

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2020



DISTRIBUTED FREE TO OVER 8,000 HOMES IN SILSDEN,  
STEETON, EASTBURN, SUTTON, CROSSHILLS, GLUSBURN

[www.airevalleymag.co.uk](http://www.airevalleymag.co.uk)



# that Slimming World feeling!

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

**Tuesday 5.30 & 7.30pm**  
Silsden Catholic Church  
Carmel House  
Call/Text Ann on 07935 417 214

**Wednesday 3.30, 5.30 & 7.30pm**  
Steeton Hall  
Call Fiona: 07786 432 31

**Thursday 5.30 & 7.30pm**  
Silsden Sports Club  
Call/Text Sarah on 07703 772 79

**slimmingworld.co.uk**    0344 897 8000  touching hearts, changing lives



**Keybury** Fire and Security  
PROTECTING LOCAL HOMES & BUSINESSES SINCE 1982

## Is your home secure?

Protect your home with Keybury

- CCTV
- BURGLAR ALARMS
- SMART SECURITY WITH APP CONTROL
- MONITORED SYSTEMS
- ACCESS CONTROL

Book your free quote today  
**01535 661197**  
sales@keybury.co.uk  
www.Keybury.co.uk

Units 4 & 5, Worth Enterprise Park, Valley Road, Keighley BD21 4LN



This month give some love to our featured local community interest companies and charities: Keighley Furniture Project, Keighley Healthy Living, Thornwood Alpacas and Care Farm, Bronte Parsonage and Keighley & Worth Valley Railway. They all provide unique and professional services to enhance and support the quality of life in our communities.

Our newly elected MP, Robbie Moore, hits the ground running as he takes on the job of representing Keighley and Ilkley in Parliament and setting up his local office in the constituency (more on pages 18 & 19).

As the Bronte Parsonage celebrates the 200th anniversary of the birth of Anne Bronte this year be sure to cut out and save the voucher for free admission to the museum valid until December 31st.

Have a lovely February.  
Did you know it's a leap year?



Editor Liz Barker



## GAROLLA ROLLER SHUTTER DOORS

**Great For:**  
Space Saving  
Kerb Appeal  
Ease of Use  
**0800 468 1982**

**THERMALLY INSULATED ELECTRIC GARAGE DOORS**

- CE Approved
- Acoustic & Thermal Insulation
- Brush Sealed Rails
- Pay on Completion
- Two Remote Controls
- 18 Colours Available

Free Disposal of your 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 & FULL FITTING**  
MADE TO MEASURE, CALL US TODAY

**Save £459**

**01274 456 025** **07537 149 128**  
Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 35mm White slats, Internal manual Override -



Always great value, always great service!

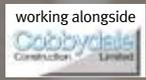
..... Bring the sun into your home with .....

## Bingley Windows & Glass Co. Ltd.

- Manufacturers and installers of 'A' rated energy efficient windows, doors, bi-folds and conservatories
- Introducing our new ranges of flushed sash windows and solid conservatory roof
- Anything from steamed up windows to the latest range of high security composite doors
- Certass and TRUSTMARK scheme accredited installers

**CERTASS** 

t: (01535) 958 183  
e: admin@bingleywindowsandglass.co.uk  
w: bingleywindowsandglass.co.uk

working alongside  **Cobbydale Construction Limited**

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

Call for a free quote or visit our showroom

Say you saw it in the Aire Valley Mag!

# Keighley Furniture Project

at Springfield Mills, Oakworth Road, Keighley, BD21 1SL

We accept donations of furniture and electrical items (also gas cookers) in good working order.

We pass items on to people on benefits, disabilities & pensions.

**Donate & we will collect.**

Visit our showroom.

**01535 601999**

Email [adminoffice@springfieldproject.co.uk](mailto:adminoffice@springfieldproject.co.uk)

[www.keighleyfurnitureproject.co.uk](http://www.keighleyfurnitureproject.co.uk)

Reg Charity No 1090090

**KC** Keighley  
College

## OPEN EVENT

8 February 10am-1pm  
17 June 5-7pm

## TASTER EVENT

24 March 2-7pm  
22 April 2-7pm

**BOOK NOW** [keighleycollege.ac.uk/events](http://keighleycollege.ac.uk/events)

Keighley College is a member of Luminare Education Group

**OPEN  
YOUR  
HORIZONS  
AND GO FAR**



Visit our large showroom:  
Springfield Mills, Oakworth Rd.  
Keighley, BD21 1SL 01535 601999

### What are the benefits of donating goods to Keighley Furniture Project?

1. Your donation will help people on low-incomes unable to buy the things they need to make a house a home.
2. You will be saving space in local landfill sites, helping the environment and lowering your carbon footprint.
3. You'll be doing your bit towards local reuse and helping Bradford Council achieve their environmental targets.

Donating to Keighley Furniture Project is easy, we collect free of charge and will take most items in good condition.

### What Do we Collect?

...most white goods and items of furniture including:  
Fridges, Freezers if they are in full working order, Electric & Gas Cookers, Washing machines & Tumble Dryers, Electric fires & Heaters (not gas fires) Microwaves, Small appliances e.g. kettles, toasters, irons, lamps Bedroom furniture & Beds, Suites, Tables & Chairs, Bedding & Curtains.

**We need  
single & double  
beds with  
clean mattresses.  
We can collect!  
Call us: 01535  
601999**

### Who is eligible to purchase furniture or white goods from Keighly Furniture Project's warehouse shop?

Items are only available to people in receipt of benefit for their own personal use, (Universal Credit.) Proof of benefit must be shown to a staff member on every visit. Landlords are NOT eligible to obtain furniture from the project to furnish tenanted properties. It is fraud to obtain items from the Project primarily to 'sell on' to third parties. Items cannot be saved or deposits taken. Refunds or exchanges will not be given if an item does not fit. A delivery service is available at a nominal charge. If you decide to take items yourself they must be gone within 5 working days, otherwise they will be resold.



Donations are collected Monday to Fridays between 8-30am-3-30pm.

registered charity no: 1090090

WORTH VALLEY **NEW TO KWVR**

Sparkle & STEAM  
**Valentines**  
SATURDAY 15 FEBRUARY  
Oxenhope Station: 11.45 & 15.00

£60pp  
Book Online

**OLD PARCELS OFFICE**  
1916  
KEIGHLEY & WORTH VALLEY RAILWAY

10% OFF WITH A VALID DAY ROVER TICKET

**VISIT OUR NEW CAFE BAR & RESTAURANT**  
KEIGHLEY STATION: 10AM TO 7PM

**ENJOY HOT FOOD AND DRINKS SERVED THROUGHOUT THE DAY**

For full information on all Keighley and Worth Valley Railway events, head to our website: [KWVR.CO.UK](http://KWVR.CO.UK)



I am very pleased to report that the Keighley and Worth Valley Railway has completed the purchase of the café business at Keighley Station. Formerly known as “Choux Choux” we are reopening as the “Old Parcels Office”. In keeping with our heritage focus, we have been sympathetically refurbishing the café and have uncovered many of the original features and signs from the era when this part of the station building was used as the parcels office. The menu is going to be a little more contemporary than the 1916 signage, as will the quality of the coffee and fine ales on offer, but we are keen to theme the café around its important historical role. It’s taken many months of negotiation and planning to complete the purchase, and we are looking forward to making use of the kitchen facility that will give us a lot more flexibility when it comes to both on- and off- train dining options, so do keep an eye out for the range of foodie special events. We will continue to run the takeaway or “Express on-the-go” counter for the morning commuters, as well as the main café/ restaurant area for the rest of the day. Full details of the menu as well as opening times and offers will be available shortly on the Railway’s website.

As well as dealing with the café opening, we are finalising plans for one of the most

involved engineering projects we have ever undertaken as we replace one of the many bridges on the line. Bridge 11, which is between Ingrow and Damems, will be replaced in March this year after many years of planning. The bridge deck will be replaced with a new unit that has been designed specifically to span the river that runs beneath. We will operate a special timetable during the replacement and details can be found on the website. You can also find the link for donations, which we would welcome to help with the funding for this £150k+ project.



Whilst transforming the Railway’s catering offering and undertaking the bridge replacement, we haven’t been overlooking the need to run our full programme of events, and we are slightly nervous – but excited! – about the “Jurassic Special” event 19th/20th February during which you can meet our dinosaur

visitors who will be roaming around the Exhibition Shed at Oxenhope, and, if you want to get up close and really personal, you can book a special “Ranger Training” session. We also have Valentine’s ‘Steam and Sparkle’ Prosecco tasting on 15th February,; also a steam special from Oxenhope all the way to Carlisle on 22nd February, hauled by the locomotive “Bahamas”.

With so much going on, we do look forward to welcoming you on board soon!

KWVR Chairman Matt Stroh

**Material Worth Interiors**  
 Made to measure Curtains, Blinds & Cushions, Fabrics, Poles & Wallpapers.  
[www.material-worth.co.uk](http://www.material-worth.co.uk)  
 Tel: 01535 643111  
 74a Haworth Road  
 Crossroads BD22 9DL



**Wildfell Threads**  
 Alterations, Repair and Sewing Service  
**Prom dresses & suits**  
**Leather clothing and bags**  
**Replacing zips**




For a quote please contact Alex  
 07739 802015 / 01535 602963  
 Or email [alex@wildfell.co.uk](mailto:alex@wildfell.co.uk)

**KINGFISHER**  
**Build & Design**



New Builds, Extensions & Conversions  
 Property Maintenance & Repairs  
*Over 30yrs experience*  
**NO JOB TOO BIG OR SMALL**  
 Call for a FREE quote: **07504 093703**  
**01535 431508**

**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.

**2020 Tours**  
 April & Sept: Mystery Weekends  
 Late April: Isle of Bute  
 Mid May: Coastal Wales - Aberavon  
 October: Scottish Autumn Tints  
 November: Thursford Christmas Spectacular  
 December: Cumbrian Christmas

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

**KEEP IT LOCAL!**  
 Play. Shop. Dine.



**APEX**  
 Removals  
 House Clearances  
 Light Haulage  
 Van & Man Hire  
 Courier Service  
 Storage

Fully insured  
 WCL licenced  
**07722 126327**  
[apexhaulage1964@gmail.com](mailto:apexhaulage1964@gmail.com)

**WILSDEN SELF STORAGE**

- Local Secure Storage with 24 Hour CCTV.
- Units from 25 sq.ft. to 100 sq.ft.
- From £14.50 (No VAT)
- Personal or business use.

Well House Mill, Main St., Wilsden BD15 0JW  
**Tel: 01535 275594**  
[www.wilsdenselfstorage.co.uk](http://www.wilsdenselfstorage.co.uk)  
 email: [info@wilsdenselfstorage.co.uk](mailto:info@wilsdenselfstorage.co.uk)

**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](mailto:mail@worthvalleymag.co.uk)

**Domestic Appliance Repairs... & P.A.T TESTING**



Ovens, Vacs, Dishwashers, Washing machines

CONTACT LEONARD  
 01535 657 917  
 07843 613 292 Save money, save the planet!

**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

**Golden Acorn Roofing**




- Re-Roofs
- Roof Repairs
- Fascias & Soffits
- Guttering
- Leadwork
- Pointing
- Fibre Glass Roofing
- Velux

[goldenacornroofing@gmail.com](mailto:goldenacornroofing@gmail.com)  
[www.goldenacornroofing.co.uk](http://www.goldenacornroofing.co.uk)  
 Call Chris 07732022482.

Don't lose those precious moments!  
**VHS to DVD Conversion**



Photo slideshows  
 Audio tape to CD/MP3  
 DVD to MP4

**Tel: 07944 023 597**  
[email:jlorrimer@icloud.com](mailto:email:jlorrimer@icloud.com)

**Red Dog Pest Control**

Moles Wasps Rats Mice Ants ...etc!

Fully qualified & Insured based in Keighley.  
 7 days a week with 24 hour call outs

**07805 371 101**  
 @reddogpestcontrol  
[RDPestcontrol@hotmail.com](mailto:RDPestcontrol@hotmail.com)



**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](http://www.broomhillroofing.com)




**B Bob Beattie**  
**PVCU FENSA**  
 Registered Company  
*from a single window to a complete house*  
**REPLACEMENT WINDOWS & DOORS, FASCIAS, SOFFITS, GUTTERS**  
**PVCU REPAIR SPECIALIST**  
 Tel: 01535 646761  
 Mob: 07973 846825

**safe** **SAN** Free Quotations  
 23 years exp.  
**Plumbing & Heating**  
 ✓ Boiler installations  
 ✓ Bathrooms and tiling  
 ✓ All plumbing work undertaken  
**07983 246571**

**DSM** **Bathroom & Fireplace Centre**  
 Worcester Accredited Installer  
 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.dsmplumbingandheating.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: 01274 409789**  
**07900 941760**



# Thornwood adds Therapeutic Care Farm to centre in Oxenhope

## Thornwood Care Farm

Thornwood Care Farm is based in Oxenhope and has recently set up a not-for profit company in order to offer care farming provision to adults and young people with learning disabilities, Autism Spectrum Disorders and teenagers with emotional needs excluded from school. The aim of the farm is to promote wellbeing through animal assisted activities and nature-based projects as well as reducing social isolation and bringing communities together.

## What is Care Farming?

The use of farming practices and animal care offers people who have a health, social or educational need the opportunity to take part in various farming activities for therapeutic benefit. Activities can range from animal husbandry and horticulture to woodland wellbeing and tree planting. Thornwood is a small working farm known locally for their alpaca trekking and outdoor learning programmes which have been established since 2015. With a herd of sixteen alpacas, they are one of the main features at the farm and although alpacas are not conventional therapy animals (dogs and horses have been much more publicised for their therapy services), alpacas have an extremely calming nature when you spend time in their company.

## Some of the benefit of alpaca and animal assisted activities include:

- Combats loneliness & encourages social integration
- Promotes a sense of responsibility & empathy with others
- Encourages nurturing traits
- Promotes self-esteem, independence and self-confidence
- Reduces stress and anxiety
- Encourages mobility



Thornwood is also home to a small herd of pet sheep, a large handful of free range hens and ducks, two nosy peafowl, three lively border collies and four friendly and mostly lazy cats.



If you work with a group that would benefit from accessing Thornwood Care Farm, please contact Lucy Thornton to discuss your ideas.  
**07816 495453**  
**www.experiencethornwood.co.uk**  
**info@experiencethornwood.co.uk**

AS SEEN ON CHANNEL 4, SKY CHANNELS & ITV

WORTH VALLEY  
**JURASSIC SPECIALS**  
**19-20 FEBRUARY**

**MEET A GIANT T-REX AND A RAPTOR**  
 Oxenhope Exhibition Shed 9:00-16:30  
 Entry by Dino Day Rover, Adults £18, 5-15 years £9, Under 5's Free.

**REPTILE HANDLING**  
**CUTE BABY DINOSAURS**  
**ACTIVITY SHEETS**  
**DECORATED CARRIAGES**  
**RANGER TRAINING CAMP**  
 Additional £3 per child, book online.

KWVR.CO.UK facebook.com/worthvalleyrailway instagram.com/worthvalleyrailway

# Feel well, look well, be well in 2020

My journey started on March 2nd 2019 Weighing in at 14 stone 3 lb I'd tried fad diets but nothing worked for me. I felt very hesitant to start Slimming World as I thought it would be too embarrassing. But from the moment I walked in to my first group meeting I realised how welcoming and supportive the group actually was.

I'd donated a kidney to my father back in 2010 and every year I'd dread going to see the transplant nurse because each year I'd gained more weight, seriously putting my own health at risk.. I was determined that my 2019 check up would be different and I'd be in a healthier place.

Each week while following the programme I lost weight and my health became so much better. I was still able to eat the things I enjoyed and the pounds were coming off consistently at the weekly weight ins. I even went down 3 dress sizes (and a bra size) and surprisingly, my feet were thinner too!

September came and my visit to the hospital for the yearly check-up had arrived but this time I felt confident because I had lost weight and I had changed my eating habits. Stepping on the scales felt extremely good - I weighed in at 11 stone 5.5lb a total weight loss of 2 stone 11.5lb.

I have continued eating the Slimming World way and remaining in the group has really helped, bringing my total weight loss to 3 stone 7.5lb. My whole figure has changed,

and my confidence wearing different clothing has changed as well. Rather than just wearing something to hide behind I celebrate my new thinner legs and I'm super proud to show them off in a skirt. So for anyone thinking of joining Slimming World then please give it a go; maybe its not for everyone but unless you try you will never

Shelley from Oakworth



know. Having the support from fellow friends, colleagues and my consultant Andrea 24/7 has helped me.. I'm really so grateful. Thank you Slimming World!

(See page 2 to find a class near you!)

## 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 CinemaTicket**  
(x2 adults, up to x3 children)

Email your answer including your name & address to: [mail@worthvalleymag.co.uk](mailto:mail@worthvalleymag.co.uk)

The winner will be selected from all correct answers received by 15th February 2020..

Last month's location was Glusburn Park and the winner was Phil Edwards from Eastburn.

@Google Earth

### Digi-Man Aerials

Digital Aerials & Satellites

Fully Qualified Installer of

Freeview

freesat

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

OAP DISCOUNT

ALL WORK GUARANTEED

LOCAL MAN

### 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

Call Ian

01274 875403 or 07980 651 974

10% discount for OAP's

### I.L.R Aerials

Digital Aerials & Freesat Systems Supplied and Fitted

For Prompt Reliable Service Guaranteed

07916 144709

Brontë Parsonage  
**BEHIND THE SCENES AT THE MUSEUM**

**2020 is all about Anne**

This year we are celebrating the bicentenary of Anne Brontë, the youngest of all the Brontë siblings, who was born in Thornton on 17 January 1820. Although it doesn't seem a moment since we started to plan for Brontë200 - our five-year festival to mark the bicentenaries of the births of Charlotte, Branwell, Emily and Anne,

together with a tribute to their father Patrick - here we are in the final year of celebrations. Time has flown! There's definitely no sense of 'last' meaning 'least' this year. Traditionally, Anne's life and work have been



eclipsed by the novels and successes of her older sisters and the 200th anniversary of her birth offers the perfect opportunity to bring her out of the shadows. Our new exhibition, Anne Brontë: 'Amid the brave and strong', is the first one at the Parsonage to be dedicated entirely to Anne. It tracks the course of her life and gives an insight into her personality and motivations. Often portrayed as someone long-suffering and delicate in health, Anne also had 'grit' and perseverance and was very courageous in both her life and work. Displayed as part of the exhibition is her last letter, written to her friend Ellen Nussey on 5 April, 1849 and containing the following lines: "I wish it would please God to spare me, not only for Papas and Charlotte's sakes,

but because I long to do some good in the world before I leave it. I have many schemes in my head for future practice - humble and limited indeed - but still I should not like them all to come to nothing, and myself to have lived to so little purpose."

By the time this issue of the magazine is in your hands, the Parsonage will have reopened for the 2020 season. Celebrating Anne's bicentenary during our annual closed period was quite a challenge - as many readers will be aware, we close each January for cleaning, conservation

and maintenance work and to welcome people into the Museum during that time is just not possible. However, our curatorial and Front of House teams worked around the clock to prepare the Anne Brontë exhibition so that we could offer visitors a sneak preview on Friday 17 January, Anne's birthday. We were delighted to be joined by over 120 people, all of whom were offered a glass of sparkling wine and a slice of cake baked by Brontë fan and Bake Off finalist Sandy Docherty.

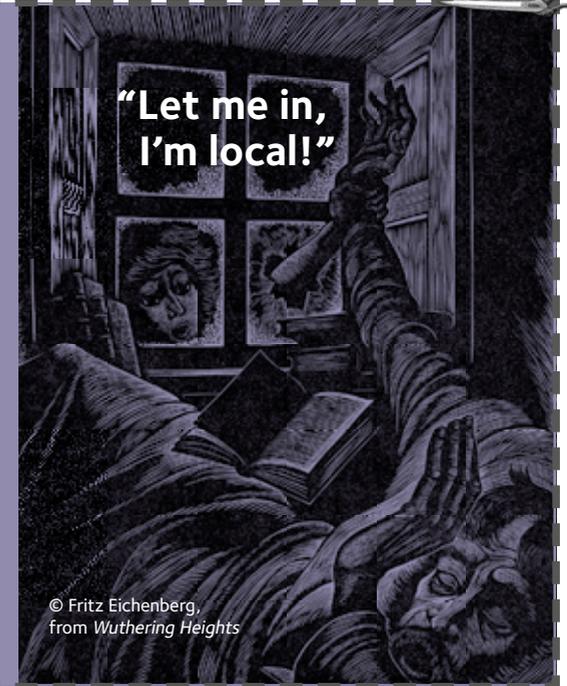
If you missed us on 17 January, don't worry, there'll be plenty more opportunities to celebrate Anne during the year ahead. Be sure to use your 'Let me in, I'm local voucher' to come and see us soon!

We're celebrating the life and work of Anne Brontë in 2020 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 3/2/20 - 31/12/20 and may only be used once. Voucher admits one person.  
 Exclusive to the readers of the Aire and Worth Valley Magazines. Offer not available online.

Brontë Parsonage  
 MUSEUM



© Fritz Eichenberg, from *Wuthering Heights*

**2020 at the Brontë Parsonage Museum**



**Anne Brontë: 'Amid the brave and strong'**

A new exhibition celebrating the life and work of Anne Brontë.

**Charlotte's 'little book'**

The miniature manuscript has returned to Haworth and will be on display throughout 2020.



The Museum is open daily from 10am and runs an exciting programme of events, exhibitions and family activities throughout the year. Visit [www.bronte.org.uk/whats-on](http://www.bronte.org.uk/whats-on) for details.

Brontë Parsonage  
 MUSEUM

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

## Sudoku puzzles

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

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

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

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

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.



### OUR FAMILY FAVOURITES

Favourite family recipes from our friends and neighbours in the beautiful Worth and Aire valleys. This month's recipe is on the top of my list. In Australia, these biscuits are called "Melting Moments." They are little round shortbread biscuits sandwiched together with buttercream. Many coffee shops and cafes in my former home town of Melbourne, Australia sold Melting Moments. They make a perfect little accompaniment to a cup of tea or coffee.

#### Australian Melting Moments Biscuit Ingredients:

230g unsalted butter (room temperature)  
280g plain flour  
60g icing sugar  
4 level tablespoons custard powder

#### Vanilla Buttercream Ingredients:

115g unsalted butter (room temp.)

375g icing sugar

1 Teaspoon vanilla extract

3 tablespoons milk

#### Method

Preheat your oven to 180 C (350 F, Gas Mark 4) and line two baking trays with baking paper.

1. Place the butter into an electric mixer and beat it for about a minute until it is creamy.

2. Add the flour, sugar and custard powder and beat it until a soft biscuit dough forms

3. Shape the biscuits: Roll about two teaspoons of dough into a round ball and place it on the baking tray. Press down gently on the biscuit with a fork to flatten it slightly. Repeat this process for the remaining biscuits. (Hint: These biscuits don't spread a lot during cooking, but I like to place them about 5 cm apart at least just to avoid any mishaps).

4. Bake for about 12 minutes then leave them to cool slightly before transferring them to a rack to cool completely

#### 5. To make the buttercream:

Place all the ingredients into a mixer and beat until smooth and creamy.

6. To assemble the biscuits: Put the buttercream into a piping bag fitted with a large round tip. Pipe buttercream onto one biscuit. Top it with another biscuit. Repeat with the remaining biscuits. Makes 17-18 biscuits.



Tracey and her hubby Paul recently moved to Haworth from Melbourne, Australia. When she is not working as a Strategic Change Consultant, you will find her cooking up a storm in her kitchen and creating and decorating all sorts of delicious sweets and treats.

Share your family favourite recipe with us. Email [mail@worthvalleymag.co.uk](mailto:mail@worthvalleymag.co.uk).

# "As the new Keighley and Ilkley MP, I vow to work around the clock for constituents."

Robbie Moore MP



Nicola Clarke from Franklin Handbags and Robbie Moore MP in Keighley Market Hall

There is no hiding the fact that the last few years in politics have been deeply frustrating, as parliament has been snarled up, at a crossroads, and at odds with the general public.

Time and time again on the doorstep in the run up to the election, people were telling me that they had become disheartened with politicians, and perhaps more worryingly, disenfranchised with democracy all together.

But the year ahead looks bright and 2020 undoubtedly brings a new, fresh and revitalised start. The general election has helped bring clarity, and with it, a clear instruction that people need to be listened to and their views must be respected.



Samantha and Ann from Pass On Preloved Items (POPI) based in Keighley meeting with Robbie Moore MP

As your new MP, I am incredibly grateful to all who put their faith in me to represent our fantastic constituency and I will work around the clock to deliver on the pledges I made, but also to get stuck in and help solve issues, and provide help and support where I can.

My first month has been incredibly busy and a fast learning curve. I have been getting up to speed with the workings of parliament whilst at the same time addressing the many constituent queries and requests that have been coming in.

Monday to Thursday, I am your voice in Westminster dealing with policy and legislation that is passing through parliament. Friday and the weekends I spend visiting constituents, local charities, businesses and community groups to find out where I can help and explore options for solving problems. Just in the last month, amongst many other organisations I have met with The Good Shepherd Centre - a great organisation working to empower, engage and educate settled families in Keighley; POPI - a charity collecting and distributing donations of items for vulnerable families with children under 5; a new STEM project which is going to be based in Haworth; businesses in Keighley Market Hall; the Friends of Keighley Carnegie Library; the Ilkley Clean River Campaign Group, and the

mighty Keighley Cougars. I have also held open surgeries in Keighley and Ilkley where many residents have come along and asked me to get involved and help them on a full range of issues. Going forward, I will be holding regular surgeries throughout the whole constituency to make it as easy as possible for all to interact with me.

As a new MP, you enter parliament with no Westminster office and no staff, but a heavy workload intake comes in daily. In addition to dealing with the new role, I have been working hard behind the scenes pulling my team together and getting my office premises sorted. Only yesterday, a month after the election, was I allocated my Westminster office, meaning I could say good-bye to the locker which I have been working out of for the past month!

I hope to be fully operational by early February. For the constituents who have contacted me to date, I do thank you very much for your kind patience.

I am optimistic about things ahead and as your servant, I look forward to helping problem solve, thinking big and being ambitious for our area. I will work tirelessly around the clock for all and it is with enthusiasm, energy and commitment that I am rolling up my sleeves and getting on with the job.

- Robbie Moore, Keighley & Ilkley MP

## Sudoku solutions

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

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

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

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

## 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 Liz: mail@worthvalleymag.co.uk** include your name, address, & contact details.



To advertise call Karen or Liz on 01535 642227

# 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](http://www.thecomputeruniverse.co.uk) [info@thecomputeruniverse.co.uk](mailto:info@thecomputeruniverse.co.uk)

## 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](http://cyberwink.co.uk)  
 01535 654168 | 07946 596429**

## 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](mailto:andrina@askandrina.co.uk)  
 Web: [www.askandrina.co.uk](http://www.askandrina.co.uk)  
 Twitter: @askandrina



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

**Accountax**

**For an affordable accountant in your area**

Call Laura on 07582 669144 or email [laura.alderson@accountax-kly.co.uk](mailto:laura.alderson@accountax-kly.co.uk)

## Office Furniture Outlet

Eagle Mill, Dalton Lane  
 Keighley, BD214HT

**Andrea Jannetta**  
 Sales & Marketing Manager  
 01535 681111

[andrea@officefurnitureoutlet.co.uk](mailto:andrea@officefurnitureoutlet.co.uk)  
[www.officefurnitureoutlet.co.uk](http://www.officefurnitureoutlet.co.uk)

## We're family when family can't be there

### Home Companion & Driving Service

Want to get out and about? It's so much more than help travelling from one place to another. [Driving Miss Daisy](http://DrivingMissDaisy) is a comprehensive transport and home service that enables you to enjoy your life.

The perfect choice if you...

- Would like to go shopping or have several stops to make?
- Have a hospital, doctor's or other appointment to keep?
- Are looking for a friendly & reliable driving service for the elderly?
- Would you like a day trip with Driving Miss Daisy?
- Would you like to go on a small group outing?
- Would like to go to a Wedding/function - we can also assist family members.



Ring Martin & Sally for Keighley & surrounding areas **07977 065316**  
 All our vehicles have wheelchair access.  
 We are proud to be Dementia Friendly.

**Book your Daisy!**  
 0333 014 6211

DBS checked, Dementia Friend, First-Aid trained, Fully Licensed, Manual wheelchair accessible.

[www.drivingmissdaisy.co.uk](http://www.drivingmissdaisy.co.uk)  
 Visit our Facebook page [DrivingMissDaisyKeighley](https://www.facebook.com/DrivingMissDaisyKeighley)  
 email: [Keighley@drivingmissdaisy.co.uk](mailto:Keighley@drivingmissdaisy.co.uk)



Driving Miss Daisy®  
 We're There For You

## NEWSHOLME MANOR RESTAURANT

Bed & Breakfast ... Camping & Caravanning

Valentines Day, Friday 14th February 2020  
 4 Course Meal & Coffee  
 with a bottle of wine between two **£24.95 p.p**

Lunches served Fri, Sat & Sun 12 - 2



**01535 642964**  
[www.newsholmemanor.co.uk](http://www.newsholmemanor.co.uk)  
 Slack Lane, Oakworth, Keighley, West Yorkshire. BD22 0RQ

## Upstairs at Pennybank

Need a **pop-up** event room or a **private party** location?  
Looking for a **space to meet**, hold a **workshop** or a **training day**?  
Planning an **away-day** for your team?  
Fancy a **change of scenery**?

We have **two light filled rooms** located on the first floor of Pennybank House with stunning views of Haworth. The space is available to hire on an hourly or day rate.

Catering, coffee, tea, cold drinks, biscuits, audio/visual equipment, technical assistance, facilitation support, event promotion.

Contact Tracey **07742 983608** or email: **pennybankhouse@gmail.com**

Pennybank House 2-4 West Lane, Haworth BD22 8EF



**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

**AnchorLogs™**  
**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](mailto:hello@anchorlogs.co.uk)  
Web: [www.anchorlogs.co.uk](http://www.anchorlogs.co.uk) (order and pay online)

bsl woodsure READY TOBURN

## S.A.S LANDSCAPE & GARDENING SERVICES



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

**07766 564676**

[stevesmith31@tiscali.co.uk](mailto:stevesmith31@tiscali.co.uk)

**PROPER LOGS**  
Kiln Dried Hardwood Logs  
Large dumpy bags (Nets available)  
Delivery at your convenience  
[www.properlogs.com](http://www.properlogs.com)  
**FREE DELIVERY 07468 431 978**



## Senior Care Assistant and Care Assistants required

Excellent rates of pay and mileage

Uniform and DBS provided

*Applicants must be able to drive and over age 18*

Please email your CV to:

**[info@worthvalleycareservices.co.uk](mailto:info@worthvalleycareservices.co.uk)**

Registered with:



Accredited by:



Member of:



1 Victoria Road, Haworth, Keighley, BD22 8LR. **01535 645884**

**WORTH VALLEY TREES**

**07775503195**  
[worthvalleytrees@gmail.com](mailto:worthvalleytrees@gmail.com)  
All aspects of tree work undertaken

**Bristles** HETAS REGISTERED INSTALLER  
**Chimney Sweep Service**  
Telephone/Text **07972 330887**  
Web: [www.bristles-chimney-sweep.co.uk](http://www.bristles-chimney-sweep.co.uk)  
Email: [bristles-chimney-sweep@hotmail.co.uk](mailto:bristles-chimney-sweep@hotmail.co.uk)





# COMMUNITY PAGES

Every Thursday 2 - 3.15pm (term time only) **Community Cafe at The Hive**, Elliott Street Silsden open for everyone.

Wednesdays 10 - 11am **Keighley Come Dancing Sessions** at The Civic Centre, Keighley. A mix of exercise and dance. For further info and to book a place call 01535 677177.

Mondays 1 - 3 pm **Tea Dance** at The Civic Hall, North Street, Keighley **Keighley Mens' Forum** meet every Thursday morning 9.45am to about 11.30am. The Forum is open to men over retirement age and after refreshments we have a guest speaker for an hour or so. 1, **Devonshire Road, Keighley** (only 3 steps to manoeuvre). Weekly dues are just £2 and there is an annual membership fee of £5 per member which also gives our members membership of Keighley Playhouse.

Every Monday 7.30pm - 9pm **Peertalk Support Group** Facing Depression Together at The Hub, Skipton Town Hall, High Street. More info 07719 562 617.

Thursdays 1.30pm - 2.30pm KHL **Fitstart** at The Hive, Elliot Street, Silsden.

Every Friday 1.30pm - 4pm Silsden Town Hall is **Bridge Drive**. No partner needed and there is a host. £2 for more info call 01535 658506.

Every Monday & Friday 1.30pm to 4pm **Knit Knatter Crafts Group** held at the Steeton Community Hub. All Welcome. More info contact Diane 07873485149.

**Luncheon Club** at Stainforth Court,

Silsden runs every Thursday at 11am (activities including board games, singing, crafts etc) followed by lunch served at 12 noon. Call KHL 01535 677177 for more details.

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

**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

Every Tuesday 2 - 5pm **Roebuck, Utley is Chess Group**. Sets and boards provided all levels welcome. More Info call 07458 996484

Tues 4th Feb 7:30 pm. **Fish, Chips & Magic Tricks**. City Valley Church Airedale invites you to hear Rod William's story from drug dealer and prison to professional magician. Free fish and chips. Sutton Cricket Pavilion, BD20 7AJ. More details and booking at [cityvalley.org/chips](http://cityvalley.org/chips)

Thus 6th - Sat 8th Feb **Ilkley Beer**

**Festival** at Kings Hall & Winter Gardens.

Weds 12th Feb 5-6pm **NPT Police Drop in Session** at The Hive, Elliott Street, Silsden. Feel free to pop in for a chat, raise a local issue, ask a question or report a crime.

Sat 15th Feb **Sparkle & Steam** on the KWVR A one of a kind experience perfect for any prosecco lover. [www.kwvr.co.uk](http://www.kwvr.co.uk)

Sun 16th Feb 2 - 4pm **Haworth Ukulele Group** at Silsden Town Hall This event is in aid of a fantastic cause, Sue Ryder Manorlands Hospice. Full bar available. Tickets are now available to buy from Twiggs Newsagents Silsden, or online from Ticket Source.

Sun 16th - Sat 22nd Feb **Robin Hood Pantomime** at Glusburn Institute Robin Hood and his Merry Men stand toe to toe with this tyrant and his devious forces. But they have a bigger quest, as yet unseen, to save Maid Marian from the Sheriff's dastardly designs. 'Robin Hood is a rip-roaring Panto with heroism and deep belly laughs!

Mon 17th until Fri 21st Feb **Family Events for half term** at The Bronte Parsonage Museum Talks, Walks, hands on history and lots more.

Mon 17th, 24th & Thurs 20th, 27th Feb **Gingerbread Making** at East Riddlesden Hall.

Mon 17th & 24th Feb **Greener Gardening** at East Riddlesden Hall. Meet a member of the gardening team and tap into over 50 years collective experience.

Weds 18th & Thurs 19th Feb **Jurassic Specials** on the Keighley & Worth Valley Railway. More info [www.kwvr.co.uk](http://www.kwvr.co.uk)

Tues 18th Feb **An Introduction to Bread** at East Riddlesden Hall.

Weds 19th Feb 7.30pm **Silsden Photography Group** at Silsden Town Hall.

Weds 19th Feb 10am - 11.30 am **Half Term drop-in** at St Peter's Methodist Church, Cross Hills. Refreshments, Crafts and free activities for families.

Sat 22nd Feb Steeton Methodist Chapel 10 am - 12 **Coffee Morning and cake stall** Entrance £2 to include refreshment. Everyone Welcome and bring a friend.

Sun 23rd Feb 2 - 3pm Cliffe Castle Keighley **Music at the Museum** The Haworth Band. FREE performance. Turn up and enjoy (arrive early as seating is limited) or enjoy the music from the balcony.

Thurs 27th Feb 7 pm **A Bingo Night** at Steeton Hub held by Silsden and Steeton Manorlands group. Raising money for Manorlands. Tombola. Cakes. Tea. Coffee. Hand made Cards. and other Crafts.

Sat 29th Feb **Gin & Rum Experience** on the KWVR [www.brontebarevents.co.uk](http://www.brontebarevents.co.uk)

Sun 1st March 9 am **Antiques Vintage & Collectables Fair** at Clarke Foley Centre, Ilkley

Sat 7th March **Haworth Artisan Food and Drink Market** 11am to 4pm Free Entry. Old School Rooms, Haworth In support of Sue Ryder Manorlands Hospice.

*Please support local trade*

# Gluteus Medius – the magic buttock muscle

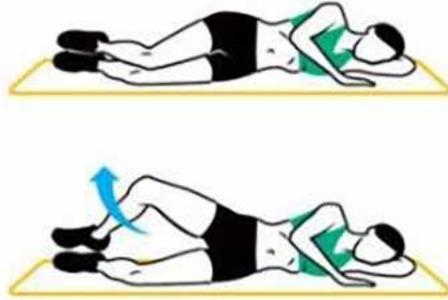
The New Year is well and truly upon us. With it, many of us have taken to the local streets, parks and hills as part of a New Year's resolution keep fit campaign. If you're one such person and have started to experience some niggling pains around your hips, knees and Achilles tendons, the solution to your pain may well lie in the strength of a pair of key muscle located in your buttocks.

The gluteus medius muscle originates from the outer surface of your ilium (the broad, wing-like upper portion of the pelvic bone) and inserts into the greater trochanter of the femur (see diagram). This muscle plays a key role in maintaining pelvic stability. In single leg standing (which is what we spend plenty of time doing when we walk or run), the gluteus medius muscle contracts strongly. This contraction prevents the opposite side of the pelvis dropping, thus keeping that side of the kinetic chain in good alignment.

Good pelvic stability limits excess rotation of the pelvis when running or walking. Without this stability these excessive rotational forces may cause damage to the joints, tendons and ligaments of the lower limbs.

To test your pelvic stability, stand on your bottom step. Now watch (or get someone to watch) what happens to your standing knee as you step down with your free leg. If the weight-bearing knee moves inwards towards your moving leg then this may well indicate that you

have a functionally weak gluteus medius muscle on that side. Now imagine that this inward movement (known as knee valgus) repeats every other step if your weakness is confined to one side or every single step if your weakness is on both sides. It's easy to see how over the course of a long run or walk that this faulty movement mechanic can lead to an injury.

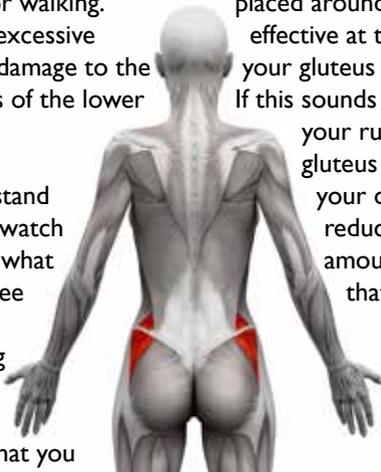


Strengthening of the gluteus medius muscle is achieved by doing a variety of weight bearing and non-weight bearing exercises. Simple exercises like side lying clams, side lying leg raises, single leg squats, lunges and side stepping using a resistance band placed around the ankles are very effective at targeting and strengthening your gluteus medius.

If this sounds like the issues affecting your running or walking, add some gluteus medius strengthening to your daily program whilst reducing in the short-term the amount of running or walking that you undertake.

David Hanson  
Haworth Physio

01535 648373



**Adrian King JOINER**  
Garden Joinery ■ Decking ■ Sheds ■ Fences  
Property Repairs ■ Internal Joinery ■ Doors  
**Garden Furniture repaired & restored**  
No Job too Small  
01535 500699 ■ 07905 517782

**Adele's Ironing Service**  
**£20 for 35 items**  
Telephone: **01535- 646469** Plus House Clearing  
Mobile: 07837 452604  
**Free Collection & Delivery**

**Craven Carpet Cleaning** **50% OFF**  
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

**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.

**Need an Electrician?**  
**Jonathan Scott**  
07732174201  
ELEC SA Part 7 Approved Electrician  
Registered Competent Person  
**JS Electrical**  
  
**Oakworth**  
js.electrical@outlook.com

**AA ELECTRICAL**  
Covering Keighley & Surrounding Villages  
 • All Electrical Work • Competitive Rates  
 • Plumbing • All Work Guaranteed  
 • 20% Discount For OAP • 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

**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.



## Winter-Time

by Robert Louis Stevenson

Late lies the wintry sun a-bed,  
 A frosty, fiery sleepy-head;  
 Blinks but an hour or two; and then,  
 A blood-red orange, sets again.  
 Before the stars have left the skies,  
 At morning in the dark I rise;  
 And shivering in my nakedness,  
 By the cold candle, bathe and dress.  
 Close by the jolly fire I sit  
 To warm my frozen bones a bit;  
 Or with a reindeer-sled, explore  
 The colder countries round the door.  
 When to go out, my nurse doth wrap  
 Me in my comforter and cap;  
 The cold wind burns my face, and  
 blows  
 Its frosty pepper up my nose.  
 Black are my steps on silver sod;  
 Thick blows my frosty breath abroad;  
 And tree and house, and hill and lake,  
 Are frosted like a wedding-cake.

## St Valentine's Day

R	T	R	I	S	T	B	O	U	Q
O	S	N	A	T	L	C	T	E	U
S	E	I	S	E	U	U	D	P	O
C	H	O	C	O	L	P	I	M	E
R	S	H	B	O	A	H	A	R	R
E	U	E	A	W	T	U	C	W	O
N	O	T	R	O	E	G	A	S	C
D	V	E	T	E	G	S	R	D	O
E	Z	I	O	M	N	L	O	E	U
J	U	L	R	S	O	E	V	L	P

Find all the words from the word list  
 (ignore spaces and dashes, if any):

- |                  |            |
|------------------|------------|
| ARROW            | JULIET     |
| BOUQUET          | LOVE       |
| BOW              | POEM       |
| CARDS            | RENDEZVOUS |
| CHOCOLATE        | ROMEO      |
| COUPLE           | ROSES      |
| <del>CUPID</del> | SONG       |
| HEART            | TRISTAN    |
| HUGS             |            |
| ISEULT           |            |



Keighley Healthy Living

## Lifestyle Change - Exercise

Looking to make a change? This is the first in a series of articles about lifestyle changes and focuses on exercise. Most people know that some of the main benefits of exercise are to improve energy and fitness levels, help weight loss, give stronger muscles and bones, and support better mental health, but did you know that getting fit has lots of other amazingly positive side effects too? Exercise can help you to relax and improve the quality of your sleep as well as boost your memory and even reduce the risk of chronic disease. It can also increase your self-esteem and make you feel happier. Here at Keighley Healthy Living we know that there can be lots of reasons people struggle to get going with exercise, even if they want to. Join us on our Healthy Lifestyle Change course to help find your motivation and what will work for you. Once you've decided what you're going to do, you'll need to work out how much you need to do. To stay healthy, adults aged between 19 and 64 should aim for either 75 minutes of vigorous activity or 150 minutes of moderate activity each week along with a couple of sessions of strength exercises where you work all of your muscles. Moderate activity includes things like brisk walking, pushing a lawnmower, water aerobics or vigorous housework



Say you saw it in the Worth Valley Mag!

(like mopping the floor). Vigorous exercise includes activities such as running, football, Zumba or hill cycling. Strength exercises include exercises that use your own body weight such as push-ups and sit-ups, heavy gardening such as digging and shovelling, yoga and pilates. Most importantly, find what you like to do.

So, now you're ready to go! We understand that taking the first step can be really daunting. If you're shy or nervous about starting exercise, either for the first time or after a long break, Keighley Healthy Living want to help you. **We're holding an open event to give you a chance to meet our activity tutors and find out more about our fitness classes and our new six week Lifestyle Change course. Pop in and see us in a relaxed environment at our centre on Scott Street on February 10th from 11am to 1pm.**

We also run a range of exercise classes which you can book onto by calling us on 01535 677177:

- Wed 10am: **Keighley Come Dancing**, Keighley Civic Centre,
- Wed 11am: **Fitstart**, Keighley Leisure Centre,
- Thurs 12:15pm: **Staying Steady, Fall Prevention exercises**, KHL, 13 Scott Street.

Please visit our website, call in at our open day or give us a ring on 01535 677177 and start your change today.

## BUSINESS DIRECTORY Trusted local services

### Accountancy/Business/ Finance

Accountax p21  
Airedale Enterprise p21  
Ask Andrina p21

### Aerials/Audio/TV

AA Aerials p13  
Digi Man p13  
ILR p13

### Attractions/Community/ Courses/ Events/Groups

Bronte Parsonage p14/15  
Keighley & Ilkley MP p18/19  
Keighley Furniture Project p4/5  
Keighley Healthy Living p29  
KWVR p6/7

Thornwood Alpaca & Care  
Farm p11

Upstairs at Pennybank p22

### Building Services/ Joinery/Maintenance

Adrian King p27  
Kingfisher Build & Design p9

### Care/Cleaning /

### Domestic/Repairs

Adeles Ironing p27  
Craven Carpet Cleaning p27  
Domestic Appliance Repairs p8

### Companion Driving &

### Home Service

Driving Miss Daisy p20

### Computer related

Computer Repairs p21  
Computer Universe p20  
DVD Conversion p8

### Electricians

AA Electrical p27  
JS Electrical p27

### Fire & Security

Keybury p3

### Fuel/Heating

Anchor Logs 23  
Proper Logs p23

### Garage Doors

Garolla p2

### Gardening/Trees

Garden Maintenance p23  
SAS p23

Worth Valley Trees p23

### Holidays/Travel

Steel's of Addingham p9

### Loft Conversion

Yorkshire Loft Ladders p31

### Painting & Decorating

R.P. Decorating p27

### Pest Control

Red Dog p9

### Plumbing /Tiling/

### Kitchens

AR Carling p10  
DSM p10

Queensbury Kitchens p32  
SAN Plumbing & Heating p10

### Removals/Van & Man

### Hire

Apex p8

### Restaurants

Newsholme Manor p21

### Retail

DSM Bathroom & Fireplace p 10  
Office Furniture Outlet p21  
Queensbury Kitchens p32

### Roofing

Broomhill Roofing p9  
Golden Acorn Roofing p9  
MB Roofing p9

### Schools/Colleges/Tuition

Keighley College p4

### Slimming

Slimming World p2 & p12

### Storage

Apex p8  
Wilden Self Storage p9

### Wills

In Home Wills p32

### Windows & Doors

Bingley Windows p3  
Bob Beattie p10  
Garolla p2

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](http://www.yorkshireloftladders.co.uk)



YORKSHIRE  
LOFT LADDERS

## Yorkshire Loft Ladders, Quality You Can Trust

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 +VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge

amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

So, if you want to make use of your loft space, however big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft.



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





**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