



# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2024

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October in Yorkshire is a subtle shift into quieter rhythms. The mornings hold a chill that makes lighting the fire a ritual of comfort, and woolen sweaters once stored away feel familiar again. Woodland paths invite slower, reflective walks, where conkers and penny buns hide among fallen leaves. Kitchens fill with the earthy scent of stews, (Martin has shared his favourite oxtail stew recipe on p9). The old superstition about avoiding hedgerow blackberries after September 29th adds a touch of intrigue to this season; I take my chances and inspect the fruit with care before assembling the Sunday crumble. There's a quiet satisfaction in making early festive preparations, and getting jobs done that have been on the 'to do' list. I hope you find your autumnal groove and have a great month.

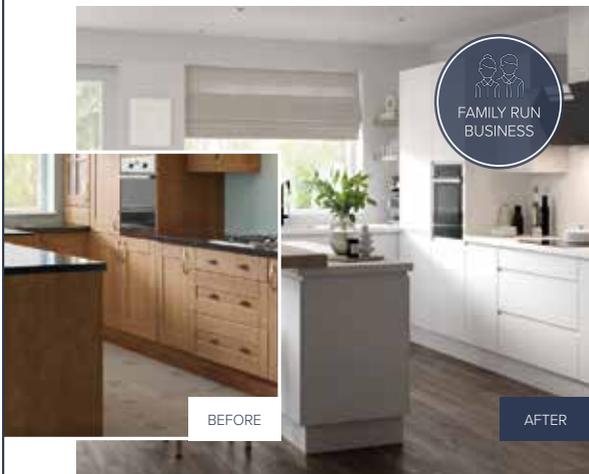


Liz Barker, Editor

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# Wills: Don't put it off!

We don't like to think about wills and death, and we don't like to talk about it to our parents or our children either, but these are conversations that you might need to think about.

Musician Bob Marley died in 1981. He had not made a will. His £20 million estate was claimed by 11-13 children, his widow, members of the Wailers, grandchildren, and business associates. It was finally settled in 2014!

Our lives might not be as complicated as a rock star, but we may have Granny living on her own, and we may have grandchildren around the corner. We might have a new relationship, and there could be children from an earlier marriage. **It is important to think about what you want to happen, and take steps to make it happen.**

- You might want to make sure that all your children get a share ~ *make a will*
- You might want to make sure that your new partner is looked after ~ *make a will*
- You might want to mitigate the impact of care fees ~ *make a will*
- You might want to remember friends and charities ~ *make a will*
- You might want to save tax ~ *make a will*



And we can also talk to you about **Powers of Attorney**. If you were unable to look after your own affairs, who would you trust with your bank account? If you don't choose, it might end up being the brother whom you haven't seen for twenty years. And we can also talk about **Deeds of Variation**. Imagine you are going to inherit some cash from your father, but you don't really need it, and you would far rather help your granddaughter who is about to go to university. You can make a Deed of Variation, so that the money goes straight to her, and doesn't cause you any tax complications at all.

Come and see us if you want a fresh and expert look at your wills. We will listen to you, and make sure your wishes are met.

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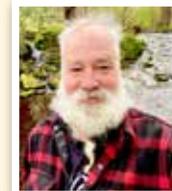
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**Oxtail Stew**  
~by Martin Lingard



As the nights are drawing in, this dish is real autumnal comfort food. If you find oxtail difficult to source or are put off by the bones, substitute beef shin or stewing steak. If you do this, it's important it's in thick slices rather than diced. At least one of the big three national supermarkets in Keighley regularly sells oxtail, as do a lot of the local farm shops. It's very good value. This takes a few hours to simmer and is best cooked the night before eating.

### Ingredients (serves 4)

- 2 oxtails, jointed (about 1.5kg if buying pre jointed) or 1kg beef shin OR stewing steak
- Salt
- Black pepper
- 2 heaped tablespoons of plain flour;
- 4 tablespoons of sunflower oil
- 4 garlic cloves, sliced
- 1 large onion, roughly chopped
- 2 large carrots, sliced
- 2 leeks, sliced
- 2 celery sticks, sliced
- 1 litre beef stock (a couple of stock cubes dissolved in hot water is fine)
- 2 bay leaves
- Small bunch of thyme
- Small bunch of parsley

### Method

Season the oxtail pieces or beef slices well with salt and black pepper then coat with the flour. This is best done by tipping the flour into a large bowl, lobbing the beef into the bowl and giving it a good old mix with your hands. Put half your oil in a large stovetop casserole dish and place on a high heat.

When hot, fry the oxtail

pieces in batches until well browned, remove onto a clean plate and repeat until all your pieces are browned. Add the rest of the oil and chuck in the garlic, onions, carrots, celery and leeks. Lower the heat and fry until the vegetables are softening and browning, stirring frequently. Now tip in the flour you have left from coating your beef and stir well to mix before gradually pouring in your beef stock, stirring as you go. Bring the liquid to the boil then reduce to a gentle simmer before gently returning your beef to the pot. Add the herbs and season with salt and pepper to taste. Cover with a well fitting lid and cook very gently on the lowest heat possible for 3 hours. If cooking the night before, after 3 hours turn off the heat then leave to cool before covering and refrigerating. Remove the layer of fat before reheating gently back to a slow simmer. Now carefully remove the pieces of meat to a clean bowl with a slotted spoon, remove the herbs and discard. Now using a hand blender (or a potato masher!) blend the sauce until it becomes a thick, uniform gravy or sauce. Return the meat to the pot to heat through before serving. I like to serve this with plain boiled potatoes and kale or savoy cabbage.



Ordinarily, at this time of year, we get to enjoy a bit of calm between the rigours of running seven days per week and before we enter our Autumn events programme. However, this year has been very different because we have been working on our most ambitious civil engineering project since we reopened the branch line back in 1968, with the replacement of "Bridge 27". The Bridge takes the main line across Bridgehouse Beck at Haworth, which is critical to the operation of the Railway. The work involved removing the old bridge and the abutment under it and then craning the new bridge into place. Our sincerest thanks to Wyedean Weaving for permitting us to use their car park for the lifting operation and to the local residents during the project, particularly when roads had to be closed whilst the crane and bridge structure made their way through the village. Regarding funding, we are very grateful to the Government's Community Ownership Fund's award of £1m toward the work and to the Friends of the Keighley & Worth Valley Railway for a grant supporting the replacement. There has been a team of volunteers working for months and months on the preparation and planning for replacement, and you will have seen them hard at work in recent weeks whilst the replacement work has been ongoing. The meticulous planning was proven so worthwhile when the bridge was lifted into place on time and budget, exactly in accordance with the plan, thanks to the leadership of our Chief Civil Engineer, James Barlow. It's been a mighty team effort that helped secure the future of the railway thanks to this investment.

After all that, you might think we deserve a break... but it's only a matter of weeks until our ever-popular Beer & Music Festival that runs from 17th-20th October. This year, we are thrilled to announce a series of Halloween-themed events with the Spooky Express from the 29th to the 31st of October and the full-on Scare Train on the evening of the 31st of October. We can't wait to share these thrilling experiences with you. Ride with us if you dare...

Another new event is an Autumn Steam Up, 4th-6th October, when we welcome a visiting engine to the line to help us celebrate the success of the bridge replacement project and help make up for the few weekends during the work when we were unable to run a steam-hauled service.

I can't forget Christmas... Our Elf Explorer and Festive Flyer services are proving very popular, so please visit the website to book your tickets to avoid disappointment. Also, check out our brand new event, 'A Christmas Carol'!

I am incredibly proud of what we have achieved with the replacement of Bridge 27, and I do hope that you will join us on board soon to recognise the success of the project team.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

# DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

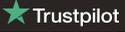


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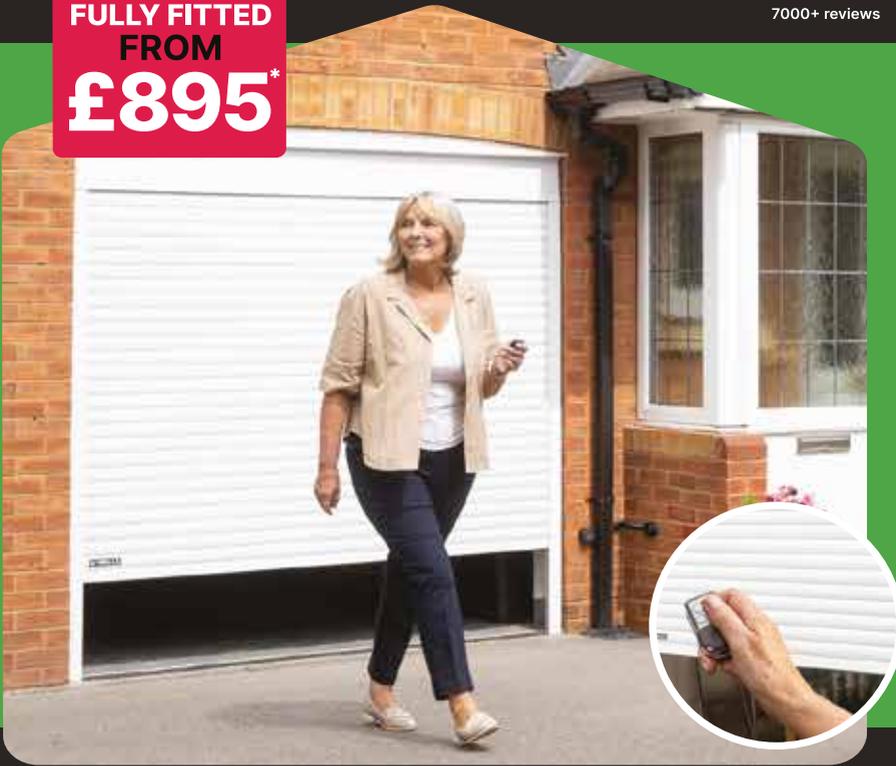


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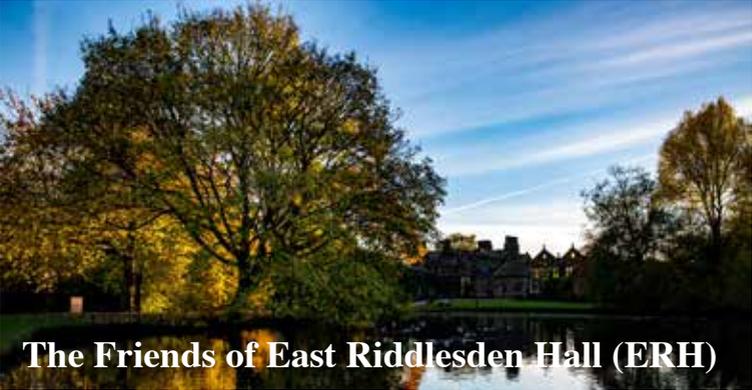
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is to have fun while raising funds for East Riddlesden Hall. Membership is £15 for the whole year – Speaker Meetings are free to members: £6 to non-members. There are refreshments - tea/ coffee and homemade biscuits plus a raffle. NB: The Social, and meals out, are extra.

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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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## BEHIND THE SCENES AT THE MUSEUM

After the busy summer period, school holidays, and the Brontë Festival of Women's Writing, here at the Museum we can hardly believe how quickly autumn has come around! This is a season Haworth wears well. The fiery leaves bordering the cobbles and churchyard... the bright, autumnal decorations popping up in windows along Main Street... and the wuthering weather which brings the moors to life.



Traditionally, this is the time of year when we begin to hunker down. As the nights drew in, generations gone by would while away colder, darker evenings with storytelling and music – and it's this spirit that we're bringing to the Parsonage over October half-term.

We're welcoming our **Storyteller in Residence, Sophia Hatfield**, back to the Servants' Room on **Thursday 31 October**. Along with her violin, accordion, and assortment of household props, Sophia will transport you to a time of bogbarts, witches, and trickster fairies, drawing inspiration from the folktales the Brontës were told as children.

Things will get atmospheric in the churchyard on **Friday 1 November**, when our expert guide, Stuart, will let you in on a few **secrets of Haworth's past**. Local beliefs, customs, and stories all played a part in bringing communities together in these cooler months, so join us to get in the autumnal mood. Throughout the week, we'll also have **activities, trails, and crafting**

for children (and adults!) in and around the Museum. It's part of the **Bradford Family Learning Festival**, taking place across half-term all over the district. Take a look at [itsoninbradford.co.uk](http://itsoninbradford.co.uk) to see what else is happening nearby.

**Local residents always enjoy concessionary prices on Museum tickets – and children 11 and under go free!** Once you have your ticket, it's valid for a whole 12 months, giving you access to all our 'free with entry' activities and talks throughout the year. Keep an eye on our website – [bronte.org.uk](http://bronte.org.uk) – for more information, dates, and times. We hope to see you here to welcome in the new season!

Brontë Parsonage  
MUSEUM

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As our reputation grew, so did we. Moving to larger premises on South Street and eventually settling back on Marley Street, our current location is now a familiar and trusted fixture in Keighley. With a team of 27 permanent staff – no subcontractors – we ensure consistent quality in every project.

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**Every Monday to Friday Dementia Friendly Keighley 10am - 4 pm**

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**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 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](mailto: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 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 10.30am - 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.

**Wellbeing Wednesdays 1 - 2.30pm Cliffe Castle Park, Keighley** (term time only) Wellbeing group for adults relaxing, nature walks in the park, nature, arts & crafts, campfire cooking, tai chi, yoga, photography and much more.

**First Weds of every month 2 - 3.30pm Connections Bereavement Support Group** the Restaurant at Airedale Hospital.

**Coffee Morning every 4th Thursday of the month 10am to 12pm** at Keighley New Church, Braithwaite Road, Keighley BD22 6PX. All are welcome.

**Every Thursday 2-3pm £5 SENIOR GENTLE EXERCISE CLASS** (term time) at **East Morton Institute**. Suitable for any ability & can even be undertaken whilst sitting should you feel you wish to.

**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](mailto:helen.timeforme@gmail.com)  
**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.  
**Every Friday 9.30am - 11pm Adult & Toddler Play Sessions** (term time) £4 at **East Morton Institute**.

**Tues 1st Oct Yorkshire Country Women's Association** at The Methodist Chapel, West Drive, Oxenhope Denise Adlard (Retired Nurse) Bedpans and False Teeth  
Sat 5th - 30th Oct. Autumn Leaves Trial at East Riddlesden Hall.

**Fri 11th - Sun 13th Oct Haworth Steampunk Weekend** FREE ENTRY TO THE MARKETS with free weekend entertainment throughout the village,  
**Fri 11th Oct 7pm at Christ Church, Colne Road, Oakworth** BD22 7PA.

**Harvest Ceilidh**. With live music from the Phoenix Ceilidh Band. Tickets include pie & pea supper (veggie option available). Tickets are £15 adult, under 16s £10 and can be purchased online at [www.ticketsource.co.uk/christ-church-oakworth](http://www.ticketsource.co.uk/christ-church-oakworth)

or phone Dawn on 07714436266.

**Sat 12th Oct 7.15pm Kdztheatre Annual Concert at Oakworth Methodist Church** [www.keighleyyouththeatre.co.uk](http://www.keighleyyouththeatre.co.uk)

**Sat 12th Oct Apple Festival at East Riddlesden Hall**

**Sat 12th Oct Sue Ryders Starlight Hike Walk** 5K or 10K enjoy fantastic entertainment on the Starlight Express train ride whilst raising funds for Sue Ryder

**Thurs 17th - 20th Oct Keighley & Worth Valley Beer Festival**

**Sun 20th Oct Train rides for all the family. Miniature trains running at Marley sports field approx. 12:30 until approx. 17:00.**

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**Sun 20th Oct 12 noon Scarecrow Festival Event at The Country Manor, Lees Moor, Bingley Road, Keighley, BD21 5QE**

**Sat 26th & Sun 27th Oct 11am - 5pm Saltaire Makers Fair at Victoria Hall Saltaire**

**Sat 26th Oct The Gin Train on the Keighley & Worth Valley Railway**

**Sat 26th - 30th Oct Half Term Pumpkin Trail at East Riddlesden Hall.**

**Sat 26th Oct - 3rd Nov Half Term Happiness on the Keighley & Worth Valley Railway.**

**Tues 29th - 31st Oct Spooky Express on the KWVR.**

# WORTH & AIRE VALLEY MAGS

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

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



## Nipping at the heels? - plantar fasciitis explained

by David Hanson, Haworth Physio

The human foot is quite an invention! Made up of 26 bones, 33 joints, 107 ligaments, 19 muscles and numerous tendons, it is both complicated and simple. Complicated in design but simple in performance, it balances our body weight as we walk, run or stand. Your feet are in constant communication with your brain. The foot is the major sensory organ of the proprioceptive system and each foot is packed with around 200,000 nerve endings. These nerve endings make our feet incredibly responsive and relay detailed information to our brain about everything from pressure to temperature, which is then translated into skilful and effective movement.



Plantar fascia pain tends to increase gradually and is typically felt near the heel. Sometimes the pain can be sudden, occurring after missing a step or jumping from a height. The pain tends to be worse in the morning when you get out of bed and take your first few steps, or after other periods of inactivity. It is not always obvious what has caused this onset of pain in your plantar fascia. However, some of the known risk factors for developing this problem are:

- if you are aged 40 to 60
- if you recently started exercising on hard surfaces
- if you exercise with tight calves or stiff Achilles tendons
- if you have started doing a lot more walking, running or standing up than normal
- if you wear shoes with poor cushioning or support i.e high heels, flip-flops, plimsolls
- if you are very overweight.

Various conditions and types of injury can affect our feet and due to the amount of nerve endings in our feet they are often very painful and debilitating. One such painful condition is plantar fasciitis. As a medical term, the suffix 'itis' simply means 'inflammation of'. Therefore, the term plantar fasciitis simply describes inflammation of the plantar fascia.

The plantar fascia is a thick, weblike ligament that connects your heel to the front of your foot. It acts as a shock absorber and supports the arch of your foot. The plantar fascia experiences a lot of wear and tear and increased pressure and strain on the ligament can cause damage. The plantar fascia becomes inflamed and the inflammation causes heel pain and stiffness.

To help reduce your pain you should apply ice to the affected area to reduce the inflammation, stretch the plantar fascia, Achilles tendon and your calf muscles and wear shoes with good arch support and a cushioned sole to minimise the stress on the plantar fascia. You may also find that the anti-inflammatory effect of Ibuprofen can help to reduce your symptoms. Contact your GP or Physical Therapist if symptoms persist.



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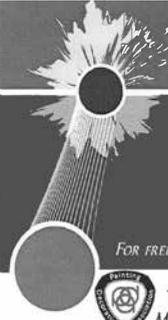
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The Shining (1980)  
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OCT – JAN

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Mon 30<sup>th</sup> Dec 1:30pm

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Mon 27<sup>th</sup> Jan 1:30pm

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Mon 24<sup>th</sup> Feb 1:30pm

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1	4		8					9
5		9						
			1		6			
		6	5	7	9			
	2					6		
	6	3	4	1				
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## Sudoku solutions

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

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