

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2023



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This November edition is crammed with possibilities for your time and attention. There is a fair bit of ramping up for the holidays and excitement is in the air. Enjoy the preparations, take advantage of what is on offer, join in community gatherings, but mainly, go at your own pace. They say, "little things can bring joy," and it is true! Call in on a friend for a cuppa and a natter. Plant some bulbs in your garden. Get cosy in front of the fire with a good book. Try a new recipe. Listen to your favourite podcast or radio station. If you are feeling overwhelmed there is nothing more grounding than spending time in nature. Fresh air, movement, and daylight will do the trick to reset your orientation. Have a super November!



Liz Barker, Editor



BOLTON ABBEY

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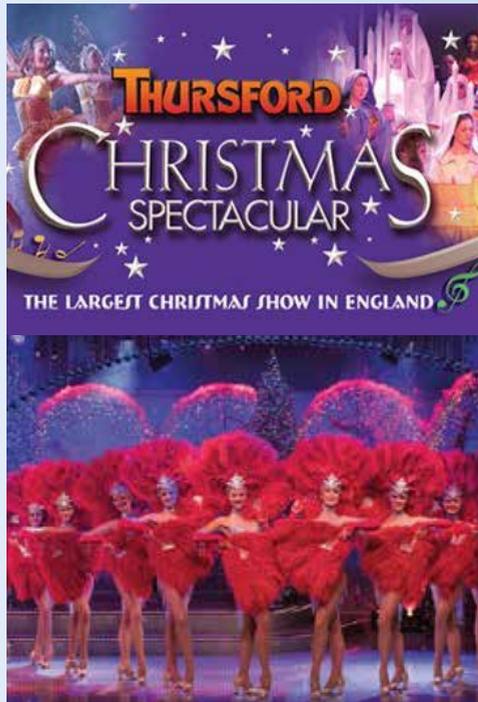
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Festive Fun

In Bradford

The run-up to Christmas is packed with events and experiences in the Bradford district. To help you make the most of every moment, here are some of the highlights coming up this festive season.

First on lots of people's list is a visit to Santa and you'll find him popping up at many places across the district and booking your visit in advance is advised. Look out for him aboard the Elf Explorer on the Keighley and Worth Valley Railway, a brilliant Christmas adventure with Father Christmas and his helpers, while at Shipley Glen Tramway the popular Santa Specials will be running on December weekends. In Thornton, Santa will be visiting the **Christmas Tree Festival (25 November - 2 December)**, at St James' Church, where you'll also find a wonderful selection of decorated trees creating a magical display. Santa will be in attendance



at the Victorian **Christmas Market at the Bradford Industrial Museum (25-26 November)**, along with a variety of stalls, roasted chestnuts, brass band and even an appearance from Scrooge, it will be a truly traditional way to start the Christmas season. For something completely different, pull on your trainers and sign up for the **Haworth Santa Fun Run (3 December)** for a unique race around the village.

Throughout November and into December festive lights will be switched on, with events across the Bradford district. **The Festive Launch at The Broadway, Bradford (11 November)** will be a full day of festivities including music, guest appearances and competitions. **On 25 November**, Shipley will be enjoying a day of free, family entertainment in the town before the lights are switched on, while in Ilkley there will be live music and entertainment on The Grove. In Keighley there will be live music and a performance by **Gareth Gates before he switches on the town's lights on 26 November**. The following week will see the light up weekend in Haworth on **2-3 December**; **Bingley will host an event with outdoor market**, Santa's grotto, and DJ for the switch on (2 December), and in Baildon there will be live music and festive food and drink at **various venues as they switch on the lights on 3 December**.



KWVR

Create magical Christmas memories at events with family and friends. In Bradford, a spectacular **Ice Carnival will take over the city, 18-19 November** with sparkling ice sculptures, street performers and live music. **From 1 December, Saltaire Living Calendar** will once again return to the UNESCO World Heritage Site, with new windows revealed daily to create a wonderful, illuminated trail around the village (until 1 January 2024). In Haworth, the historic village will host events every weekend in the run up to Christmas. The much-loved **Torchlight Weekend will light up the Main Street 9-10 December, Christmas Music Weekend 16-17 December and the delightful Nativity Weekend 23 -24 December**. These wonderful events provide the ideal opportunity to explore the atmospheric village, be charmed by the beautiful window displays and find the perfect Christmas gifts.

Christmas shopping in the Bradford district is a shopper's delight, choose from pop-up events to high street favourites. Craft markets showcasing the very best of local artists and makers are often found in quirky and interesting locations. Look out for the weekend Artisan market in Haworth Park, the **Christmas Makers' Fair at Ilkley Manor House (2-3 December)** and the **Christmas Market at East Riddlesden Hall, Keighley (2-3 December)**. Support

your local high street, check for late night shopping events and festive offers. **Haworth village is open for late night shopping on 7 and 21 December**. While in Ilkley, the popular Real **Food Market will have an extra helping on 3 and 17 December**, for you to stock up on the finest local produce.

Make a date in your diary for festive experiences and activities. Get creative and make your own wreath, there are events around the district, including in the **lovely surroundings of East Riddlesden Hall (25 Nov & 9 Dec)**, **Brontë Parsonage Museum (9 Dec)** and **Cartwright Hall (2 Dec)**.



Nigel Hillier

Alternatively, why not try your hand at printing your own cards or wrapping paper, with workshops at Cobbles and Clay in Haworth and People Powered Press in Saltaire. At the end of the day settle down to a festive concert or show from choirs to brass bands, crooners to comedians - there's plenty to choose from and for the ultimate Christmas treat, book your seats for the panto, and this year it's the turn of Cinderella, oh yes, it is! to bring audiences together at the Bradford Alhambra for an unmissable feel-good show.





The Railway is just drawing breath at the end of a very busy season, rounded off by the annual Beer and Music Festival, which was a sell-out event on Saturday. I'd like to say that we get to take a break now, but we now turn our attention to readying for you-know-what at the end of November. We've been asked about tickets for our Elf Explorer services since early January, and they've now been on sale for several weeks and we already have a number of dates with full trains, so please head to the website and book soon if you plan to join us for a special Christmas journey.

Aside from events, work to maintain the Railway continues. It is an expensive and time-consuming process, with our larger projects taking years of planning. One such is the replacement of a bridge vital to the Railway's operation because without it our loco fleet would be trapped in the yard at Haworth, and the main line would be severed between there and Oxenhope. It's a project that is projected to cost nearly £1.5m and we are very pleased to report that we have been successful in our application to the government's 'Community Ownership Fund', and have been awarded a £1m grant to help with the immense cost of the project. We are very grateful, not least because it means that we continue to invest in locomotive overhauls, with each of these now running into several hundreds of thousands of pounds, as well as the many other infrastructure projects that we had put on hold pending the completion of the bridge replacement.

There are other developments across the Railway, most noticeably at Keighley, where work to refurbish the inside of the water tower building is underway, into which we hope to welcome passengers next year, opening a space that has hitherto been closed to visitors. We are grateful for funding from the Railway Heritage Trust and Keighley Town Deal to support the development of the water tower building. Developments continue elsewhere too, as we finalise plans for improvements to the volunteer accommodation and tour groups facilities at Haworth, and - again - this work is partly funded by a contribution from the Town Deal. If that wasn't enough, we are preparing ourselves for a busy programme of events for 2024 and continuing to restore and maintain our fleet of historic carriages and locomotives.'

I do hope that we can welcome you on board soon because you have the benefit of a great historic attraction nearly on your doorstep. Don't forget to make use of your Local Residents' Railcard if you live in BD20/21/22, full details of which, including conditions and how to apply, are on the website.

As ever, we are always on the lookout for more volunteers to join our team of over 750, so please do check the website for opportunities, as well as information on our services and events.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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Christmas Wreath Workshops

25 November and 9 December - Booking essential

Join expert florists, Rock & Wreath and Walter & Blossom for a festive wreath making workshop, with festive treats like mulled wine and hot chocolates. All wreath making materials included.

Ceilidh Night

24 November - Booking essential

Enjoy a night of dancing and traditional Scottish music in the atmospheric Airedale Barn. With a live band and fully stocked bar, it's sure to be a lively start to the festive season.

Christmas Fair

2 & 3 December

Join us in the Airedale Barn for a festive market, including Christmas gifts, homeware and much more. Find inspiration for the perfect Christmas gifts, filled with local handmade treasures and treats. Including hot chocolates and warm mulled wine served from the fully stocked bar, with Christmas music playing and a wall of glittering fairy lights it's sure to give you that festive feel. The Voices of Yorkshire will be singing carols in the Great Barn on 2 December, join them for an hour of traditional songs in the beautiful medieval barn.

For more information or to book tickets, please visit www.nationaltrust.org.uk/east-riddlesden-hall
East Riddlesden Hall, Bradford Rd, Riddlesden, Keighley BD20 5EL 01535 607075

Christmas Parties

7, 8, 14 & 15 December - Booking essential

Fizz and Fire will be serving up a 3 course meal in the Airedale Barn this December. With music and dancing too, this is the perfect event for for businesses, groups of friends or anyone looking to celebrate the festive season together.

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

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2		9				3		

see page 33 for solutions

Where in the Aire Valley? COMPETITION

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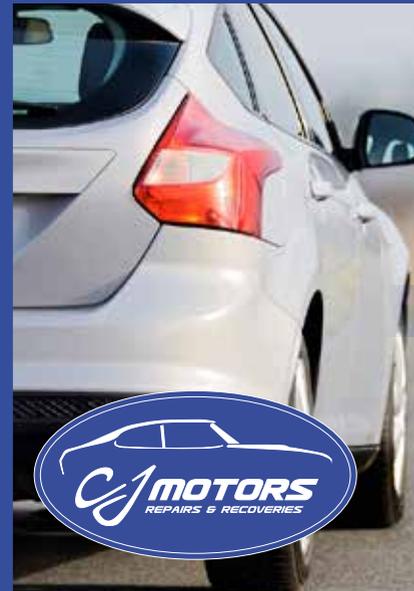
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COMMUNITY PAGE

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 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 Thursday Dementia Friendly Keighley 1.30 pm – 3.30 pm Crafty Friends

creative session, Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

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 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.**

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 .30am Village Hall

Every Weds 1 - 2.30pm Ladies Dance Exercise at the Civic Centre

Keighley. Meet new friends/Socialise & Keep Fit

Every Weds Morton Meet and Tiny feet cafe 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

Every Weds 1pm - 3pm Knit & Knatter at Keighley Library All Welcome.

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. A mutual support group for those who have lost someone dear, recently or a long time ago. Further info contact helen.timeforme@gmail.com

Every Thursday 10am - 11.45am Games Cafe

at KHL, Scott Street, Keighley. No booking required everyone welcome.

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

Keighley 3rd Age Group

Meet at Action Point (formerly Temple

Row Centre) at 10am. Free Refreshments. Further details contact the Chairman David Boddy 07976799527

email:d.r.boddy@btinternet.com.

The Bradford Chorale are interested in inviting new singers to come and join a friendly and experienced choir. **Meet at 7.30pm on Tuesday evenings** at Northcliffe Bradford Road Shipley.

If you wish to join us please e-mail e.f.bennett@btinternet.com or lynnedennison@btinternet.com for details.

1st Sunday of a month is Skipton Artisan Markets Canal Basin, Coach Street Car Park 10am - 3pm
3rd Sunday of a Month is Haworth Artisan Markets, Central Park 10am - 3pm.

4th Sunday in a month is Keighley Artisan Markets, Church Green 10 am - 3pm

Sat 4th Nov Yorkshire Health & Wellbeing Festival 10 am - 4pm

Victoria Hall, Keighley Explore complementary health practitioners and stalls, many offering taster sessions and delightful samples available for purchase on the day.

Sun 5th Nov Keighley Ramblers Bramhope & Crag Wood.

6 miles, moderate. Meet 10.30, Village car park, Old Lane. www.ramblers.org.uk/keighley

Sun 12th Nov Remembrance Sunday Services 9.30am to 12 noon Parish Church & Town Hall Square, Keighley.

25th Nov - 24th Dec Elf Explorer on the Keighley & Worth Valley Railway are taken exploring through a winter wonderland by an Elf from

the North Pole. Visit website for full information, prices, times & availability.

Sat 25th Nov 10am - 4pm The Peace & Crafts Fair Victoria Hall, Saltaire live music, both inside and out, among a wide variety of things to get stuck into. From children's activities to a super café setup.

Sat 25th & Sun 26th Nov, 2nd, 3rd, 9th, 10th & 16th until 22nd Dec Father Christmas Bolton Abbey

Sat 25th & Sun 26th Nov 10am 3pm —Festive Storytelling with Mrs Clause at East Riddlesden Hall Families can join Mrs Claus for storytelling in the Great Hall this year, take a seat and enjoy a festive tale! Visit the Discovery Room and try out some Christmas crafting, don't forget to write your letter to Santa so Mrs Claus can deliver it to the North Pole.

Sun 26th Nov Keighley Christmas Light Switch on Church Green Car Park, Keighley 11.30 am - 5pm

Light Up Haworth Sat 2nd Dec & Sun 3rd Dec The village will be illuminated with a hundred Christmas Trees with thousands of sparkling lights and shop windows will be decorated, marking the official start of the Christmas season. Choirs and Bands will perform on Main Street and Santa will be in his Grotto in the Park. Christmas Artisan Markets on both days in Central Park.

Sun 3rd Dec 11am - 4pm

Airevalley Artisans Christmas Fayre at Ponden Mills, Stanbury Sat 2nd & Sun 3rd Dec Christmas Fair at East Riddlesden Hall

Ankle Sprains:

What You Need to Know

Ankle sprains are a common type of injury, accounting for up to 5% of all A&E visits in the United Kingdom. They can leave you with a swollen, painful ankle that's challenging to bear weight on. In some cases, even going up and down stairs can become a shuffle on your backside!

So, what exactly is a sprained ankle? It's an injury that happens when you roll, twist, or turn your ankle in an awkward way. When enough force is involved, it can stretch or tear the tough bands of tissue called ligaments, which support and hold your ankle bones together. About 80 to 85% of the time, the injury affects the ligaments on the outside of the joint because they get stretched as the foot rolls inward, with the big toe pointing upward.

When you damage ligaments, healing can take a while. Failing to do the right rehab exercises after an ankle injury can lead to a joint that's persistently painful, swollen, stiff, and unstable, making it more prone to future sprains.

Symptoms of a Sprained Ankle

The signs and symptoms of a sprained ankle can vary depending on how severe the injury is. You might experience:

- Pain, especially when you put weight on the affected foot.
- Tenderness when you touch the ankle.
- Swelling and bruising.
- Limited range of movement.
- Instability in the ankle.
- A popping or cracking sensation or sound at the time of the injury.

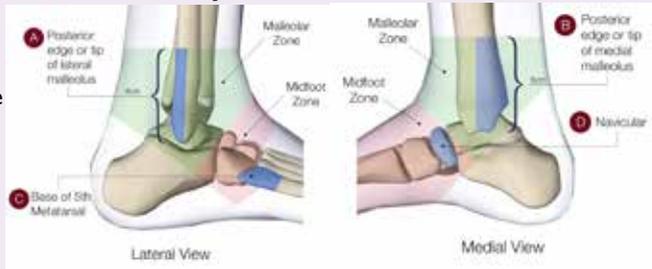
If you believe your injury isn't too severe, you can treat it as a ligament sprain using the **RICE protocol (Rest, Ice, Compress, Elevate)** during the first 2 to 3 days. This helps control swelling and prevents further harm to the joint. However, if you suspect a broken ankle, getting an X-ray is crucial. In A&E, healthcare professionals follow the Ottawa Rules to determine the need for an X-ray.

Ottawa Rules for Ankle X-rays

You should consider an ankle X-ray if there is any pain in the malleolar zone (the bony areas around the ankle) along with any of the following findings:

- Bone tenderness at the lateral malleolar zone A (from the tip of the lateral malleolus to include the lower 6cm of the posterior border of the fibula).
- Bone tenderness at the medial malleolar zone B (from the tip of the medial malleolus to the lower 6cm of the posterior border of the tibia).
- Inability to walk four weight-bearing steps immediately after injury and in the medical department.

Ottawa Rules with Respect to Foot X-rays



A foot X-ray is required if there is any pain in the mid-foot zone and any of these findings:

- bone tenderness at Navicular bone
- bone tenderness at base of 5th metatarsal bone (C)
- inability to weight bear both immediately and in the emergency department.

These rules serve as a guideline when you fear the worst after twisting your ankle or experiencing pain from a direct blow or heavy fall. While no one wants to spend hours waiting for an X-ray, it's crucial to get the right diagnosis if you suspect a broken bone.

Ankle sprains are a common injury, but understanding the symptoms and knowing when to seek medical attention is vital for a swift and effective recovery. Remember, your healthcare provider is there to help you through the process, so don't hesitate to reach out if you have concerns about your ankle injury.

~ David Hanon, Haworth Physio

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In the heart of Oakworth, one of our delivery team members for the community magazine is forging her path in the world of music. Meet Alyssa, a young woman whose passion for the craft of music has set her on an extraordinary course. Alyssa's early involvement in the Oakworth Methodist Pantomime team and KYDZ youth drama groups, developed a love for performing and singing before live audiences.

Alyssa's commitment to her art is unwavering, as seen in her impressive skillset. She nurtured her singing and guitar-playing abilities through a mix of formal lessons and self-guided practice. Equipped with a basic home studio setup, Alyssa has ventured into composing her own music. Her musical influences are as diverse as her talent, ranging from iconic acts like Queen and Freddie Mercury to contemporary sensations like



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Harry Styles and Beabadoobee.

A pivotal moment in Alyssa's journey was the creation and release of her debut single, "A Girl From San Fransisco." Collaborating with Jamie, a local studio owner in Haworth, they meticulously crafted the track. Their hard work garnered attention, leading to an interview and the first radio play of her song on Drystone Radio—a milestone for the young artist.

Alyssa's aspirations include continued music promotion, active involvement in open mic sessions, and membership in the Salts Hub music group. Her future plans encompass pursuing a Music and Production education at 6th form, with an eye on further studies at the university level.

While Alyssa shines as a solo performer, she's also eager to connect with fellow musicians and potentially form a band.

You can now enjoy "A Girl From San Fransisco" by Alyssa Yare on all major music streaming platforms.



Spook-tacular results in our Pumpkin Design Competition!

Thank you to the creative souls and ghouls in our wonderful Worth and Aire Valley community who took part in the competition. Take a look at these fabulous designs that showcase a wide variety of talent, from 3 year olds to (undisclosed and gracefully aging) adults. We were pleased to have everyone participate. Lovely work!

Whilst we originally were going to choose one winner, it became clear that we had too many deserving entries...SO we have chosen to spotlight five of them!

Congratulations to The Winners:



(From left clockwise): Elizabeth Wear's spooky pumpkin drawing, Charlotte Eeles' 3 yr old son with a googly-eyed bat pumpkin, Emily Griggs' Frankenstein themed pumpkin, and brother Ralph with Rainbow pumpkin, and Sarah Granby's folksy pumpkin with witch hat and spider. All will receive a gift voucher from Mrs. Beighton's Sweet Shop in Haworth.



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As social media fragments and algorithms inexplicitly change, traditional printed media from well established and trusted sources is a proven way to reach local audiences. The Aire Valley Mag covers Keighley, Silsden, Steeton, Crosshills, Sutton in Craven and more, while the Worth Valley Mag serves Haworth, Lees, Oakworth, Oxenhope, and beyond; reaching over 20,000 homes and businesses locally, the largest Free magazine of its kind.

Your Ultimate Local Guide

Our magazines are essential resources for residents and visitors, showcasing local shops, services, products, and leisure attractions. They include a local business directory, articles, special features, useful contact numbers, puzzles, an events diary, and community pages - local, local, and more local!

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**Let's make a difference together.
Join us in celebrating
all things local!**

Behind the scenes at the Museum

From the collection

As the frost settles in for the winter, we highlight an item from the collection that served a useful practical purpose for Patrick Brontë in the harsher months, and the friend who gave it to him.

In 1854 Patrick Brontë was gifted a pair of crampons by his friend the Reverend William Cartman, who was prompted to send the crampons during a particularly harsh winter. Mr. William Cartman was the former headmaster at Ermysted's Grammar School in Skipton, and a longstanding friend of the Brontë family, dating from the time when Patrick was perpetual curate at Haworth and William had become curate at Bingley. He frequently attended dinners at Haworth Parsonage and would occasionally be invited to preach at

Haworth and Stanbury. This pair of heel spikes, or 'ice apparatus' as Patrick referred to them, would have been buckled under formal shoes to prevent slipping on the icy cobbles –

a risk local residents will be all too familiar with! This item can be seen on display in the Museum's 'The Brontës and the Wild' exhibition, which runs until 1st January 2024.



Christmas at the Museum

The festive period is just around the corner, and the Museum team are busy preparing to 'deck the halls' for another Christmas by Candlelight at Haworth Parsonage. Here's what we've got coming up:

Thursday Talk: Music on Christmas Morning (Thurs 7 Dec, 5pm. FREE, no booking required.) This talk will examine the impact of Anne's time at Thorp Green on her development as an artist and writer, with focus on her joyful poem 'Music on Christmas Morning'.

Christmas by Candlelight: Late Night Opening (Thurs 7 Dec, 5pm-7pm. FREE to local residents.) The Museum will remain open after hours, showcasing the quiet magic of Haworth Parsonage dressed for the season by candlelight. The Museum shop will also remain open for a spot of shopping! Tickets are not required to access the shop.

Christmas by Candlelight: Brontë Treasures (Fri 8 Dec, 6.30pm. £50 per person.) Join curator Sarah Laycock for an evening exploring some of the Museum's most precious treasures. Includes a glass of sherry and the opportunity to enjoy Haworth Parsonage dressed for the Christmas season.

Festive Ornament Embroidery Workshop (Sat 9 Dec, 10am. £25 per person.) Embroidery experts Davinder and Caroline Madaher will show you how to embroider and applique your very own Brontë Bauble.

Wild Wreath Making Workshop (Sat 9 Dec, 11am – 1pm or 2pm – 4pm. £35 per person.) Join artist Rachel Lee to make your own unique and sustainable Christmas Wreath. All materials and tools are provided. Tickets include mince pies and mulled wine. **For full details for all events and to book, head to bronte.org.uk/whats_on**

Local to the Museum? Residents living in BD20, BD21 are BD22 are eligible for a Local Resident admission rate of £7.50 with proof of address. Tickets are valid for 12 months after issue, meaning you can continue to return and enjoy the Museum as exhibits change throughout the year.

Christmas by Candlelight

Experience the quiet magic of Haworth Parsonage dressed for the festive season, with late events on 7th and 8th December

Find out more and book at bronte.org.uk/whats_on

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Sudoku solutions (see p20)

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4	2	9	5	7	3	8	1	6
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Hake with potatoes, tomatoes, chickpeas, garlic and onion.

This simple dish can be served using cod or haddock, but I prefer it with hake steaks. For a fish dish it is quite hearty and warming, perfect for these autumnal evenings.

Ingredients (serves 4)

- 4 hake steaks
- Sea salt
- Olive oil
- 8 fat garlic cloves, skinned and finely sliced
- 1 Spanish onion, peeled, halved and finely sliced
- 1 teaspoon of smoked sweet paprika
- 1 x 400g tin of plum tomatoes
- 1 x 400g tin of chickpeas, drained
- 400ml chicken stock
- 1 kg main crop potatoes, peeled and roughly sliced
- A handful of chopped fresh parsley

Method

Sprinkle your fish steaks with sea salt and set aside. Warm a few good glugs of olive oil in a large, over a low heat in a heavy flameproof casserole pot, tip in your onion and garlic and soften for ten minutes or so, adding the sweet paprika towards the end of this time if using. Now chuck in your tomatoes, increase the heat and stir to soften and mash the tomatoes against the sides with a wooden spoon for a couple of minutes. Now add your chickpeas, stock and potatoes. Bring to a simmer, reduce the heat and cook for 20 minutes or until your potatoes are tender.

Preheat your oven, 200C (180C if it's a fan oven).

Take a large frying pan and heat another good couple of glugs of olive oil over a medium heat. Wipe your fish dry before adding to the frying pan and cooking for a minute or two on each side until seared a nice golden colour, do this in two batches if necessary to avoid overcrowding your pan.

Once your potatoes are tender, check your tomato sauce for seasoning, adding more sea salt and freshly ground black pepper if you think it's needed. Place your fish on top of the tomato, potato and chickpea mixture and put your casserole in the oven to bake for approximately 10 minutes, though this does depend on how thick your fish is. When your fish is cooked, remove from the oven, chuck your freshly chopped parsley

over it and serve. ~ Martin Lingard

(PS I forgot to photograph it with the parsley!)



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You can volunteer or get paid to deliver the magazine. There are also opportunities for part time roles in digital marketing, and distribution support (see right).

The following Delivery Schedule for the Aire Valley Mag applies to the remainder of the year:

December/January: (combined edition)
Landing between December 1 - 5, 2023

We are looking to expand our reach to new estates as well as adding more locations where people can pick up a copy.

Contact us if you have any queries about distribution or if you'd like to get involved. mail@worthvalleymag.co.uk We appreciate your feedback.

WANTED: Distribution Officer

Part Time | Approx 10 hours per month, 10 months in the year, working between the last and first week of the month. Own car required.

Working in the community in the Aire and Worth valleys where the magazines are distributed, this role is a support to the Distribution Coordinator and entails inducting new distributors, trouble shooting, back checking, filling in distribution gaps, keeping an eye on team members welfare and performance.

This role will suit an energetic person who enjoys directing and motivating others and doesn't mind getting stuck in to resolve either logistical or personnel related problems. If you are a former Scout leader you will most likely have the right temperament! To find out more, or to register your interest, contact liz@worthvalleymag.co.uk
Liz Barker: 07737 274221

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