

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2022

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As our routines settle into a new season, sweater weather prevails, logs are stacked, coal stores filled and larders are prepared for winter ahead. We are mindful of the challenges that many face with increasing energy bills and a significant rise in the cost of living. We must look after each other as best we can.

On a more positive note, the Keighley Arts and Film Festival has an extensive programme of events and it is all free. Take a look at their ad on page 15. Bolton Abbey, Keighley & Worth Valley Railway, Keighley Table Tennis, and Steels of Addingham all offer some great activities and ways to escape for the whole family.

Please continue to use the businesses in the magazine and help the local economy flourish. Your custom is appreciated.

Have a lovely October! Liz



Liz Barker, Editor



Drop-in table tennis sessions for *EVERYONE* regardless of age or previous experience.

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Roast cauliflower



This easy recipe is a healthy alternative to cauliflower cheese and adds interest to any meal as a side dish. You can spice it up by substituting

the olive oil with chili oil, or turn up the citrus vibe with lemon oil. The beauty of cauliflower is its ability to carry seasonings and the roasting further intensifies flavours.

Enjoy!

Ingredients

- 1 small head cauliflower
- 1 ½ teaspoons fennel seeds
- 1 ½ teaspoons smoked paprika
- 1 ¼ teaspoons sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 tablespoons olive oil
- ½ lemon, juiced
- Optional Garnish: sesame seeds and parsley

Method

Step 1

Preheat the oven to 375 degrees F (190 degrees C).

Step 2

Trim large leaves off cauliflower. Trim stalk so cauliflower can sit flat in a Dutch oven.

Step 3

Grind fennel seeds with a mortar and pestle. Mix in smoked paprika, salt, pepper, and garlic powder. Whisk in olive oil to form a paste. Rub the paste all over the cauliflower. Drizzle lemon juice all over.

Step 4

Bake in the preheated oven, covered, until tender, about 35 minutes. Uncover and baste with any juices that have pooled at the base. Continue baking, uncovered, until top is browned and center feels completely tender when pierced with a paring knife, about 20 minutes. Garnish and serve.

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Sudoku

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

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

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

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

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 Keighley Picture House:
Family ticket

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

The winner will be selected from all correct answers received by 20th Oct 2022



The September competition location was DSM Bathrooms & Fireplaces and the winner was Howard Barton from Silsden.

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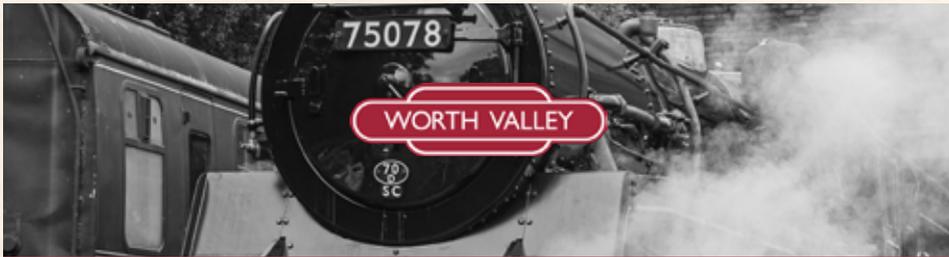
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- ✓ Arch and knee pains
- ✓ Sports Injuries
- ✓ Limb length discrepancy
- ✓ Tendonitis
- ✓ Ingrown toe nails
- ✓ Plantar Fasciitis
- ✓ Athletes foot
- ✓ Flat feet



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Now that the little (and not so little ones) have returned to school and University, we revert to running trains just at weekends and for special events. We take the opportunity of this “down” time to work on the Railway’s infrastructure, and several maintenance tasks are undertaken for a full week after summer running ends. This year has seen track re-laid at Ingrow, re-sleeping at Haworth and other important projects completed that are all vital to keep the Railway operating. Dozens of volunteers devote their time to our “Civil week”, which is typical of the behind-the-scenes activities critical to keeping the Railway’s wheels turning. Another is the work that goes on to maintain and restore the locomotive and carriage fleet, and with locomotives having a maximum operating period of a little over ten years – and a typical overhaul costing over £250k – careful financial and project planning is vital to ensure that we have the right size of the operational fleet.

One of the reasons for so much activity at this time of year is to prepare the Railway for the next round of events in the calendar and in particular, the Beer and Music Festival and then Christmas time.

The Beer and Music Festival (Thursday 13th to Sunday 16th October) sees us welcoming over 160 beers to our various bars up and down the line (and on the line as we convey two real-ale bars on board during the event) during the weekend. If real ale isn’t your thing, there are gin and cider bars and soft drinks available to whet your whistle whilst you enjoy the live music performances. We have opened advance bookings, and tickets are selling quickly, so please book soon to avoid disappointment.

And then we have Christmas. We are very excited to be able to welcome Santa back on board the trains, and this year are running our “Elf Explorer” services in the run-up to Christmas. Our Santa trains are always very popular, and this year is no different, with well over half the tickets sold already. I know that for my family travelling on the Santa trains is an important part of our Christmas celebrations, and if you’re the same, then I would make your booking sooner rather than later.

In the meantime, get in touch with the office if you want to join our team of over 700 volunteers and be part of the group that keeps an important bit of history alive on your doorstep.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chair



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Discover your SMILE again



Who are we?

Our Keighley Denture Expert is Joseph O'Reilly (Dip CDT RCS)

Joseph qualified from Leeds Dental Institute as a dental technician and continued to do work for some of the UK's best surgeons. Through his constant passion for his work, he then enrolled for the prestigious Clinical Dental course at the School of Dentistry University of Central Lancashire in Preston. During this time, despite his tender years, his determination and focus pushed him to be recognised as one of the youngest qualified clinical technicians in the UK being awarded a Diploma from the Royal College of Surgeons Edinburgh. Joseph has a passion for the industry, his eye for detail and careful planning ensures only the best results, giving his patients peace of mind and great clinical results. He has now been creating smiles for over 18 years. He is currently working closely with Taylored Dental Care in Keighley. Assessing patients who have had problems with their dentures and providing them with options to correct these.



How can we help you?

Technology has moved on massively over the last few years as far as dentures are concerned. The fact is, you don't have to suffer badly designed or ill fitting dentures anymore.

However, replacing your teeth is more than trusting someone with your smile. Your appearance and the way people perceive you is also at stake.

Joseph creates dentures which can offer the dual effect of restoring your smile and correcting the proportions of your face. He can add volume to your lower face and upper lip region to achieve a more natural, youthful look. Everyone is different, so your dentures are influenced by your age, personality and gender to ensure they look perfectly natural. Joseph will discuss your individual needs and the best choices available before providing you with the information you require to determine what is right for you.

The smallest alteration can make the biggest change and Joe is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

Joseph's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

Everybody has the right to smile!



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Focus on: **Osteoporosis**

by David Hanson, Haworth Physio

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over many years and is often only diagnosed when a fall or sudden impact causes a bone to fracture.

The most common injuries in people with osteoporosis are:

- broken wrist • broken hip • broken spinal bones (vertebrae)

Osteoporosis is not usually painful until a bone is broken, but broken bones in the spine are a common cause of long-term pain.

Who's affected by osteoporosis?

Osteoporosis affects over 3 million people in the UK. More than 500,000 people receive hospital treatment for fragility fractures (bones that break after falling from standing height or less) every year as a result of osteoporosis.

Causes of osteoporosis

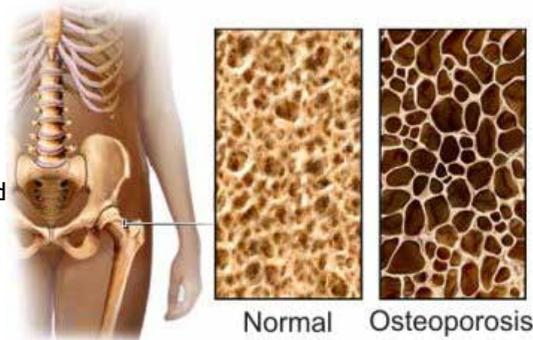
Losing bone density is a normal part of ageing, but some people lose bone much faster than normal. This can lead to osteoporosis and an increased risk of broken bones.

Women also lose bone rapidly in the first few years after the menopause. Women are more at risk of osteoporosis than men, particularly if the menopause begins early (before the age of 45) or they have had their ovaries removed.

However, osteoporosis can affect men, younger women and children.

Many other factors can also increase the risk of developing osteoporosis, including:

- taking high-dose steroid tablets for more than 3 months
- a family history of osteoporosis - particularly a hip fracture in a parent
- long-term use of certain medicines that can affect bone strength or hormone levels, such as anti-oestrogen tablets that many women take after breast cancer



- having or having had an eating disorder such as anorexia or bulimia
- not taking regular exercise
- heavy drinking and smoking.

Preventing osteoporosis

If you're at risk of developing osteoporosis, you should take steps to help keep your bones healthy. This may include:

- **taking regular exercise** to keep your bones as strong as possible. Weight-bearing exercise and resistance exercise are particularly important at improving bone density and helping to prevent osteoporosis.
- **eating healthy** - including foods rich in calcium and vitamin D
- taking a daily supplement containing 10 micrograms of **vitamin D**
- making **lifestyle changes** - such as giving up smoking and reducing your alcohol consumption.

Weight bearing exercises are exercises where your feet and legs support your weight.

High-impact weight-bearing exercises, such as running, skipping, dancing and aerobics are all useful ways to strengthen your muscles, ligaments and joints and to maintain and improve bone density.

Swimming and cycling therefore DO NOT come into this category.

When possible, **get some sun!**

Moderate levels of unprotected sun exposure can be healthy and very helpful in boosting vitamin D.

Help at Hand

Home help, cleaning, washing, shopping, companionship, sitting service. Same person visit. Experienced, qualified & DBS checked. For more information please call Denise 07718 142 197



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COMMUNITY PAGES

Sutton in Craven WI meet 1.30pm every second Monday of the month at Sutton in Craven Cricket Pavilion all local ladies are welcome. See us on Facebook.

Wellbeing Café at Glusburn Institute Every Monday 10 am to 12 noon. Contact 01535 630223 for more details.

Keighley Tea Dance Every Monday 1 - 3pm at the Civic Hall.

Games Club Every Tuesday 1:30 - 3:30 pm. at Glusburn Institute. £2.50 per session. **Gentle Seated Exercise to Music Every Wednesday** 10:30am to 11:30am at Glusburn Institute. £4 per session. Contact Janet 07787 180202.

Steeton Bobbins WI 7pm meet on the first Tuesday of a month at St Stephen's Church Hall

www.steetonbobbinswi.com.

Every Weds 1pm - 3pm

Knit & Knatter at Keighley Library All Welcome.

Every Monday &

Mondays 1 - 3pm Keighley Tea

Dance at the Civic Hall

3rd Sunday of a month is the

Artisan Markets at Haworth Central Park

10 am - 3pm.

Fri 7th - Sun 10th Oct Haworth Steampunk Weekend see

spectacular costumes, meet delightful people, enjoy tempting shops, cafés and market stalls, in this historic town. Raising funds for Sue Ryder's Manorlands Hospice. Steampunk Markets at Haworth Village Hall, The Old School Room and upstairs at Pennybank (above Pretty Penny)

Fri 7th - Sun 10th Oct Keighley Art & Film Festival at Keighley

Creative Space. KAFF coming to Keighley delivering a selection of vibrant and exciting arts, film events and activities.

Sat 8th Oct 6pm Sue Ryder Starlight

Hike at Oxenhope A fantastic night for all the family, walking under the stars and remembering loved ones. With a 10k route through the surrounding villages of the Worth Valley, and featuring the incredible Starlight Express train ride.

Thurs 13th - Sun 16th Oct Beer & Music Festival on the KWVR One of the the North's best Beer & Music Festivals and one of the KWVR's biggest events. with a wide selection of beers (mostly real ales) from all over the country to choose from. With a wonderful selection of fine wines, ciders & gins.

Sun 16th Oct Train rides for all the family. Miniature trains running at Marley sports field approx. 13:30 until approx. 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Sun 23rd

Oct 1 1am - 3pm Apple Day at Cliffe Castle Park Fun FREE Family Event. Sun 30th Oct

Haworth Halloween from 12.30pm Pop-up Ghost stories, One minute Tarot, Short Ghost Tours, Face painting Hair & Makeup. Spooks Bookshop, 22 Main Street. Best Trick or Treat Costume contest (Gather outside FourTeas Café, 14 Main Street at 6:30pm) Prizes for best pet, baby, child and adult costumes. This event is raising money for Sue Ryder Manorlands Hospice.

Tuesdays 10:00-12:00 from the 11th October for 8 weeks "Tea and Tablets" at Silsden Town Hall - Free lessons for senior citizens on use of Tablets, Phones or Laptops. Bring your own or try one of ours. More info 07802 245430.

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bsl woodsure READY TO FIRE

The Brontë Parsonage Behind the scenes at the Museum

The mists in the churchyard and the smell of fire smoke in the air are firm signals that autumn is here, but although the days are gradually getting shorter and the cooler temperatures mean we all need to wear a few more layers in the Museum, things are no less busy at the Parsonage.

Charlotte, Emily and Anne Brontë were all accomplished poets as well as novelists and so it is very fitting that we will be participating in **National Poetry Day on Thursday 6 October**. We'll be joined by poet **Winston Plowes** and his **Random Poetry Generating Bicycle**, so if you would like to create your own be-spoke(!) poem, to celebrate National Poetry Day, we'd love to see you between 11am and 3pm.

'Emily', the new film about Emily Brontë written and directed by actress Frances O'Connor, received rave reviews following its recent screening at the Toronto International Film Festival and the team at the Parsonage can't wait to see it. We hosted a visit by the cast before filming commenced last year and are thrilled that Frances will be a guest in our **Brontë Lounge on Thursday 13 October**, the day before the film's general release. Tickets for this special online event can be booked via www.bronte.org.uk/whats-on.



While it feels like the start of the school term has only just passed, October half-term will be on us before we know it! Our **Wild Wednesday on 26 October** will include a family craft workshop

and a talk on how Halloween was celebrated in the Victorian era. And following on from the success of our linoprinting workshop at Emily Brontë's birthday weekend, **Beccy from Cut and Curve** will return with a workshop on a Gothic theme on **Saturday 29 October**. Our last workshop sold out, so don't leave

booking until the last minute!

Did you know that our collections include over one hundred items of Brontë jewellery? On **Friday 4 November**, our **Curator Sarah Laycock** will lead a **special Parsonage Unwrapped event after hours in our Library**, offering the chance to look at some of these treasures up close and learn more about them. Tickets are strictly limited, so please book early to be sure of a place.

That's all for this time. **Don't forget that residents of BD20, BD21 and BD22 can visit the Museum at a concessionary rate**, so please sign up to the mailing list via www.bronte.org.uk to keep up to date with the latest news and come and see us soon.



THE BRONTË
LOUNGE

October at the Brontë Parsonage Museum

THURSDAY 13 OCTOBER

The Brontë Lounge with Frances O'Connor, director of new biopic Emily

7.30pm by Zoom

Please visit www.bronte.org.uk/whats-on for details and tickets.

Brontë Parsonage
MUSEUM

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