookkeeping
- CT600 Returns

For an affordable accountant in your area

Call Laura on 07582 669144 or email laura.alderson@accounttax-uk.co.uk

Ask Andrina

Office Solutions

Sage 50
 VAT Returns
 Cash Flow
 Bank Reconciliations
 Bookkeeping
 Credit Control
 Office Duties

Tel: 07876 345422 Silsden
 Email: andrina@askandrina.co.uk
 Web: www.askandrina.co.uk
 Twitter: @askandrina

Computer Repairs

Local Home or Office PC/Tablet Repairs
Friendly service with over 20 Years experience

- PCs •Laptops •Macs •Tablets •Mobiles
- TV/DVD/Audio •Broadband •Security
- Responsive Web Design & Hosting

**Call Damian or visit cyberwink.co.uk
01535 654168 | 07946 596429**

Office Furniture Outlet

Eagle Mill, Dalton Lane
Keighley, BD214HT

Andrea Jannetta
Sales & Marketing Manager
01535 681111

andrea@officefurnitureoutlet.co.uk
www.officefurnitureoutlet.co.uk

R.P. DECORATING

All Aspects of Decorating
Interior & Exterior
Domestic & Commercial
City & Guilds Qualified
Over 20 Years Experience

FOR FREE PROFESSIONAL ADVICE AND QUOTATIONS CALL
T: 01535 642 864 M: 07989 560 206
MEMBER OF THE PAINTING & DECORATING ASSN.

Craven Carpet Cleaning

Half Price Carpet & Upholstery Cleaning

• Lounge 12' x 16'	£70	£35
• Hall, Stairs And Landing	£70	£35
• 3 Piece Suite (From)	£110	£55

Domestic & Commercial Work
Prices subject to sight of work

Mob: 07710 787 399
Eve: 01535 630 713
Craven Carpet Cleaning
Carpet & Upholstery Cleaning

VHS to DVD Conversion



Photo slideshows
Audio tape to CD/MP3
DVD to MP4

Tel: 07944 023 597
email: jlorrimer@icloud.com

Bristles Chimney Sweep Service

HETAS REGISTERED INSTALLER

Telephone/Text 07972 330887

Web: www.bristles-chimney-sweep.co.uk
Email: bristles-chimney-sweep@hotmail.co.uk

Adele's CLEANING & IRONING SERVICE

£20 for 35 items

Telephone: 01535 648895
Mobile: 07837 452604

Free Collection & Delivery

FENETIC WELLBEING

www.feneticwellbeing.com
Internet Prices from Local Company!!!!

WINNER
Keighley BUSINESS Awards
Business of the Year

Wheelchairs from £69.99
Rise and Recline Chairs from £249.99
Walking Frames from £39.99

Based in Keighley we have a huge selection of products.
For more information call 0800 567 7618 or check out our website www.feneticwellbeing.com

Keighley Playhouse

18th - 23rd March 2019

Black comedy by Peter Quilter

SAVING JASON

Box Office 07599 890769

Keighley College

KeighleyCollege.ac.uk
01535 685 000

TASTER EVENT

Saturday 9 February
10am - 1pm

BOOK NOW!

3rd Monday of every month 1.30pm - 3.30pm **Keighley Healthy Living** run a **Wellbeing Cafe** for people with mild to moderate health needs and their carers. Afternoon tea with live music, fun, friendship for older people. **Central Hall, Alice Street, Keighley.**

Tea Dance every Thursday 1.45pm to 3.45 pm at **Sutton Village Hall.** £2 Everyone Welcome.

Mondays 1 -3pm Tea Dance at the **Civic Hall, Civic Centre Keighley** £2.50 inc tea & biscuits.

Keighley Model Railway Club, Knowle Mills, South Street, Keighley, BD21 1SY Meeting every Tuesday and Thursday Evenings from 7.00pm until 10.30 Thursday afternoons, 12.45pm until 4.30pm & Saturday afternoons 1.00pm until 5.00pm

Every Wednesday Steeton Bobbins WI meet the first Tuesday of each month at **7pm at St Stephens Church Hall, Steeton.** More info contact Diane Pritchard 01535 653748.

Every Tuesday 1.30 - 3pm Games & Social Club at Glusburn Institute. Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. £2 including refreshments. More info call 01535 630223 or 07834 713735

2nd Tuesday of every month 10am - 12 noon Time for Me (Carers Resource) is a monthly group for carers and over 50's. Fun activities and friendly support at **Steeton Hub, Stone Grove.** More info call Sarah Wademan 01274 449660.

Sat 26th Jan - Sat 2nd Feb Aladdin & his Wonderful Lamp Keighley Musical Theatre Company www.keighleymtc.com

Please support local trade



28th Jan - 2nd Feb 7.30pm Nobody's Fool comedy by Simon Williams at Keighley Playhouse

Fri 1st Feb Film Night at Glusburn Institute 7.30pm Film **Phantom Thread (15)** Tickets £5 (bar opens at 7pm)

4th Feb onwards Patrick Bronte In Sickness and in Health a new Exhibition at The Bronte Parsonage, Haworth.

Weds 6th Feb 10.30 am Keighley U3A's Group The Temple Row Centre Keighley Speaker: Alan Bonson "It Shouldn't Happen to a Coach Operator" Admission £2.50 (inc Tea/Coffee and Biscuits) For any further details regarding Keighley U3A's please contact Peter Rye on 01535 642136

Thurs 7th, & 21st Feb 11am - 1pm fortnightly Games at St Thomas' Church, Sutton. Drop in for a cuppa, soup and a roll to play your favourite games. No charge (donations only).

Thurs 7th Feb 10.30pm The Glasshouses of Cliffe Castle led by Ann Davies at Cliffe Castle. Booking Essential Call 01535 618231

Sat 9th Feb The Big Fat Quiz at Glusburn Community & Arts Centre Tickets £6.50 inc Pie & Pea supper. Evening of fun and facts. Bring your own team of 4 or we can help you into teams. To book call 01535 630223 or visit www.gicac.org.uk

Fri 15th Feb 10.30am Story to Tell at Cliffe Castle 10.30am free event.

Sat 16th Feb - Sun 24th Feb 10.30am - 4.30pm East Riddlesden Hall Where will your Wellies take you this half term? Find the secret tunnel to take you to the Wild Play Garden, get muddy in the mud pie kitchen and build your own hideaway. With nature-inspired arts and crafts on Tuesday, Wednesday, Saturdays and Sundays. Booking no needed. Free Event normal admissions apply.

Sat 16th Feb until 24th Feb & 2nd/3rd/9th/10th March Art Exhibition - Traces at East Riddlesden Hall. Inspired by fragments of china, clay pipes and glass found during the renovation of a local 17th-century farmhouse. Barbara Greene's Traces exhibition creates connections between the objects and lives of people who have lived and worked in the Aire Valley over the centuries.

Sat 16th Feb 1.30pm The Cottingley Fairies at Cliffe Castle - talk by Heather Millard. Free but booking Essential. Call 01535 618231.

Sun 17th Feb 2pm - 3pm Rail Story at Ingrow Station, Keighley

Weds 20th & Thurs 21st Feb Paw Patrol at Keighley & Worth Valley Railway

Sun 24th Feb, 11am - 12 Rail Story at Ingrow Station, Keighley

Sat 23rd Feb 10am - 12 noon We are holding a **coffee morning and cake stall** at **Steeton Methodist Church** in aid of The British Heart foundation.

Sun 24th Feb - Sat 2nd March Sleeping Beauty at Glusburn Institute Community Arts Centre. Buy tickets on-line www.gicac.org.uk

Sat 2nd March until Sun 21st April Bingley Art Society & Keighley Art Club Exhibition 2019 at Cliffe Castle Museum.

Fri 8th - until Sun 10th March Keighley & Worth Valley Railway Spring Steam Gala.

Mon 18th until 23rd March Saving Jason black comedy by Peter Quilter at The Keighley Playhouse. Trevor and Linda are at their wits end with their rebellious son Jason and his lifestyle of raves, booze and ecstasy tablets, so they stage his funeral, convinced that when faced with his own mortality, he will mend his ways.

WORTH & AIRE VALLEY MAGS
COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

Contact Us:
info@worthvalleymag.co.uk

01535-642227

Group 1 Delivered to
Oakworth, Oldfield,
Stanbury, Haworth,
Lees, Cross Roads,
Hainworth,
Oxenhope,
Leeming.

Group 2 Delivered to
Silsden,
Steeton, Eastburn,
Sutton,
Crosshills, Glusburn.

Group 3 Delivered to
Riddlesden,
East Morten,
Long Lee,
Fell Lane,
Exley Head,
Keighley centre,
Utley, Laycock.



When I tell people I'm a Humanist they sometimes think that I'm part of a cult, and that I spend my weekends dressed in long robes. However, I'm just a person who doesn't believe in a God, - although if you do that's okay with me, - we are all on this journey together.

Over the past year I have been training to become a Humanist Wedding Celebrant. This was partly due to wanting to offer people a personalised alternative to a church wedding but also because I have a real interest in people. What could be better than spending time celebrating love?

Humanists UK require prospective celebrants to undergo an incredibly intense training package, including residential weekends where I met my colleagues from all over the country. We learnt how to write ceremonies from scratch, practiced performing the ceremonies and made sure we would always give importance to every little detail. I can take your story and make it something your guests will

remember for many years to come. You will even receive a copy of the ceremony to cherish forever.

So, you've decided you're getting married. Humanist celebrants can offer advice about what each part of the ceremony could entail. You might like specific symbolic rituals (such as hand fasting - where the phrase "tying the knot" comes from), and we can offer suggestions for readings, music, staging and the running order. Your Humanist Celebrant is also your MC, who keeps the spotlight focussed on you. You can have your ceremony wherever you would like, - even in a field or on a beach. People put a lot of time and effort into planning their wedding day, and a memorable ceremony should be the centrepiece.

If you'd like a chat then contact me at antonythehumanistcelebrant@gmail.com and we can begin to discuss a bespoke ceremony as unique and individual as you are! **Antony Silson, Humanist Celebrant, Aire Valley 07545 382447**

To advertise call Karen or Liz on 01535 642227

GAROLLA

ROLLER SHUTTER DOORS

Great for:
Space Saving
Kerb Appeal
Easy To Use

THERMALLY INSULATED ELECTRIC GARAGE DOORS!

CE Approved

Acoustic & Thermal Insulation

Brush Sealed Rails & Thermal Insulation

No Deposit, Pay on Completion

18 Colours Available

FREE DISPOSAL OF OLD DOOR!

GAROLLA can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

LIMITED OFFER - was £1354
NOW ONLY £895
inc.VAT, Fully Fitted!
MADE TO MEASURE, CALL US TODAY

SAVE £459!

0127 445 6025 **07537 149 128**

Phone lines Open 7 Days a Week

- offer valid for openings up to 2.6m wide & inc: 2 remote keys, 55mm white slats, internal manual override -

PAR Masonry Services Limited

Specialists in:
Pointing & Restoration, Building Cleaning, Weather proofing, Lime mortar, Stone & Brick Replacement

Contact us for a free quotation
We are available to discuss any project and provide help and advice. We look forward to offering you the very best in craftsmanship and the highest quality of service.

Please contact **01535 648809**
enquiries@parmasonry.co.uk • www.parmasonry.co.uk

WANTED:

COMMUNITY MAGAZINE DELIVERERS

- ✓ Earn extra money
- ✓ Get fit ✓ Help the community
- ✓ From age 14+

We are looking for committed hardy individuals (no matter the weather!) willing to make monthly deliveries in the Worth & Aire valleys.

We do our best to find a round close to your home. **To apply contact Kay:**
kaybinns2014@gmail.com
include your name, address, & contact details.

Old habits die hard by Sharon Thompson

A New Years Resolution which is still in place in February is a rarity but have you ever wondered why? Well, it feels exciting in early January to be trying out this new healthy lifestyle but as we get back into normal life and those wonderful neural pathways in our brain return to their default routes then we reach those trigger points. You know the ones, that 11am reminder that biscuits go very nicely with this cup of tea thank you, or the chocolate bar which always follows lunch, perhaps the 8pm wine reminder.

And then, before you know it, it's New Years Eve 2019 and once again you're three or four pounds heavier than you were last year. After a decade this equates to being two stones heavier on the scales and the associated health problems are creeping up on you.

Well you are not alone, in fact although we all know exactly how to lose weight - eat less, move more - most of the population seem resistant to actually doing it and with Cancer Research UK's statistics showing that 62% of the UK population are now either obese or overweight this shows no signs of changing.

So, what can we do about it? Well, the good news is that as unhelpful as the brain can be at pushing us to repeat our old patterns of behaviour, it is also wonderfully capable of helping us create new habits through the creation of new neural pathways, a process called Neuroplasticity.

Our brains are designed to take the pathway which is used most frequently as this is the path of least resistance, but with a bit of hard work upfront then we can actually rewire our brains to follow different

paths and soon enough those old pathways will become unkempt and start to weed over. Hypnotherapy can help with this process and there are many things you can do to help yourself. Try mixing up your usual routine, sit in a different chair for your tea break, take a short walk before lunch, get stuck into a decorating project in the evening. Whatever you do, make it enjoyable. Simply sticking to the exact same routine whilst depriving yourself will work for only a short while; the likelihood is that you'll soon rebel.

With professional help you can create new and lasting healthy habits.

Sharon Thompson is a Clinical Hypnotherapist and is owner of Haworth Hypnotherapy. She treats clients in Haworth, Ilkley and Leeds and is registered with the NCH, CNHC and AFSFH.

Haworth Hypnotherapy
Achieve Your Dreams

Are you thriving or surviving?

Solution Focused Hypnotherapy can help you thrive!

Anxiety, Depression, Anger, Stress, Habits, Phobia's, Low Confidence, Low motivation can all hold you back!

Choose to invest in yourself in 2019

Sharon Thompson
sharon@haworthhypnotherapy.com
07764 562 887
www.haworthhypnotherapy.com

DBS CHECKED ✓ AFSFH CNHC nch

Is Business slow? Get it moving...



Reach over 20,000 local homes & businesses from only £29.66+VAT



3 editions cover the Worth & Aire valleys

We are trusted and local

Genuinely community focused with over 10 years in publication

Plus: **We can help with your social media!**

Call Jo on **01535 642227**
mail@worthvalleymag.co.uk

BUSINESS DIRECTORY

Accountancy/Business/Finance related services

Accountax p21
Airedale Enterprise p10
Ask Andrina p21
Marshall Krysko p5

Aerials/Audio/TV

AA Aerials p21
Digi Man p21
ILR p21

Animal related

Aireworth Dogs in Need p21

Attractions/Community/Courses/ Events/Groups

Brahma Kumaris p17
Bronte Parsonage p14/15
Great North Run p16
John Grogan p31

Keighley Playhouse p17 & 22

Keighley Big 10K p3

KWVR p6/7

Tea Dance p17

Building Services/Joinery/Maintenance

PAR Masonry p27
PJM One Stop Maintenance Service p8
Ploughcroft p29

Cafes/Pubs/ Restaurants

Cafe Choux Choux p13
Newsholme Manor p31
Sewing Days Cafe p2

Cars

Sellmycar2day p4

Cleaning / Domestic

Adeles Ironing p23
Craven Carpet Cleaning p23

Computer related

Computer Repairs p23
Computer Universe p16
DVD Conversion p23

Conservatories

Ploughcroft p9

Counselling

Aire, Wharfe & Craven
Counselling p13

Decking/Fencing

AFM Properties p23

Electricians

AA Electrical p8
JS Electrical p8

Fuel/Heating

Anchor Logs p18
Green & Tidy p18
Proper Logs p18

Funeral

Bolton Road Funeral Services p11

Garage Doors

Garolla p27
Shaws Garage Doors p18

Gardening/Trees

AFM p18
Garden Maintenance p18
Green & Tidy p18
SAS p18

Worth Valley Trees p18

Health/Mobility/Driving

Fenetic Wellbeing p23

Holidays/Travel

Steel's of Addingham p16

Loft Conversions

Yorkshire Loft Ladders p19

Painting & Decorating

R.P. Decorating p23

Plumbing /Tiling/Kitchens

AR Carling p8
DSM p8
Queensbury Kitchens p32

Retail

DSM Bathroom & Fireplace p8
Office Furniture Outlet p23
Queensbury Kitchens p32

Roofing

Broomhill Roofing p8
MB Roofing p8
Ploughcroft p9

Schools/Colleges/Tuition

Keighley College p22

Sewing

Sewing Days p2

Slimming

Slimming World p2

Wills

In Home Wills p32

Windows & Doors

Bingley Windows p3
Bob Beattie p8
Bradford uPVC Windows p4
Shaws Garage Doors p18



Would you like to advertise your products or services in this magazine? Contact Jo or Liz: **01535 642227** mail@worthvalleymag.co.uk

John Grogan MP
Member of Parliament for
Keighley and Ilkley



Advice Surgeries

I hold regular surgeries in Keighley, Ilkley, Addingham, Silsden, Steeton, Haworth, Oxenhope, Oakworth and Cross Roads.

To book an appointment, call **01535 681433** between 10am and 4pm, Monday to Friday, or email john.grogan.mp@parliament.uk.

Sudoku solutions

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

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

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

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

NEWSHOLME MANOR RESTAURANT

Lunches served Sat & Sun 12 - 2

Private lunch parties catered for Tuesday - Friday

Valentines Dinner & Dance
Saturday, February 16th
4 course meal & coffee

£26.95

Includes a bottle of wine between two
(Booking is Essential)

01535 642964

www.newsholmemanor.co.uk

Slack Lane, Oakworth, Keighley, West Yorkshire, BD22 0RQ



In Home Wills

Will writing specialists
Will writers and estate planners



**WILLS
START FROM
AS LITTLE AS
£99.95**

**DON'T DELAY MAKE YOUR WILL
TODAY IN THE COMFORT OF
YOUR OWN HOME**

(appointments made at
your convenience including
evenings and weekends).



**SPECIAL OFFER Lasting Powers of Attorney
£295.95 or 2 for £499.95.**

FREE Safe Hands Funeral Plan with every consultation.

For more information call Peter on 0845 056 9049

Locally based.

info@inhomewills.co.uk • www.inhomewills.co.uk

In Home Wills is a member of The Society of Will Writers and Estate Planning Practitioners. Specialists in all types of Wills, Trusts & Probate.



**Complimentary
design
consultation**

QUALITY KITCHENS, BEDROOMS AND BATHROOMS

We will beat any
genuine quote



Fully fitted or
supply only

Queensbury Kitchens

Trading since 1992

18A Black Dyke Mills, Brighouse Rd, Queensbury, BD13 1QA • 01274 882349 • info@queensburykitchens.com

Front cover photo by John Sargent @jackharrybill