

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2021

SUPPORT
LOCAL
BUSINESS



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

www.airevalleymag.co.uk



“...my Dad moved from his home 100 miles away to live at Townend Close Care Home. He settled in straight away, thanks to the professional and caring staff at Townend. He is treated with dignity and I feel that we could not have found a better place for my Dad to live. ”

Susan R (Daughter of Resident)
published on 29 July 2020

We'd like to thank all of our staff for their tireless work in these unprecedented times, ensuring that the lives of our residents remain active and fulfilled.

You are the heart of our homes

Schedule a virtual tour today
Call us today **01535 357471**
or visit www.anchor.org.uk/TownendClose

Townend Close care home
Victoria Road, Cross Hills BD20 8SZ



Townend Close review score
carehome.co.uk*



Proudly not-for-profit

* carehome.co.uk review scores are based on independent reviews with a maximum score of 10. Review quoted and rating correct as of 10/02/2021.



FIRST HOMES READY IN SPRING

A CGI visualization of St. Stephen's Place

St. STEPHEN'S PLACE



An exceptional development in Skipton

Three brand new townhouses
Seven cottages and apartments converted from a historic, Grade II listed landmark

From £265,000

Contact us today: 01756 630536 | ststephensplace@skiptonproperties.com

WWW.SKIPTONPROPERTIES.COM



Kearns Village, a previously completed development in Cowpe

NEW HOMES, RE-IMAGINED IN YORKSHIRE

CURRENT DEVELOPMENTS
Skipton | Haworth
Coniston Cold

COMING SOON
Addingham | Silsden

Spring Security Tips

Local security experts Keybury share 6 tips to keep your home secure this springtime:

Set your alarm

Set your alarm – a worrying number of people don't set their house alarm when they pop out for 5 minutes or at bedtime. Always set your alarm, it can alert you and your neighbours to potential trouble as well as scare off anyone attempting to break in. If you're reading this and thinking "I don't know how to set the alarm" or wondering if your ancient alarm system even works, give us a call. We offer upgrades as well as maintenance packages with full technical support ...and if you haven't got a burglar alarm yet, give us a call.

Lock up

Doors: Lock the door – it sounds simple doesn't it? Locking the door when you're at home can prevent "sneak in" burglars from walking in the door and pinching whatever they can grab nearby – your phone, your car keys or your purse. Keybury alarms have a handy chime function to alert you to someone opening the door.

The spring sunshine will hopefully bring warmer weather. This means we'll be opening windows more often. Never keep valuables like keys on the windowsill and be sure to lock windows when you go out.

Outside

Considering what's outside of your property can help to improve your home security. Keep hedges trimmed and keep garage and shed doors locked. As the first few welcome sings of spring peep through we're tempted into the garden and out come the lawnmowers and garden tools. Remember to lock them away in a well secured shed when you've finished gardening.



Neighbours

Join your local neighbourhood watch group. If there isn't one in your area, consider starting one. If you live in a rural part of the district, check out Fields of Vision rural intelligence group.

Wheels

Keep your wheels locked and in a safe place. Whether it's a bike, a car or a van, parking it in a secure location such as a secured garage or a driveway with CCTV is a good way to protect your wheels.

CCTV

Security cameras are one of the most recommended ways to protect your property. The police, neighbourhood watch groups and several newspaper articles citing ex criminals say CCTV is a definite deterrent for criminals. Security cameras are more affordable and higher quality than ever. Keybury CCTV systems also offer remote viewing and our technical support service.

For more tips and advice visit www.keybury.co.uk or find Keybury on social media.

Book your **free home security survey** with personalised quote: call Keybury on 01535 661197 email sales@keybury.co.uk

Book your free home security survey

- Burglar alarms
- Smart systems
- CCTV
- Police monitoring
- Access control
- COVID secure

01535 661197

www.keybury.co.uk

Hello! How very nice to be able to greet you in 2021 after a delayed start to the publishing year. Our February edition was cancelled due to restrictions; we had to hibernate a bit longer than expected.

All our fingers and toes are crossed for a slow and steady re-opening and recovery. So many of the local businesses in this magazine continued to trade and supply vital services to the community over these past months. We are grateful for their dedication and commitment and we appreciate the extra precautions they have taken to keep us all safe. Please continue to use these businesses and services; it will all help with the economic recovery in the Aire Valley.

Isn't it encouraging to see snow drops and daffodils in the garden? Chin up, spring is around the corner.

Have a lovely March. Liz



Liz Barker Editor

Bingley Windows & GLASS CO. LTD. working alongside **Cobbydale Construction Limited**

We are local manufacturers and installers of 'A' rated energy efficient windows, doors, bi-folds, conservatories, flushed sash windows, solid conservatory roofs and the latest range of high security composite doors. We work alongside our sister company, Cobbydale Construction, to solve all your building requirements from interior home improvements to full extensions and new builds.

We will beat any genuine like for like quote by 10%

Call for a free quote: **01535 958183**

www.bingleywindowsandglass.co.uk admin@bingleywindowsandglass.co.uk
Unit 3E Aireworth Mills, Aireworth Road, Keighley BD21 4DH (Off Marley Roundabout)



Easy-peasy *Pea & mint soup*

gluten free & vegan

Ingredients:

1 bunch spring onions, trimmed and roughly chopped
 1 medium potato, peeled and diced
 1 garlic clove, crushed
 850ml/3½ cups vegetable stock
 900g/2lbs young peas in the pod OR 250g/
 1 cup frozen peas – remove 3 tbsp and set aside
 4 tbsp chopped fresh mint
 Large pinch caster sugar
 1 tbsp fresh lemon or lime juice
 sprig of parsley for garnish

Vegan buttermilk. In a jug, mix:
 150ml/½ cup + 2 tbsp unsweetened soya or other plant milk
 2 tsp of ONE of these: lemon juice, apple cider vinegar, or white vinegar
 Stir with a fork or whisk

Method:

Make the buttermilk and set aside.
 Put the spring onions into a large pan with the potato, garlic and stock. Bring to the boil, turn down the heat and simmer for 15 minutes or until the potato is very soft.
 For the garnish, cook 3 tbsp of the peas for 2-3 minutes. Drain, put in a bowl of cold water and set aside.
 Add the remaining peas to the soup base and simmer for about 3-4 minutes. Don't overcook.
 Stir in the mint, sugar and lemon or lime juice, cool slightly then blend to the consistency you prefer. Stir in half the buttermilk mixture and season with salt and pepper.
 To serve the soup cold, cool quickly, and then chill. If you want it warm, reheat without boiling (the buttermilk will curdle otherwise).
 Serve the soup in bowls, garnished with the remaining buttermilk and the drained peas and a sprig of parsley.

AU Stairlifts

We specialise in reconditioned stairlifts - providing a quick response, high service level and competitive pricing.

We are a local family run business with over 20 years experience.

AU Stairlifts Unit 4 , Eastburn Mills Industrial Estate, Keighley BD20 7SJ
 Contact Rick **07555 290 416** or Jemma **07876 074 623**
 email: austairlifts@gmail.com



GET THE DRIVE YOUR HOUSE DESERVES

Superior Resindrives are a local company specialising in designing and installing top quality resin bound surfaces from a stunning driveway to a beautiful patio area or a simple garden path. Make your dream driveway become a reality!



- Exceptional quality & value for money
- Low maintenance
- Quality time served fitters
- Hard wearing
- Slip resistant
- Instant kerb appeal
- Fully suds compliant
- Over 45 colours



The Resin Drive Specialists
Tel: 01274 317284

For more details visit superioresindrives.co.uk

We accept all major credit & debit cards



Superior Resindrives.

Sudoku

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

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

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

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

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 donated by
Sonia's Smile in Haworth
£10 Voucher

Email your answer including your name & address to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by 20th March 2021



Last month's location was Anchor, Town End Close, Crosshills and the winner was Chris Cullen from Crosshills



Residential letting specialists

Your LOCAL Specialist Lettings Agency

A "ONE STOP LANDLORD SHOP" All under one roof

Totally transparent simple and competitive fee structure

01535 980060

- ✓ Let Only
- ✓ Rent Collection
- ✓ Full Management
- ✓ Energy Performance Certificates
- ✓ Specialist Landlord / Tenant Insurance
- ✓ Rent Guarantee
- ✓ Buy To Let advice







onTheMarket.com

a: 64-66 North Street, Keighley, West Yorkshire BD21 3RY e: lettings@purepropertylettings.co.uk

www.purepropertylettings.co.uk

BEHIND THE SCENES at the BRONTË PARSONAGE MUSEUM

It's 9.55 and the Parsonage is about to open, and we are heading for a busy day. My position, for the first hour, is the landing, so I am expecting visitors' questions about the bedrooms, the famous portrait of the three sisters with the smudged out Branwell, and the grandfather clock on the landing below. One of the things I love about working as a volunteer at the Brontë Parsonage Museum is the conversations I have with people of all ages (and in non-pandemic times from all over the world) about Haworth's famous literary family.

On quieter days, during the winter months, there is more time to get absorbed into the atmosphere of the house and to remember that this museum is special because the family actually lived here. They looked through the same windows I am looking through, listened to the ticking of the same clock and, perhaps, even shivered in the same draughts. This makes the museum a very personal place, so when I look at Charlotte's shawl draped on the sofa I can easily imagine she has just dropped it before leaving the room.

The museum has an amazing collection, and we all have our favourite items. For me, Charlotte's tiny book, recently acquired, must be near the top of the list, plus the dining-room table with its graffiti capital "E" which might have been scratched by Emily in a rebellious moment. I like to think so. Another favourite of mine is Emily's geometry set including ruler and compasses, small precision instruments which seem a world away from the imaginative expanse

of Wuthering Heights and the visionary nature of much of her poetry. The geometry set has become a firm favourite of mine because last year I helped one of the curators to check and clean it: when an object like that is taken from its glass case and put into your hands, for a short time, and in a small way, two hundred years seem to fall away. It was a prickly-hairs-on-the-back-of-the-neck-moment.

My shift ends at 4pm, and yes, it has been busy, so it was more a day of conversation than reflection. Many visitors come with a specific interest, such as Anne's novels, while some are more interested in the house, and others are finding out about the historical setting. It is always fascinating to try to answer their questions whilst at the same time learning from their point of view, because of course few things about the past are cut and dried: I have had many interesting chats about whether Branwell was a misunderstood genius or just the spoilt child of the family.

The job of a Brontë Parsonage Museum volunteer is interesting and varied, and of course it isn't all deadly serious. A colleague was recently asked if this was the place where "that woman who wrote about all those little rabbits lived." Perhaps they were thinking of Jane Hare.

~ Stuart Davies,
Brontë Parsonage Museum volunteer.

To learn more about volunteering opportunities
at the Museum, please visit
www.bronte.org.uk/support-us

Hello to our fellow residents and businesses

We are proud to be part of the local community and we miss you all.

Our doors remain closed for now but we look forward to welcoming you back VERY soon.

Please keep an eye on our website and social media channels for the latest news.

With love and thanks from
everyone at the Brontë Parsonage
Museum

Brontë Parsonage
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk
Reg Charity: 529952 Reg Company: 73855



Get ready for Spring!

With a vehicle service by CJ Motors

CALL: 07807 836482 / 01535 680020



Dalton Mills, Dalton Lane, Keighley, BD21 4JH



Proud sponsor of Steeton AFC!

first session is free!

call Stan: 07572 214 973

Elsworth Tuition
"MAKING MATHS AS EASY AS PI!"

One-to-one **mathematics tuition** with recently graduated 1st degree Maths tutor.

Mobile lessons for ages 7+.

Tuition for SAT's, 11+ exams, GCSE Maths and A-Level Maths. CRB checked.

£20 per hour session @elsworthtuition
elsworthtuition@outlook.com

Accountax

- 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@accountax-kly.co.uk

GAROLLA ROLLER SHUTTER DOORS

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

THERMALLY INSULATED ELECTRIC GARAGE DOORS

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

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

Free Disposal of your Old Door! **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, 55mm White slats, Internal manual Override -

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

Office Furniture Outlet
Eagle Mill, Dalton Lane
Keighley, BD214HT

Andrea Jannetta
Sales & Marketing Manager
01535 681111

andrea@officefurnitureoutlet.co.uk
www.officefurnitureoutlet.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
01535 654168 | 07946 596429

Adele's Ironing & Cleaning Services

£20 for 35 items

Telephone: **01535- 646653**
Mobile: 07837 452604

Free Collection & Delivery

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

Golden Acorn Roofing

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

goldenacornroofing@gmail.com
www.goldenacornroofing.co.uk
Call Chris 07732022482.

AIREDALE PROPERTY MAINTENANCE

Feel free to call Mark on **07956 615940** if you have any property maintenance needs you may have, no matter how big or small!

ALL ASPECTS OF PROPERTY MAINTENANCE:

- Electrical • Plumbing
- Joinery • Decorating • Fencing
- Decking (Erecting New, Repairs, Cleaning, Repainting)

Police Approved LOCKSMITHS Ref 035

- Local 24 Hour Locksmith
- No Call Out charge • 1 Hour Response
- Insurance Approved • All work Guaranteed

- UPVC Specialist • Emergency Door Opening
- Burglary Repairs • All Locks supplied & fitted
- OAP discount • Family Run Business

Call Craig on: **01535 628313 & 07868 786966**
www.inhousesecurities.co.uk

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



We are looking for committed hardy individuals (no matter the weather!) willing to make monthly deliveries in the Aire Valley. We do our best to find a round close to your home.

We are currently looking to cover rounds in Crosshills

To apply contact Liz:
Liz@worthvalleymag.co.uk
 include your name, address, & contact details.

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

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)

bsl woodsure READY TO GO

We're family, when family can't be there.

Driving Miss Daisy is a comprehensive Home Companion and Driving Service that enables you to enjoy your life.

Specialising in supporting people at home, assisting with chores or any other household jobs you may require.

Paul and Tahirim Dourandish
 Your local service providers

We're also there for you when you need...
 Shopping / weekly errands • Attend hospital or other appointments • Visit family and friends • Days out
 All our vehicles are wheelchair accessible.

Book your Daisy: 01535 286870
www.drivingmissdaisy.co.uk • keighley@drivingmissdaisy.co.uk
 For more information call: 0333 014 6211

Driving Miss Daisy
 We're There For You

Dementia Friendly

Covid Secure

Isolation and loneliness
We all feel it at some point.

The experience of loneliness is different for everyone. Someone can be alone without feeling lonely or even feel lonely when they are with other people.

During the pandemic however, we know that for many people who have been in isolation, shielding and staying at home, they miss the face to face contact they may once have had. This could have been with friends and family or going to local community or faith groups.

It isn't the same but there is support you can access that may help you feel less lonely and meet like-minded people.

What can I do from home?



Go for a walk to a public place such as a park
 Talk to someone you trust about your feelings
 Connect with others who have similar hobbies
 Say "Hi", kindness goes a long way

Signs of loneliness may include but are not limited to:

- No close or 'best' friends, maybe you have more casual friends or acquaintances
- Overwhelming feeling of isolation regardless of where you are or who is around
- Negative feelings of self-doubt or self-worth
- Restless or disturbed sleep, or feeling persistently tired
- Nobody to talk to about your interests or hobbies

Where can I get support?

The below services can signpost, refer or support you with finding groups locally that can help you.

Bradford Council Contact Centre
 Telephone: 01274 431000
 Website: www.bradford.gov.uk

Bradford and District Befriending Network
 Telephone: 01274 522231
 Email: info@bradforddistrictbefriending.org
 Website: <https://bradforddistrictbefriending.org/>

WORTH VALLEY TREES

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

S.A.S LANDSCAPE & GARDENING SERVICES

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

07766 564676
stevesmith31@tiscali.co.uk

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

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

Ladies Cricket in the Aire and Worth Valleys

~ by Rob Grillo

Keighley Ladies 1932



What Mr. Booth didn't allude to, however, that women's cricket was proving financially successful, and went a good way to ensuring the prosperity of clubs such as Keighley. He also ignored the fact that in the formative years of his career the most famous cricketer in history, W.G Grace, was coached by his mother.

There was a brief surge in interest in women's cricket between the war, with Keighley and Silsden cricket clubs running 'workshop' competitions for ladies teams. These competitions, basically for novices at the sport, were already popular among men's teams.

There was a sharp division between those who saw the ladies' game as merely an 'exhibition', and those who sought to see it established as a serious game, and there was a very public argument raging in the press when, in September 1932, Mr J J Booth, president of the (men's) Bradford League addressed those at the end of season dinner at Keighley Cricket Club.

According to the Keighley News, Booth said that Women's cricket as a public exhibition was 'on a par with men's hat-trimming competitions. They were both pantomime exhibitions exploited by men to be laughed at. As such, women sacrificed their dignity and highest womanly qualities to make an inglorious holiday.'

Keighley Cricket Club's women's team was successful. The team played regularly between 1929-54, and took part in the Yorkshire Womens' Cricket League between 1932-38, winning the title in 1932 & 1934.

Before that, exhibition games had been played regularly, for example against Keighley Nurses in 1916. In November 1909 Keighley Ladies played a cricket match against Ilkley Ladies on roller skates in the Cavendish Skating Rink. The ice rink was located where the Iceland store now is, close to the railway station. The match ended in a draw, 9 runs each.

Among other women's teams at that time were; Glusburn Ladies, Haworth Ladies, Keighley Girls Grammar School, Lawkholme Ladies, NSF Ladies, Peter Black Ltd. Ladies, Robert Clough Ltd. Ladies, Silsden Ladies, Steeton Ladies, and Wolsey Ltd. Ladies. Several of these played in a short-lived Keighley Women's Cricket League. Sadly, the boom in women's cricket had ended by the outbreak of World War Two.

NEED A PLUMBER??
CALL SEAN MIDDLETON
 For all your general plumbing needs

► Tiling ◀
 ► Bathroom Installations ◀
 ► Local reliable business ◀
 ► Friendly & Professional ◀

07854 591 960
 Middsplumb@hotmail.co.uk

NICHOLSON
 Plumbing,
 Gas Central Heating
 & Repairs

Call Rye Bailey
 01535 523747 or
 07392 616 290

 

**TILES, TAPS
 & TUBS**

Tile & Bathroom Showroom
 Supply | Design | Installation

Bathroom Fixtures & Fittings. Tiles & Accessories.
 Free Quotations & Help With Designs.

Unit 12 Eastburn Mills (Nr Cross Hills)
01535 652733
 www.tilestapstubs.co.uk

Keep up with what's new on:   

**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
 www.thecomputeruniverse.co.uk

01535 958082
 info@thecomputeruniverse.co.uk

To advertise call Karen or Liz on 01535 642227

A right old pain in the neck!

~ David Hanson, Haworth Physio

With the continued restrictions enforced upon us by the pandemic, many people still find themselves working from home. Although the absence of the daily commute in the morning rush hour is welcome, the perils of working from home may well have manifested by way of posture-related back and neck pain. Good posture, as it relates to the neck, is commonly considered when the ears are positioned directly above the shoulders with the chest open and the shoulders back. In this 'neutral' position, also called 'normal head posture', stress on the neck is minimised because the head's weight is naturally balanced on the cervical spine



If you are in the fortunate position of having a home study with an ergonomically designed office chair and desk along with a desk top computer, you will be able to adjust the set-up of your workstation so that you can maintain a good spinal posture.

Good posture, as it relates to the neck, is commonly considered when the ears are positioned directly above the shoulders with the chest open and the shoulders back. In this 'neutral' position, also called 'normal head posture', stress on the neck is minimised because the head's weight is naturally balanced on the cervical spine. However, most people working from home find themselves sat at the dining room table, on a dining chair with either a laptop computer or a hand-held tablet as their workstation. They will be leaning forward on their chair with a sustained flexed neck posture as they look down at their tablet

or laptop screen for hour after hour which puts a big strain on both their lower back and their neck.

Consistently using poor posture while on a computer, or continuously looking down at a mobile phone or tablet throughout the day, every day, can lead to 'forward head posture', which is linked to an increased likelihood of neck pain.

Forward head posture occurs when the neck slants forward, placing the head in front of the shoulders rather than directly above. This head position can lead to

several problems including joint stiffness, muscle imbalances (which lead to weakness and pain in the neck and shoulders), headaches, degeneration of the spinal discs and cervical radiculopathy.

Cervical radiculopathy is the clinical description of when a nerve root in the cervical spine

becomes inflamed or damaged, resulting in a change in neurological function. Neurological deficits such as numbness or weakness may radiate anywhere from the neck into the shoulder, arm, elbow, hand or fingers. Pins-and-needles tingling and pain, which may range from an ache to an electric shock sensation or a burning sensation, may also radiate down into the arm or hand.

Treatment for postural-related neck pain or the more debilitating cervical radiculopathy includes gentle stretches, ice and/or heat therapy, massage and over-the-counter pain relief medication such as paracetamol and ibuprofen.

However, as with many medical conditions, 'prevention is better than cure'. Aim to correct your posture and reduce the risk of developing your very own 'pain in the neck!'

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

Adrian King JOINER
 Specialising in external garden joinery, decking, sheds, fences, doors and property repairs

Garden Furniture repaired & restored

No Job too Small
 01535 500699 • 07905 517782

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

Worcester Accredited Installer Tel: 01274 409789
 07900 941760

Need an Electrician?
Jonathan Scott
 07732174201

JS Electrical
 Oakworth

js.electrical@outlook.com

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.

2021 Tours
 Orkneys, Aberavon Beach, Carrbridge, Weymouth, Isle of Wight, Norfolk, Mystery Weekends, Thursford, Cumbrian Christmas

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

G&M SERVICES
 No job too small

FOR ALL ELECTRICAL SERVICES
 DOMESTIC & COMMERCIAL
SPECIALISTS IN CCTV SECURITY
 GUARANTEED FOR 3 YEARS

Grahame: 07887 790442
 Mark: 07429 354247

ET ELECTRICAL City & Guilds NAPIT
 DOMESTIC & COMMERCIAL

- All electrical work undertaken
- Re-wires & sockets
- Showers & consumer units
- Inspection & testing
- Fault finding
- Alarms & CCTV
- Free quotes & expert advice
- All work fully guaranteed

10% discount mention Aire Valley Mag
07971 510 807 etelectrical@yahoo.co.uk
 KEIGHLEY & SURROUNDING AREAS

Keighley & Worth Valley Railway



(magically transformed to 'Kringle Town' for December!) which was very different to our traditional "Santa Specials" where the man in red is on the train as we travel between Keighley and Oxenhope. Having put 2020's services to bed, we are now wondering what 2021 will bring. As I write, there is little clarity on when organisations like ours can reopen and so we are closely following all the announcements and guidance notes that are issued and will publish regular updates on the Railway's website. We have a programme of Covid-secure events and services ready to launch when we can, but – like the Elf Express – are very different to our usual offering so that we can keep passengers in their own groups. Just because the trains are not running, it doesn't mean that all behind-the-scenes activities can cease. Maintaining a fleet of historic steam and diesel locomotives is a year-round undertaking, particularly as a member of the operational fleet dates back to 1899. We are also nearing the end of an overhaul of a locomotive that first turned a wheel back in 1887 and we are very excited about welcoming the loco back into traffic when the overhaul is complete. On infrastructure projects, we completed last year the replacement of the 115+ year old bridge at Ingrow and we are now turning our attention to another complex bridge project at Haworth, which will take a significant period of planning and funds to complete.

We will continue to rise to the challenges with our typical Worth Valley determination and resolve and look forward to welcoming you back on board as soon as circumstances permit. In the meantime, I do hope that you and yours continue to stay safe and well. ~ Matt Stroh kwvr.co.uk

STURBRIDGE MOT
TYRES CO.UK **£35**

We also do:
Servicing & Repairs • New And Used Tyres
Locking Wheel Nut Removal • Alloy Gators

01535 959421

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.

Sudoku Solutions

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

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

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

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

Digi-Man Aerials
Digital Aerials & Satellites

Fully Qualified Installer of
Freeview **freesat**

OAP DISCOUNT
ALL WORK GUARANTEED
LOCAL MAN

ALL satellite & aerial 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

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: jjorrimer@icloud.com

MINI EXCELLENCE
MINI: A CLASS OF ITS OWN
m: 07495 422183
(After Hours 7-9pm: 01535 648754)
e: miniexcellence01@gmail.com - Based between Haworth & Oakworth

OFFERING A FULL COMPREHENSIVE SERVICE FOR ALL BMW MINI CUSTOMERS

THE ONE STOP SHOP FOR ALL THINGS MINI:
www.miniexcellence.co.uk

Service • Diagnosis • MOT • Retro Fit Upgrades
Collection & Delivery • ATA Accredited • BMW Fully Qualified Technician

BUSINESS DIRECTORY Trusted local services

Accountancy/Business/ Finance

Accountax p12
Ask Andrina p12

Aerials/Audio/TV

Digi Man p21

Attractions/Community/ Courses/ Events/Groups

Bronte Parsonage p10/11
KWVR p20

Building Services/ Joinery/Maintenance

Adrian King p19
Airedale Property Maintenance p12
Kingfisher Build & Design p13
Superior Resin Drives p7

Care/Cleaning /

Domestic/Repairs

Adeles Ironing p12
Care Home

Townend Close p2

Cars

CJ Motors p11
Stockbridge Tyres p21

Computer related

Computer Repairs p12
Computer Universe p17
DVD Conversion p21

Electrical

ET Electrical p19
G & M p19
JS Electrical p19

Fire & Security

G & M p19
Keybury p4/5

Fuel/Heating

Anchor Logs p14
Nicholson Heating p17
Proper Logs p14

Garage Doors

Garolla p13

Gardening/Trees

Garden Maintenance p15
SAS p15
Worth Valley Trees p15

Holidays

Steels p19

Home Companion & Driving Service

Driving Miss Daisy p 15

Locksmith

In House Securities p12

Loft Conversion

Yorkshire Loft Ladders p23

Painting & Decorating

R.P. Decorating p21

Pest Control

Red Dog p15

Plumbing /Tiling/ Kitchens

AR Carling p19
Nicholson Plumbing Heating p17
Queensbury Kitchens p24
Sean Middleton p17
Tiles Taps & Tubs p17

Property

Pure p9
Skipton Properties p3

Retail

Office Furniture Outlet p12
Queensbury Kitchens
Bedrooms & Bathrooms p24
Tiles Taps & Tubs p17

Roofing

Broomhill Roofing p13
Golden Acorn Roofing p13
MB Roofing p13

Stairlifts

AU p7

Wills

In Home Wills p24

Windows & Doors

Bingley Windows p5
Bob Beattie p19
Garolla p13

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



Like. Follow. Share.

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

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.



Last Will and Testament

**COVID
COMPLIANT**



Tailored to your needs

In the comfort of your home

When you choose In Home Wills for your last will and testament, you can be assured that you are in safe hands. We are a leading will and estate planning company in West Yorkshire

and offer reliable will writing services at great prices. From assistance understanding the laws surrounding inheritance tax to drafting a last will and testament, count on us to help.

Comprehensive range of services include:
Will writing • Power of attorney • Funeral planning
Trusts • Friendly & hassle-free help



Freephone **0800 999 1358**
Email info@inhomewills.co.uk
www.inhomewills.co.uk



In home wills



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