

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2024

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April showers bring May flowers.

That is the phrase that comes to mind at this time of year! I especially enjoy walking through a wood with bluebells and wild garlic in bloom, it is such an amazing sensory experience; the cherry blossom is also a delight..but so fleeting. Take the opportunity to get some fresh air and notice the beautiful flowers. This month we spotlight Wydean Weaving, the local ceremonial uniform specialists celebrating their sixtieth anniversary. (pp26/27)

A special welcome to The Classroom, (p7) the hands-on workshop space ...find a class and get stuck in! Take a gander at the community pages on pp18/19 for more happenings. Have a lovely month of May.



Liz Barker, Editor



working alongside



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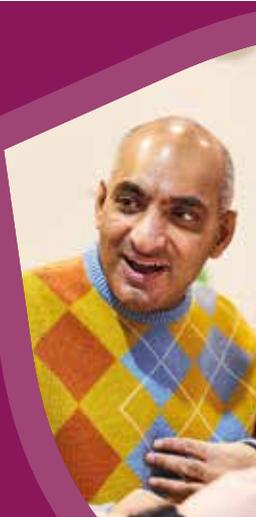
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BEHIND THE SCENES AT THE MUSEUM

Back in April, we welcomed **Sophia Hatfield** to the Museum. Sophia is our **Storyteller in Residence**, tasked with bringing the history surrounding the Brontës and the local area to life in imaginative and creative ways – and we have to say, she's very good at it!

For a whole day, Sophia set up camp in the Servant's Room, dressed in her "storytelling trousers", shirt, and braces, and armed with an eclectic selection of everyday items.

Amongst other objects, she had a broom, a basket, a rug beater, and a couple of giant spools of thread. Using the items, she told wondrous stories to visitors of all ages as they stopped by the room.

But these weren't just any stories. For months, Sophia has been researching folk tales associated with the Yorkshire area – tales the Brontës' servant, Tabby, likely told the young siblings, captivating their minds and sparking a love of storytelling. Interwoven with beautiful singing, live accordion playing, and evocative strings on her violin, Sophia took our visitors on a journey to a Yorkshire we both know and don't know anymore.

This was a time when boggarts existed – tricky creatures who love to help... as long as you don't get on their wrong side! Not-so-wicked witches, magical waterfalls, and vengeful fairies all played their part, and there were a few familiar characters who cropped up in Sophia's tales too – like Martha, the young girl the Brontës took on to help around the house.

Don't worry if you missed it though – the session received some wonderful feedback from visitors and we're looking forward to having Sophia back in the Museum in the



not-too-distant future...

In the meantime, Sophia's teamed up with theatre designer Rachel Shore to create an immersive audio storytelling installation, which you can listen to year-round in the Servant's Room. Like the day of live storytelling, this exhibition weaves traditional folk tales with everyday objects the young Brontës would have used – conjuring up mighty ship sails from old white shirts and deadly cutlasses from sewing needles. It's a reminder of how children can transform the mundane into the extraordinary – a skill we never really lose... it just needs dusting off every now and then.

You can experience Sophia's exhibition, 'How to Build a Storyteller', free with entry to the Museum. Find it in the Servant's Room until 2 January 2025. visit bronte.org.uk/whats-on.

New ticket prices at the Museum!

Children 11 and under go FREE

Teen tickets £6.25 (or £5 with Young Brontë Friend membership)

Pay once and return for 12 months.

(Local postcode tickets **£7.50**.)



Find out more:



Brontë Parsonage
MUSEUM

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

THE Classroom

By Cobbles and Clay

PSST... use this QR code to head straight to our Eventbrite page!



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While 700+ volunteers might sound like a lot, considering we had around 100 volunteers on duty during the Spring Gala weekend, it helps you appreciate the scale of the Railway's operation. A more regular operating day requires a couple of dozen volunteers, but when we have seven steam locomotives hauling trains, a shuttle service between Ingrow and Keighley, an intensive timetable, and guided tours, it takes a much greater effort.

In addition to all the effort that went into the Gala weekend, we are getting started on our 2024 programme of dining trains. We will offer a selection of afternoon tea options, including a Yorkshire twist on Italian Antipasto, a "Stoker's" version, and a modern and more traditional offering. We also have the return of the Haworth Haddock fish and chip supper trains.

We also hope to reopen the Old Parcels Office at Keighley soon as work on the refurbishment of Keighley Stations moves to the next phase. Please check the Railway's website for full details of our catering options and to book the special dining trains.

It's not just events that are taking our time this year. We are nearing the end of the project to open the Water Tower at

Keighley to visitors, a project funded by the Railway Heritage Trust and Town Deal, and you will see the cosmetically refurbished signal box at Keighley station looking resplendent now that the scaffolding has been removed. Work continues at Haworth as we prepare for the replacement of the bridge that takes the mainline over the river just outside the locomotive yard, a project for which we have provisionally been awarded a grant from the government's Community Ownership Fund.

With a Railway that is now over 150 years old, planned replacements and maintenance of this nature are an inevitable challenge of keeping the wheels turning, as is the increasing cost of overhauls of steam and diesel locomotives.

There are many jobs involved in running the Railway, from the front-of-house operating and station duties that you will see if you join us on board to the behind-the-scenes roles, including maintenance of the infrastructure, locomotives and rolling stock, and the administrative side of running a charity of our scale. If you can spare some time and would like to join our volunteering team, then please visit the website for full details on how to apply.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

To advertise call Joanne or Liz on 01535 642227

DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

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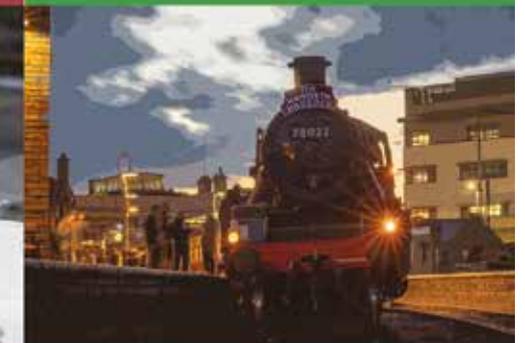
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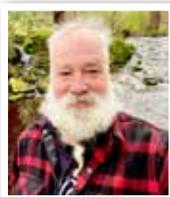
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Use the QR Code for more detailed information, timetables, all the latest news and upcoming events across the railway.

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Risi e Bisi (Rice & Peas)



Fresh peas are now in season, another sign that spring is finally here. The price of peas comes down quite quickly as May progresses so you may want to wait till later in the month to try cooking this dish.

Fresh peas are best for this recipe but you can use frozen. If so, reduce the weight of peas to 500g.

Although the recipe uses risotto rice, it isn't a risotto as it doesn't need constantly stirring, it is much simpler.

I like to serve this dish with chicken thighs, slathered in olive oil and simply grilled with a small knob of butter, a few good grinds of salt and black pepper and a little bit of balsamic vinegar drizzled over each portion once on the plate.

Ingredients

- 50g unsalted butter
- 1 small onion, peeled and finely chopped
- 1 kg of fresh peas, still in their pods
- Sea salt
- 1 litre of chicken stock (or vegetable stock if preferred)
- 200g risotto rice
- 1 bunch of flat leaf parsley, roughly chopped
- 75 g parmesan, grated
- Freshly ground black pepper

Method

- First, pod yer peas!
- Place a wide, heavy based sauté pan with a well-fitting lid over a medium flame.
- Add the butter and chuck in the chopped onion. Gently fry for a few minutes, stirring frequently until softened but not coloured.
- Now tip in the peas with a couple of pinches of sea salt, stir then pour in half of the chicken stock. Bring everything up to a gentle simmer, pop the lid on and cook over a low heat for ten minutes.
- Remove the lid, add your rice, chopped parsley and the remaining stock. Bring back to a slow simmer, stirring occasionally, pop the lid back on and cook over a low heat for fifteen minutes until the rice is nearly cooked.
- Remove the lid, stir and continue to simmer until all the stock has been absorbed.
- Chuck in the cheese and ground black pepper, stir well and serve.

~ Martin Lingard

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Who are we?

Our Keighley Denture Expert is Matthew Varley (Dip CDT RCS)

Matthew Varley is the partner and Managing Director of My Denture

Clinics, here he works as a Clinical Dental Technician (Dip CDT RCS).

Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental Institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

Matt also returned to university to further his dental knowledge and become a Clinical Dental Technician, receiving the prestigious royal college of surgeons (Dip CDT RCS).

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

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	5		1					4
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COMMUNITY PAGES

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Every Monday 7 -9 pm Andy's Man Club Project 6, Devonshire Street, Keighley

Fun, friendship and exercise on Every Monday 10am - noon The Drop-In at St James' Hall Cross Roads. Entrance on Albion Street. Call Marion 01535 642028 or 07986762921.

Every Monday to Friday Dementia Friendly Keighley 10am – 4 pm

Open for drop-in anytime for coffee and chat for people living with dementia and their carers and families. 6 College Walk, Airedale Shopping Centre, Keighley.

Every Tuesday 10.30am -12

Dominoes Club at Keighley Civil Centre, Keighley, BD21 3RZ no need to book simply show up and enjoy the game.

Every Tuesday Dementia Friendly Keighley 10am – 12.30 pm Games Morning, for people/carers living with dementia Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every Wednesday Dementia Friendly Keighley 1.30 pm – 3.30 pm Peer Support Coffee Club for people/carers living with dementia Airedale Shopping Centre, Keighley.

Every Thurs 11am Age UK Friendship Group meet new friends over a cuppa In the Community Room by the cafe in store at **Morrisons, Keighley** more info email info@ageukbd.org.uk

Every Thursday Dementia Friendly Keighley 1.30 pm – 3.30 pm Crafty Friends, creative session, Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every Thursday 10.am - 11.45 am Games Cafe at KHL 13 Scott Street, Keighley

Every first Friday of the month Dementia Friendly Keighley 2 pm – 3.30 pm The Singing Teapot, a singing group for people/carers living with dementia, Airedale Shopping Centre, Keighley.

Every second Saturday of a month 10 - 1pm Riddlesden Green

Connection Community Cafe St Mary's Meeting Room, Banks Lane BD20 5PA . Eco liquid refills, book swap and cafe every time.

The Shed Cliffe Castle, Keighley every Tues, Weds & Thurs 10am - 4pm.

Morton WI every second Tuesday evening each month. Social evening with refreshments at **The Institute in East Morton 7:20 pm.** Contact Anne 07968094238

Every Tuesday 7 - 9pm Men's Peer Support Group Free Safe & Friendly environment for men to share, chat & laugh. Airedale Enterprise Services, Sunderland Street, Keighley, BD21 5LE

Every Wednesday 10 - 12 Coffee Morning at Laycock Village Hall.

Every Weds 1 - 2.30pm Ladies Dance Exercise at the Civic Centre, Keighley. Meet new friends & Keep Fit

Every Weds Morton Meet and Tiny feet café 2.15-4.15 pm (term time) in the Morton Memorial Village Institute.

Anyone wishing to help volunteer, contact Helen at hells62@live.co.uk

Mondays 1 - 3pm Keighley Tea Dance at the Civic Hall

Every Thursday from 1.30pm Time For Me Bereavement Support Group meet at The Three Horses, Fell Lane, Keighley, BD22 6BZ. Further info contact helen.timeforme@gmail.com

Every Thursday 10am - 11.45am Games Cafe at KHL, Scott Street, Keighley. No booking required everyone welcome.

Every Thursday 2 - 3pm Senior gentle exercise class at Morton institute for more info call Judith : 07469172536

Every Thursday 1pm TaiChi Classes free trial sessions at **Laycock Village Hall.** Everyone Welcome

Thursday & Fridays 10.30am to 3 pm The Drop-In at The Civic Centre, Keighley. A great place to meet new people, play board games or dabble in arts & crafts.

First Tuesday of each month Walk & Wheel Group 1.30pm meeting at Keighley Leisure Centre outside the main entrance. The session will last approx 60 mins and will be at a relaxing pace.

4th & 5th May 10am - 4pm free entry Haworth & Yorkshire Creatives Makers Markets Old School Room, Church Street, Haworth

Sat 4th & Sun 5th May Haworth Steampunk Weekend free event with entertainment.

Sun 5th May 10 am - 4pm Keighley Bus Museum Trust Depot Open Day View 100 yr old Keighley Trackless Free bus rides around Keighley.

Sun 5th May 2- 4pm Music at Cliffe Castle Museum, Keighley

Sun 5th May 10 am - 4pm East Riddlesden Hall Summer Fete local products and craftsmanship

6th - 11th May 7.30 pm Busybody at Keighley Playhouse

Sat 11th & Sun 12th Bronte Vintage Gathering at Haworth Road, Cullingworth. In aid of

Manorlands Hospice (Sue Ryder), **Sunday 19th May. Train rides for all the family.** Miniature trains running at **Marley sports field approx. 12:30 until approx. 17:00.** Steam and electric trains providing trips for all ages. Great family afternoon out.

Sun 19th May Oxnop Singers Concert 7.30pm at Oxenhope Community Centre.

Sun 19th May: Widdop & Wadsworth Moor. 9.9 miles, moderate. Meet for 10.30am start at Gorplas Reservoir CP.

www.ramblers.org.uk/keighley

Sun 19th May 9am - 5pm Sue Ryder Bronte Off Road Bike Challenge at Haworth West End Cricket Club, Upper Marsh Lane, Haworth, BD22 9RH. Routes suitable for all standards of mountain bike and gravel bikes.

Sun 19th May 9am - 1 pm Bronte Half Marathon, West End Fields, Penistone Hill, Haworth, BD22 9RH a new long distance trail run event in support of Sue Ryder. Stand alone timed half marathon trail run.

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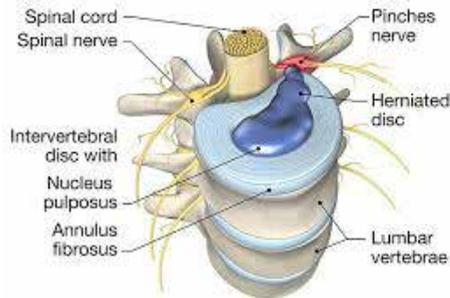
Spinal discs ~ easing the pressure

It seems so benign. All you did was bend forward to put on your shoes, pick up your toddler or grab a pan from a low cupboard in the kitchen and then...BANG! It's a common scenario: a seemingly innocuous movement results in excruciating lower back pain, leaving you immobilized and bewildered. The culprit? Likely a slipped disc in the lumbar spine, a condition often lurking beneath the surface until triggered by a mundane action.

Our spine comprises 23 discs, acting as cushions between vertebrae. These discs, with their tough outer shell (annulus fibrosus) and inner jelly-like substance (nucleus pulposus), can withstand substantial pressure. However, certain activities or postures can escalate pressure within the discs, leading to strain and irritation of the outer shell.

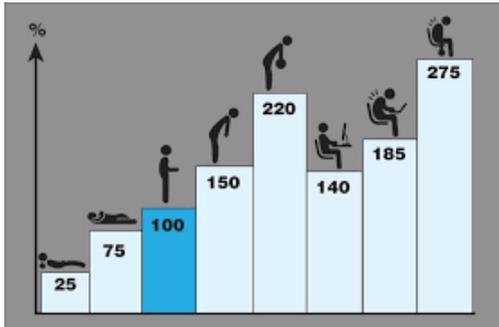
Repetitive strain, whether from heavy manual labor, poor sitting posture, or constant forward-leaning standing positions, can cause small tears in the outer shell over time. Eventually, these tears widen, culminating in a "tipping point" where the jelly-like substance protrudes outward, pressing against spinal nerves, including branches of the sciatic nerve—a condition known as an open fissure disc bulge.

When faced with this agonizing pain, the immediate response is to lie flat, take pain



relief, apply ice, and allow the body time to alleviate the pressure on the affected disc. This facilitates the retraction of the protruding disc matter away from the sciatic nerve.

Understanding the pressure dynamics within spinal discs is crucial. A pressure chart illustrates how various postures affect disc pressure: normal standing posture registers at 100%, while forward-leaning standing or slumped sitting significantly elevates pressure (150% and 185%



respectively). Adding load to poor postures exacerbates the issue, reaching pressures of 220% and 275% respectively. Consequently, lying flat becomes imperative after a disc bulge, as it drastically reduces disc pressure, aiding in the retraction of protruded disc matter.

For individuals with sedentary or labor-intensive occupations, this chart underscores the importance of maintaining proper posture and lifting techniques to mitigate the risk of spinal disc damage.

~ David Hanson, Haworth Physio

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Wyedean Weaving: Sixty years of manufacturing marked with regal flourish



David Wright with secretary and long-term family friend Margaret Whalley in 1965



Receiving letters awarding them the King Charles III Coronation Medal are L-R Wendy Hatton, Melanie Kaye, Susan Jones and Aileen Henderson



Three generations of Wyedean Weaving celebrate the Haworth manufacturer's 60th anniversary. L-R: Debra Wright, Susannah Wright, Robin Wright, Rosie Wright and (front centre) Norma Wright

Three generations of Haworth's military accoutrement manufacturer Wyedean Weaving have celebrated 60 years in business.

The firm, which was formed in 1964 by husband and wife team David and Norma Wright, is Haworth's oldest employer and today produces over 10,000 uniform-based items annually including the King's Coronation Medal ribbon and most recently, the British Armed Forces' regimental flags. David is pictured here with his secretary – and one of the company's first employees – Margaret Whalley, who now lives in St Lucia and has a large family in the Worth Valley.

Last month, the Wright family, led by Managing Director Robin Wright, his wife Debra and daughters Susannah and Rosie, hosted a special event to celebrate six decades in business and showcase the team's latest intricate embroidery work on the 2nd Battalion Irish Guards Company Colours, which consist of the King's Colour to be used at this year's Trooping and their Regimental Colour.

In a special twist to the celebrations, Wyedean's team of three skilled embroiderers Aileen Henderson, Wendy Hatton and Susan Jones and long-serving project manager Melanie Kaye, were awarded with the King's Coronation Medal for the integral part they played in creating new ceremonial items for the Coronation. Robin Wright said: "Our 60th anniversary

has been a celebration of six decades since my parents went into business at Bridgehouse Mill, the completion of our recent £300k investment programme and our team's manufacture of the latest King's Colour, made as part of our seven-year, £5m contract to replace all British Armed Forces' Standards and Colours with the King's insignia and the Tudor Crown. "Our hard-working embroidery team and project manager Melanie – who this month marks 25 years as an integral part of Wyedean - were also recognised for their contribution to the official Coronation events with a Kings Charles III Coronation Medal, which was an incredibly special moment for us all."

Wyedean was founded as a manufacturer of braid and military uniform accoutrement in Haworth in 1964 by David Wright who ran the business with his father Frank Wright, a former textile machine designer who

was awarded an MBE in recognition of his invention of a new yarn spinning technique called centrifugal spinning. The anniversary event included a special recognition presentation to Norma Wright, Wyedean's chairwoman, who after 60 years in the business – and as a previous 1939-1945 war medal recipient - also thanked guests for their many years of support. Robin added: "Our products are still in demand at home and overseas with other Commonwealth countries that follow British traditions in ceremonial uniform dress. We want to say a huge thank you to everyone – particularly our wonderful team - who has been part of our incredible journey so far."

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

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

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