

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2019



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Easter is on the horizon. Many people take the time to have a clear out and spruce up. Spring cleaning comes in different forms. Beth Cunningham has her own unique take on the subject; see page 18.

I suppose, for those who start running in the spring, it is a kind of purge and cleanse for the body. Haworth Physio, David Hanson provides tips for the seasonal jogger; page 24.

The benefit of keeping a clear, healthy mind, free from anxiety, is not to be underestimated. Hypnotherapist Sharon Thompson reminds us to Choose our Thoughts with Care.

And finally, some good news for Haworth as the former Visitor Information Centre is given a new lease and purpose. Read more on page 12 and have a lovely Easter and a great month!



Editor Liz Barker

STAND UP: MATT RICHARDSON

Saturday 18th May 8pm
(doors open 7.30pm)

Multi-award-winning comedian and host of the Virgin Radio Drivetime Show Matt Richardson is one of the most exciting names in stand-up. He's hitting the circuit with some fast-paced, high octane stand-up, delivered with his usual inimitable style. "Sharp, funny and warm" - Heat Magazine

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Say you saw it in the Worth Valley Mag!



We've had sleet showers, heavy rains and gales... but still the trains keep running thanks to the dedication and commitment of our hundreds of volunteers and small complement of staff. Lighting up the locomotives and warming the carriages begins in the very small hours of the morning and takes several hours whatever the weather, and it's even earlier when running the many steam engines and trains that we did over the Steam Spectacular weekend in early March. We had a great turnout at the special event despite the rain, hail and sleet, and our passengers most definitely appreciated the steam-heat on board.

As we turn to the warmer months (please!), we get ready to start our full programme of events for the main season, with Prosecco 'Sparkle & Steam'; our ever-popular Haworth Haddock fish and chip supper services. Our 'Diesel and Mixed Traffic Gala' runs May 3rd to 6th, with a number of planned diesel locomotives visiting including the iconic 'HST 125' prototype. Our Wednesday diesel service has now commenced, meaning you can join us for a very different view of the line as you travel in one of our heritage diesels. There is also plenty of work going on behind the scenes and we currently

updating our 10-year maintenance and overhaul spending forecast for the Civil Maintenance (ie track, bridges and infrastructure) and Mechanical Engineering (ie locomotives, carriages and wagons) departments. We are operating a railway that is over a century and a half old, and our locomotives have run for fifty years in preservation, so maintenance is not cheap. To replace a bridge, example, takes several years' planning and hundreds of thousands of pounds on the work itself as well as hours and hours of volunteer effort on the design, planning and execution of the project. With a programme that is likely to cost well over £1m, your support is vital. You can help directly by making a donation, of course, but also by purchasing tickets to travel on any of our usual operating days (every weekend and daily from the end of May to early September) and special events. We would also welcome your support by you offering to volunteer, whether you want to train to work on the front-line operation in the stations, on the train, in the shops or buffets; or in any one of the many behind-the-scenes roles, which range from business administration and finance right through to various engineering and maintenance duties.

For full details of how to get involved, as well for timetables and fares, please visit

www.kwvr.co.uk



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BEHIND THE SCENES AT THE MUSEUM: Celebrating Patrick



I'm writing this the day after our special celebration of Patrick Brontë, held at Haworth's Old School Room. The father of the Brontës was born in Ireland on 17 March, 1777 and with St Patrick's Day falling on a Sunday this year, we were offered the ideal opportunity to share the occasion with members of our local community. The Old School Room, built by Patrick in 1832, provided the perfect setting for the afternoon. Patrick was a passionate social campaigner and locals and visitors alike gathered to discuss what he would be concerned about today while they enjoyed free-flowing tea and cake. Some thought he would be running a food bank, or campaigning to save the NHS. Others believed he would feel passionately about access to libraries and the arts, and seeking new ways to overcome isolation and loneliness. Our community history project, 'A strange land?': Haworth in the time of the Brontës offers a chance for us to contribute

towards the latter and we launched it yesterday with the help of local historian Steve Wood. We're inviting local residents to come together on a shared mission to find out more about the history of our town and the lives of the people who lived here while Patrick did. The project is open to all, so you can take part as an individual, a family, a school, a business or a community group. There are endless ways to take part: if you live in an old property you can research your house and its occupants; you can delve into your own family tree if your descendants are from Haworth; you can adopt a character or a business to research, or you can investigate what it was like to be a child in the time of the Brontës. It's not too late to get involved, so please get in touch!

We also believe that Patrick Brontë would have been an advocate for Fair Trade. With this in mind, we organised a walk from Thornton to Haworth in partnership with Bradford Fair Trade Zone and we were joined mid-afternoon by those that had stepped out on the nine-mile journey into a stiff March breeze. The hardy walkers (including one dressed as a banana) were rewarded with tea and a slice of a beautiful cake baked especially for the occasion by celebrity baker and Brontë fan Sandy Docherty.

Attendees of the day were also treated to a reading by our 2019 writer in residence Zaffar Kunial. Zaf will be working with Parsonage colleagues throughout the year exploring themes of heritage and identity, pertinent to Patrick's Irish roots. There'll be more from Zaf later in the year, and we look forward to sharing details with you soon.

Rebecca Yorke

April at the Brontë Parsonage Museum

Easter is coming! Whether you are 3 or 103, our school holiday activities have something for all the family. Come and join in the fun!

Fancy a quieter visit? Our **Late Night Thursday** returns on 18 April. Entry is free 5.30-7pm for people showing proof of residence in BD22, BD21, BD20 or Thornton, offering the perfect opportunity to learn about one of Yorkshire's most famous families.

For more information, visit www.bronte.org.uk/whats-on or sign up for our e-newsletter.

We look forward to seeing you soon.



Brontë Parsonage
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Established in 2012 and now in its seventh year of operation, Davies Lettings has a significant portfolio of properties under management and recently opened a new office in Keighley on North Street. "It felt like the right time to move to the town centre and increase our profile," explained Jason Davies, founder and owner. "Catherine Lawless has joined the team and is making a great contribution helping to drive the business forward."

Big enough to cope, small enough to care is Davies Lettings' motto. Personal attention is given to each client and the team takes pride in providing solutions and best outcomes for everyone concerned. Furthermore, with SafeAgent status, Davies Lettings hold the trust of hundreds of customers, with a proven track record; that counts for a lot.

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Karen Glover, HR & Accounts Manager
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INTRODUCING PENNYBANK HOUSE

A place where community counts

Haworth's former Visitor Information Centre has new tenants and a new purpose.

Since its closure earlier this year, many have wondered what the future will hold for the old Visitor Information Centre (VIC) at the top of Haworth's Main Street. This iconic building has held a very special place in the daily life of the village for at least 180 years. Although a very familiar sight, not everyone knows much about its history.

Just a few years after Victoria became queen, the building was used in the 1840s as the Mechanics' Institute; an educational training centre delivering the specialists needed to power the Industrial Revolution. Later in 1894, the Yorkshire Penny Bank, the world's first mutual finance society which had been founded in Halifax, converted it to a bank to serve the village. It was the Penny Bank that added the ornate roof. Later, the Bronte Society, previously founded in 1893, housed its first museum on the upper floor of this building before moving into the Parsonage in 1928.

With the withdrawal of Visitor Information services, a group of local residents and businesses, with the support of the owners, the Holmes/Shuttleworth family, have cooperated to create a whole new lease of life for the building. Reflecting the history of the building and acknowledging the central contribution to the life of the village it has been named, **Pennybank House**. Pennybank House will host a collection of commercial and not for profit entities, establishing a solid sustainable basis for the future. Together they will collaborate to provide a range of activities relevant to the social and commercial health of the village.



Photo: John Sargent

The building will host a new community radio station, to be called **Worth Valley Community Radio, (WVCR)**. This exciting venture has been made possible due to the generous ongoing technical expertise and support of the Skipton based **Drystone Radio**.

Local residents Liz Barker, Paul Darley and Tracey Darley have started a new venture that will occupy a large portion of the building's upstairs space. It will be a flexible and adaptive Meeting and Eventing venue. Liz Barker, who also owns **Worth Valley Mag** will be transferring some of her activities, which will go 'multi media' with the assistance of the radio.

There are plans to create a community **"Makerspace"**. In a Makerspace members of the public are given access to facilities and training to learn to make pretty much anything they might set their minds to; whether small simple expressive art/craft items, or more complicated electro-mechanical robotic devices.

It is anticipated that some of these items could be sold in the ground floor on-site

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retail shop which will be managed by Jill Ross, from Cobbles and Clay who will be leaving her other business, Daisy Days to do this. This shop will also sell regionally produced, artisan and Fair Trade products. Pictured below, some of the new tenants with the owners of the building: John Sargent, Christian Holmes, Judith Clark, David Holmes, Liz Barker, Tracey Darley, Michael Ross, Paul Darley.



Photo: John Sargent

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Cinnamon rolls

Cinnamon rolls are a firm family favourite in our house. They are one of only a few breakfasts that everyone in our house gets excited about. On cold, chilly mornings, they are especially comforting and the smell as they bake can coax even the sleepest of children out of bed.

This recipe is surprisingly easy to make, and the kids love getting involved with making and kneading the bread. I prefer to make the dough, knock it back, then cover with damp cloth and leave in the fridge overnight and assemble in the morning. However, you can make them the evening before and cover with a damp tea-towel and leave in the fridge overnight ready for the morning (they may rise slightly in the fridge).

Ingredients

Dough

- 500g self-rising flour
- 1 pack fast-acting yeast
- 4 tbsp golden caster sugar
- ½ tsp table salt
- 225ml room temp water
- 100ml room temp oat milk (or whatever milk you use)
- 3 tbsp olive oil

Filling:

- 2/3 cup dark brown sugar
- 1 ½ tablespoons ground cinnamon
- ¼ cup unsalted vegan spread, softened

Frosting (optional):

- 3 tbsp cream cheese (I used vegan)
- 2 tbsp plain Greek-style yogurt
- 2-3 tbsp of maple syrup or icing sugar
- Splash of vanilla bean paste or pure extract
- Preheat oven to 350 degrees F.

Mix flours, salt, sugar, yeast together. Add oil (2 tbsp), milk and water and mix together until it's a sticky ball, then turn out onto a floured surface and knead for 10 mins. Place in oiled bowl, coat the dough in oil and then cover with a cloth and leave somewhere warmish. After 4 hrs it should have doubled in size. Knock it back by kneading on a floured surface, then roll out into a 14x9 inch rectangle.

Mix together the brown sugar, cinnamon and butter. Spread mix over the dough. Tightly roll out the dough, then cut into 1-inch sections with a serrated knife making approximately 9 large pieces.



Yorkshire born and bred, Amy Firth lives in the Worth Valley with her partner, 3 kids, Murphy the dog and several rescue hens. A life-long advocate for fairer food and farming, Amy is always in search of great veggie and vegan recipes which she shares on her Instagram page: @amy_firth78

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MAYBE IT'S JUST ME by Beth Cunningham

April already. Can I leave it any longer to clean out my kitchen cupboards? Like Bob the Builder, yes I can.

Cupboards come with doors. These can be closed. Mess can be ignored. And as all I know, or want to know, about cooking can be written on a sugar lump, there is no need to linger in the kitchen for longer than it takes to boil a kettle or heat a can of baked beans. Hey! Do beans need to be heated, when they can be eaten as they are, with a spoon? (Note to the manager of Spar, Haworth. Thank you for taking pity on the sad singles out here and starting to stock small cans of beans again after a bit of a gap.)



Denial cannot be kept up indefinitely, although it has worked for me over many years. Sooner or later, like squirrels coming out of hibernation, we must emerge blinking into the sunlight to take responsibility for the chaos of our lives.

And there to greet us will be an army of experts. It is no longer enough to spring clean, tidy up and send a bag of stuff to a jumble sale. We need help and advice.

For half a century, I foolishly thought that it was fine to lay my t-shirts flat in a drawer. Now I discover that they should be stored vertically - just when I am starting to consider it an achievement to reach the end of the day having remained upright myself.

And socks. By making a ball of each pair, rather than folding them in a special way, I am dramatically shortening their lastability. Folding socks is a concept so ridiculous that it is unworthy of debate. And in an average week, weighed down by fears of war, global warming and whether Donald and Melania will suddenly drop in at the Bronte Parson Museum, how likely is it that I will break off to worry about how long my socks are going to survive?

If the lifespan of my hosiery ever becomes that important, I will seriously consider shortening my own.

Admittedly, some things are best left to the experts. I would be reluctant to remove my own appendix. But I think I can cope with drawers and cupboards.

Once I coax myself into the kitchen, I intend to devise a clever technique to stack cans of baked beans in pyramid formations. Someone is sure to offer me a TV series.



Beth Cunningham was brought up in Rawdon. She left Yorkshire to work for newspapers and magazines on Merseyside and in Wales, the Middle East and London, where she also wrote and performed stand-up comedy. She now lives in Haworth, is a life member of the Bronte Society and writes short stories.

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Say you saw it in the Worth Valley Mag!

An historic charity offers grants to help students with their education. **The Harehills Foundation Trust** provides assistance to people living within the area of the former Oakworth Urban District Council. It excludes the ex-Laycock ward and parts of the old Oldfield and Stanbury ward outside Oakworth parish. **Send applications to the Trust Clerk at Oakworth Primary School, Station Road, Oakworth. BD22 7HX by April 26th 2019.**

Every Monday 11 am - 12 pm Walking for Health. Meet at **West Lane Baptist Church, Haworth** and do a circular walk for an hour.

Every Friday 10 am to 12 noon is Shed Group at Oakworth Village Hall. Building, DIY, Woodwork, Gardening. Want to learn a new skill? More info call 01535 677177.

Mondays 1 - 3pm Tea Dance at the Civic Hall, Civic Centre Keighley £2.50 inc tea & biscuits. **Everyone Welcome**

Oakworth Young at Heart meet every Thursday 1-3pm at **Holden Hall.**

3rd Monday of every month 1.30pm - 3.30pm Keighley Healthy Living run a **Wellbeing Cafe** for people with mild to moderate health needs and their carers. Afternoon tea with live music, fun, friendship for older people. **Central Hall, Alice Street, Keighley.**

Haworth Senior Citizens meet every Wednesday 2-3pm at **West Lane Methodist Church.** Friendship, activities, speakers, outings.

Every Tuesday 12.15pm **Oakworth Senior Citizens Luncheon Club** at **Oakworth Methodist Church.**

Feb onwards Patrick Bronte In Sickness and in Health a new **Exhibition at The Bronte Parsonage.**

Feb onwards Old Haworth in

Pictures Exhibition at The Bronte Parsonage

Every Sunday until 12th May Haworth Games Cafe 2pm - 5pm at West Lane Baptist Church, Haworth. All Welcome, join us for fun and refreshments and play your favourite board games or just come and have a chat and a cuppa coffee. **Thurs 4th April 7.30pm Yorkshire Country Womens Association Worth Valley Branch in the Community Centre Oxenhope.** Cake Decorating Demonstration by Andrea Halliwell.

Fri 5th April 7pm Firth's Boutique Fashion Show at Laycock Village Hall. Tickets available from Firth's Haworth or call 01535 643800.

Sat 6th April 11am - 3pm Haworth Artisan Food & Drink Market at The Old School Rooms In support of Manorlands Hospice.

Sat April 6th 10.00am - 12.00pm Operation Oakworth Collect your litter picking kit at 10.00 am from Christ Church, Colne Rd. Volunteers meet back at the Church for post clean up refreshments and to return equipment from 12.00pm. Litter pickers, gloves, bags and hi-vis vests are all provided.

Sat 6th April 2pm Imagined Worlds & Magical Beasts at Bronte Pasonage Museum. Writing Workshop with Liz Flanagan. Tickets £5 Book in advance.

Sun 7th April 7.15pm Oxnop Singers Spring Concert at Oxenhope Community Centre, Hebden Road, Oxenhope.

Songs from the hit musicals *The Greatest Showman*, *La La Land* and *Les Miserables*, plus English folk songs and even a version of the Status Quo song *And It's Better Now*.



Oxnop Singers will be accompanied by Hebden Bridge Junior Brass Band. For further info contact nick.robinson17@btinternet.com or Helen McClorry at oxnopsingers@gmail.com

Weds 10th, 17th & 24th April 11am - 4pm Wild Wednesday at Bronte Parsonage Museum.

Fri 12th April Haworth Cinema at West Lane Baptist Centre 7.30pm Stan and Ollie (PG).

Sat 13th April 10 am - 12 noon Exley Head Chapel Annual Spring Fair amongst the stalls will be bric-a-brac, jewellery, books, gifts & a Body Shop stall. Coffee and home made cakes Everyone welcome.

Sat 13th April 2pm Haworth Tennis Club will hold its **Annual General Meeting at the Old Police Station House, Mill Hey, Haworth, BD22 8NA.** All members and any potential new members welcome. Any items for the agenda, please inform Jens or Andrea Hislop. Tel. 644444.

Mon 15th - Sun 28th April Easter Holidays on the KWVR

Thurs 18th April Oxenhope Gardening Club 7.30 pm at the Oxenhope Community Centre, Shaw Lane, Oxenhope The speaker will be Martin Ogle, Head Gardener at Lowther Hall gardens, Cumbria. Martin will be talking about the 20 year project to restore the gardens, which date back to the 17th century. Non-members can buy a ticket at the door. www.oxenhopegardeningclub.co.uk

Thurs 25th April Oxenhope Antiques & Collectors Society 7.30pm at Oxenhope Community Centre, Shaw Lane, BS22 9LH. Speaker: Noel Moroney - *Why Do We Say That?*. For more information contact



Christine on 07974 785489 **Fri 26th April Haworth Cinema at West Lane Baptist Centre 7.30pm Green Book (12A).**

Fri 26th until Sun 28th April Haworth Beer Festival at The Old School Rooms, Haworth Sat 27th April 9am - 12 noon Lees Cum Cross Roads Village Association Car Boot Sale held in field adjacent to the 3 Acres pub, Bingley Road, Lees Moor, Keighley BD21 5QE. No need to book just turn up £6 to £8 per van/car & trailer. Toilets, food & car parking available. The car boot is to raise money for the Village Gala, Christmas tree/lights and to improve the village.

Sat 27th April 8pm Soul in Haworth at Parkside Social Club Haworth

Fri 3rd to Mon 6th May KWVR Diesel & Mixed Traffic Gala. Sun 5th May Tour de Yorkshire Oxenhope, Haworth, Oakworth, Mon 6th May until Sat 11th May The Dresser at Keighley Playhouse.

Tues 7th May 7.30pm Cross Roads & Lees Church & Chapel Ladies Group at St James' Church Hall, Cross Roads Children's Favourites the 1950's Speaker Malcolm Johnson.



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CHOOSE YOUR THOUGHTS WITH CARE

Anxiety for some can be a crippling illness which means that leaving the house is out of the question, whilst for others it can happen only before certain events such as boarding an aeroplane, and for some it can mean an underlying level of heightened vigilance whilst they can still go about their daily lives, but perhaps not sleep so well.

Anxiety comes in many forms but what is it? Well, in simple terms, anxiety can be seen as a collection of negative thought patterns which can result in physical symptoms and feelings. Once these negative thoughts have got their claws into us they can become very obsessive in our minds; we go over and over the same scenario in our heads adding to them as we go.



There are reasons for this negative primitive pattern of thinking. Back in our caveman days we needed to know if there was a wild animal prowling outside our cave, and if there was, we needed to be fairly obsessive about it and assume the worst which would trigger our fight or flight response. It was a real danger.

However in the modern world our worries are very different. We are far less concerned with our immediate survival needs but the primitive parts of the brain don't know this. Those lucky cavemen certainly didn't have 24 hour access to news channels and social media which would have meant that not

only did they worry when the wild animal was outside their cave, but also when it was outside their neighbours caves and all of the other caves in the world. This would have been overwhelming and a fairly miserable existence.

It is the same today; if we become overwhelmed with negative thoughts and feelings then we don't feel very happy or productive in life.

So choose your thoughts with care. Choose to actively limit the amount of negative input that you allow yourself to take on and choose to focus on the good things in life, the stories that make you feel good, stories of success. Look back on the things that made you feel good in life and the things that you are looking forward to in the future. The more thought energy you can put into the positive side of life, the better your life will be.

You and only you can allow thoughts to live in your mind.

Sharon Thompson

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ARE YOU READY TO RUN? by David Hanson



Spring is here! The clocks have gone forward, the evenings are getting lighter. This change heralds the emergence of the 'seasonal jogger' embarking on their quest to getting fitter and shed a few of the pounds that have crept on due to some of the excesses of the winter. If this is you, and you're about to dig out the running shoes, you should take a few steps to ensure you don't end up with an injury that prevents you from running.

There are many important factors in remaining injury free. If you haven't run in a long time you will need to get yourself 'run ready'. With any fitness or strength training program you should allow the body to adapt to the changes by undertaking a structured and progressive training regime. A sudden spike in the intensity and/or the duration of training sessions often leads to injuries. Many people use the 'Couch to 5k' training plan that is freely available on the internet as the basis for their training. Research shows that this very gradual approach to progressing your running leads to a decrease in the risk of sustaining an injury.

The important muscles that are activated

when you run need to be strengthened in order that they can cope with the new demands that are about to be placed on them. The obvious muscles to strengthen are the major muscle groups in your legs: the calf muscles, your hamstrings and your quadriceps. However, an often neglected muscle group are the gluteal muscles or the buttocks – especially two small but very important muscles called the gluteus medius and gluteus minimus which are located on the outside of your hips. These two muscles, often overlooked in favour of the powerhouse that is gluteus maximus, stabilise the pelvis when one foot is raised off the ground during the push off phase of running and as you land on one foot following a period of flight when both feet are off the ground. Without the ability of gluteus medius and minimus to stabilise our pelvis during running, excessive rotational forces will occur which may eventually lead to injuries of muscles and joints further down the kinetic chain.

Strengthening of our leg and gluteal muscles should ideally be done before we start to run and you don't need to be a member of a gym to do the exercises involved. Squats are a great exercise to strengthen the hamstrings, quadriceps and the gluteus maximus. Gluteus medius and minimus can be strengthened by doing a variety of single leg stance exercises. Heel raises strengthen the calf muscles.

If you require any advice on how to stay injury free or you're unsure about how to perform some of the exercises prescribe, speak to your physio. Remember prevention is better than cure!



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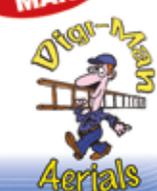
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Yorkshire Loft Ladders, Quality You Can Trust



These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it

all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality,

Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers

are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

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