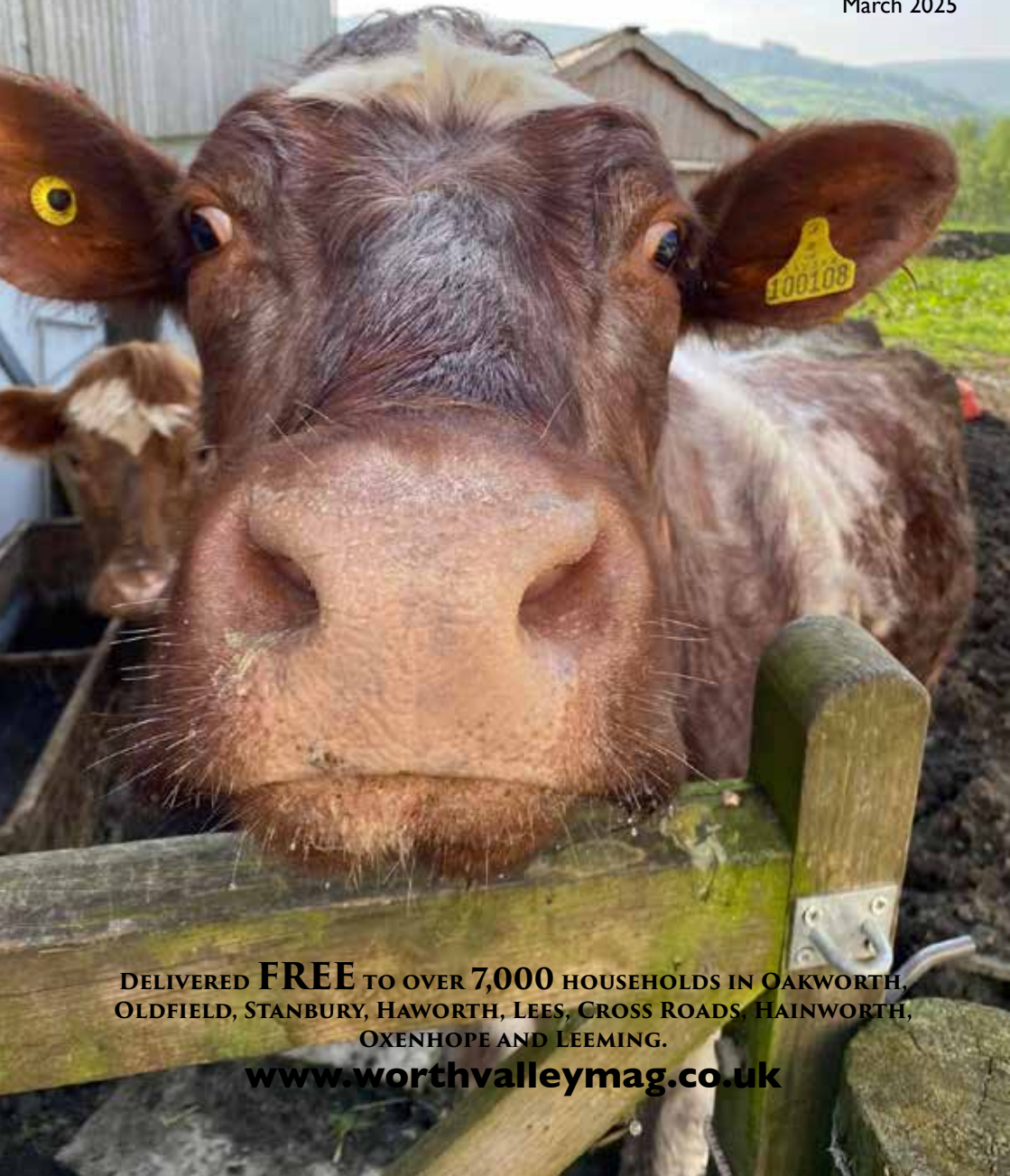


# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2025



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**Moo-ving into March...**  
 This month's cover star is a curious resident of Marsh Top Farm, reminding us to take a moment to smile—and maybe even stick our heads out to see what's happening in our community. Marsh Top Farm not only cares for its animals but also contributes to this magazine and our local economy, just like every advertiser inside. When you use these pages as your 'go-to' directory, you're supporting your neighbours.

Looking ahead, Science Week brings an exciting event on March 9th at Haworth Village Hall, where Space To Inspire hosts a hands-on STEM open day (details on p.5) A great opportunity for all ages to explore, learn, and maybe even discover the next big idea. There is also an opportunity to view the plans for the latest developments at Haworth Village Hall on Butt Lane.

Enjoy the read—and don't forget to look up, look around, and stay curious.



Liz Barker, Editor



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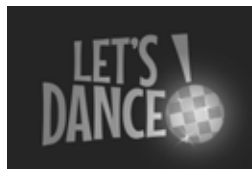
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Did you know, **The Tea Dance at The Civic Hall** in Keighley is the last weekly sequence dance in

Keighley? We're excited to announce we are supporting **Let's Dance! on Monday March 3rd 2025, 1-3pm.**

This fantastic initiative, spearheaded by Angela Rippon, is about raising awareness of the benefits of dance on physical and mental health, whilst bringing people together and encouraging those who don't usually dance to give it a go. This campaign is all about making dance accessible to everyone, and **YOU are invited to join in!**

Regardless of your age, fitness, or level of experience, you are welcome to attend. Singles, couples, friends, come along and have some fun.



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Space To Inspire **OPEN DAY**  
Sunday, March 9th 10am-4pm



All welcome... The theme is:  
**CHANGE & ADAPT**



Exciting things are happening in Haworth! Space to Inspire (STI) invites you to an Open Day as part of UK Science Week. This is your chance to experience hands-on \*STEM activities and learn about our ambitious £1 million investment to transform the former caretaker's house into a state-of-the-art \*STEM hub featuring a VR suite, planetarium, CNC technologies, and an entrepreneurial and educational support space.

**What's happening on the day:**

**Robots & Virtual Reality Demos**

**3D Printing & Planetarium Experience**

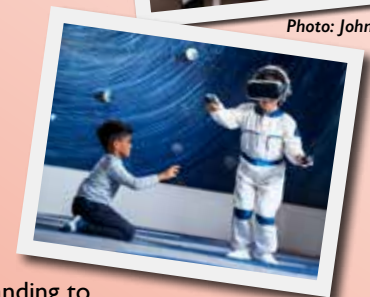
**1980s Retro 8-bit Games**

**Kids' Astronaut Dress-up**

**'Egg Lander' Challenge**



Photo: John Sargent



STI has already inspired young minds through fun, hands-on workshops in primary schools. Now, we're expanding to include all ages, supporting learners, entrepreneurs, and tech enthusiasts as they develop essential skills for the future.

This is an all-age appropriate event, and families will especially enjoy the day. Whether you're a \*STEM enthusiast, a retired professional, or simply curious, we'd love to welcome you. Come along, explore, and find out how you can be part of this incredible journey.

**Don't miss out! Join us on March 9th to discover, play, and be inspired!**



email: more@spacetoinspire.co.uk  
**www.spacetoinspire.co.uk**

**\*STEM is an acronym for science, technology, engineering and maths**

We are located in Haworth Village Hall, Butt Lane, Haworth BD22 8QJ



Here is a video from our previous Open Day



## Finding Your Way Forward: The Benefits of Therapy

with Vivien Wallwork



✉ VIVIEN@FREE-MYSELF.COM

📘 @freemyselfpsychotherapy

☎ 07775616696

Life's challenges: stress, anxiety, depression, or feeling stuck can weigh heavily on your well-being. When left unaddressed, these struggles can affect relationships, work, and overall quality of life. Seeking professional support isn't a sign of weakness, it's a powerful step toward change.

### Why Work with Vivien?

With years of experience in psychotherapy, psychology, and education, Vivien Wallwork offers a compassionate, practical approach to help you:

#### Gain Clarity & Insight –

Understand the root causes of emotional struggles and patterns that may be holding you back.

**Manage Stress & Anxiety** – Learn coping strategies to reduce overwhelm and regain a sense of control.

**Improve Relationships** – Whether it's family, work, or personal relationships, therapy can help you communicate and connect more effectively.

**Navigate Life Transitions** – Whether dealing with loss, career changes, or parenting challenges, Vivien provides the support to help you move forward.

**Break Free from Feeling Stuck** – Identify unhelpful thought patterns and behaviors that keep you from reaching your goals.

#### Support for Parents & Families

– Get guidance on managing children's emotions and behaviors, fostering a more positive family dynamic.

#### Flexible & Accessible Therapy –

Sessions are conducted online or by phone, so you can access support from wherever you feel most comfortable, with evening appointments available.

### The Cost of Not Seeking Help

Ignoring emotional distress can lead to:

☹ Increased stress, anxiety, or depression that affects daily life.

☹ Strained relationships and communication breakdowns.

☹ Poor decision-making due to emotional overwhelm.

☹ A continued sense of being stuck or unfulfilled.

☹ Physical symptoms linked to emotional stress, such as fatigue and headaches or worse.

#### Take the First Step Toward Change

**You don't have to navigate these challenges alone.** If you're ready to feel more in control, gain clarity, and move forward with confidence, Vivien is here to help. Get in touch today to arrange a session that fits your needs.

Your path to personal growth starts here.



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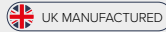
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Hello, lovely lot! We've been busy at **Marsh Top Farm Shop** as markets kick off again after the Christmas break. You'll find us at Hebden Bridge market every Thursday and Sunday, plus Ilkley, Headingley, Baildon, Saltaire, and Mytholmroyd. For details check our website: [www.marshtopfarmshop.co.uk](http://www.marshtopfarmshop.co.uk) Our farm shop in **Oxenhope** is open **Friday to Sunday**, while our butcher shop in **Halifax** (aka our prep hub) is open **Wednesday and Thursday**—where we cut meat, make sausages, cure bacon, bake pies, and prep our famous meat packs.

Speaking of meat packs, they're perfect for taking the hassle out of meal planning. **The Family Pack** includes meat and eggs, while the **Weekly Essentials Pack** has meat, veg, fruit, butter, milk, eggs, and one of Gretta's delicious steak pies. **Pre-order online for collection at the farm shop or a market near you.** If you haven't popped into the farm shop, you're missing out. We stock everything from fresh meat, sausages, and pies to fruit, veg, cheeses, apple juice, British cured meats, dog treats, bird food, coal, logs, and now spring perennials and bulbs. (Just don't expect toilet roll or wine.) We're a family-run farm and butchers, and we love a good chat. So, why not stop by this weekend? Say hi, browse, and maybe treat yourself to a cheeky pie or a free-range pork roasting joint for Sunday dinner.

We hope to see you soon!



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Are you looking for a Nursery place for your 3 year old or a Reception place? We have places available now, as well as places in September 2025.

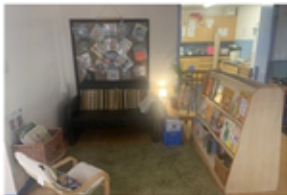
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There might be the threat of another Arctic blast, but that's not stopping us from looking forward to summer... It's exciting to think that The Railway Children will be back in residence between July and September as part of the Bradford City of Culture 2025 celebrations. Tickets and full details are available on the Bradford2025.co.uk website.

We are also very excited to report on the return of the 1940s Weekend on 17th and 18th May, with details being released on our social media channels as we finalise plans. We have always been an important part of the '40s event, helping to relieve traffic pressure in Haworth, and we were – like many – sad to see the event not happen last year, so have stepped with our own event for this, and we hope for future years. In addition to these two headline events, we have our regular train programme every weekend and through the holidays, as well as the Steam Gala 20th-23rd March and the return of Cream Tea and Haworth Haddock services.

All this takes months and months of planning, and it takes a considerable effort to maintain the 150+ year-old Railway. Last year saw us replace Bridge 27 at Haworth, and this year, track relaying is planned at various locations, as well as further work up and down the line. You will also see that we are continuing our work to


improve Keighley Station, with the most recent investment being in the renewal of the glazing panels and associated repairs to the canopy on Platform 4 at Keighley. You will have already seen that the Old Parcels Office has reopened, as can be seen from the forecourt. I do hope that you will call in to see the food and drink offerings in our recently refurbished venue, which services hearty breakfasts and meals all We are also continuing to maintain the Railway elsewhere. You will see work at Damems Station House, Haworth Station and plenty besides as we continue our year-round programme to keep the Railway looking its very best for our visitors to enjoy.

Many of you will be able to benefit from the discounts offered by the Local Resident's Railcard scheme, so if you live in BD20, 21 or 22, please check the website for details on how to obtain your card, which gives money off standard fares, at the on-train bar and from some event tickets.

**While we do have some 800 volunteers, we are always looking for new members to join the team, so please get in touch if you would like to join us to keep the wheels turning.**

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman




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# Wyedean's gift of rest and reflection for Haworth Main Street

Haworth's Wyedean Weaving is delighted to announce the installation of three new benches on the lower part of the town's main street.

The three hand crafted benches replace former, deteriorating seating on Haworth Main Street and have been designed and made by local, skilled tradespeople as part of Wyedean's 60th anniversary pledges to give back to its local community.

Managing Director Robin Wright said: "During our 60th anniversary year we pledged to give back, in a number of ways, to our local community. Since last April we have planted 30 apple trees in Haworth Park, we have pledged to support Haworth Church and have most recently invested in the design, construction and installation of three new benches for Haworth Main Street.

"We never underestimate the role that local people, our neighbours and the wider community play in the success of our business and we wanted tangible ways to say thank you for their decades of support in this, our Diamond Anniversary year."

The bench project was suggested by Haworth Village Council and approved by Bradford Metropolitan District Council. They were created with the help of local businesses who used locally sourced materials. Wyedean has offered its special thanks to Jake Chamley of Chamley Engineering & Fabrication in Silsden,



One of three Wyedean benches installed on Haworth Main Street.

Keighley Tree Services for supplying the wood planks, Ken Judson of Haworth for his wood finishing and assembly and Impressions Engraving in Wilsden for the aluminium plaque with fused design.

Robin added: "All four benches were built in our workshop with Jake, Ken, and myself testing the prototype for comfort! The prototype will sit proudly outside Wyedean's entrance, while the other three benches sit proudly on Main Street and encourage Haworth's visitors to take a moment to reflect, rest and enjoy their surroundings."



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## Robbie Moore MP



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For help or advice please contact:

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 Shan House, 80-86 North Street  
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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).

## How can we help you?

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

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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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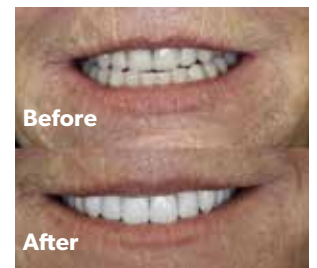
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# COMMUNITY PAGES

**Every Monday 10am - noon**  
**The Drop-In at St James' Hall**  
**Cross Roads.** Entrance on Albion Street. Offering a warm, safe space with refreshments & chat.  
**Every first Monday of a month 1.30 - 3.30pm**  
**The Welcome Drop-In** at Oakworth Methodist Church Share refreshments and chat.  
**Every Monday 7 -9 pm**  
**Andy's Man Club Project 6, Devonshire Street, Keighley**  
**First Tuesday of a month 2pm**  
**Worth Valley Branch of the Y.C.A** meet at Oxenhope Methodist Church  
**First Tuesday of the month 1.30pm**  
**Mothers' Union at Christ Church Oakworth.** Contact branch leader Sharon on 07521 318983.  
**Every Tuesday 1-3pm**  
**Coffee Afternoon** at Hall Green Chapel, Haworth (downstairs). Free refreshments and friendly chat. Hall Green BookPoint .  
**Last Tuesday of the month 2pm**  
**Living With Loss Social Group** at Christ Church Oakworth. Supportive chat informally over a cuppa with others who are walking the difficult path of life  
**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** (in term-time) 8.45am - 10.15am, **ABC 'Adults, Babies & Children's' Group** at Christ Church Oakworth, 20 Colne Road, BD22 7PA. For parents/carers to bring their little ones to a safe welcoming space to play whilst getting together for a chat, cuppa and toast.

To advertise call us on 01535 642227

**Each Wednesday 10.30am - 11.30am**  
**Coffee Morning** at Christ Church Oakworth. All welcome to come along for chat and a cuppa and biscuits.  
**Every Wednesday**  
**Haworth Senior Citizens Group.** 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth. New Members Welcome. Call Doreen 01535 648928  
**Every Wednesday 2 - 4pm**  
**Oxenhope Community Café & Welcoming Space,** Oxenhope Methodist Church, 1 West Dr, Oxenhope, Keighley BD22 9LJ  
**Every Second Wednesday** of a month  
**Worth Reading Book Club** meet at 7pm in the basement of Pavé. No fee. Anyone wishing to join us can ring Megan on 07443 333581 to get more information.  
**Coffee Morning every 4th Thursday of the month 10am to 12pm** at Keighley New Church, Braithwaite Road, Keighley BD22 6PX. All are welcome.  
**Oxenhope Pensioners Club (over 65's)** meet at **Oxenhope Cricket Pavilion** twice monthly, 1.00pm - 3.00pm, alternate Thursdays. Please ring Diane on (07970) 720068 for more information.  
**Every Thursday 1pm - 3pm**  
**The Shed Oakworth Village Hall.** New members welcome.  
**Every Thursday Tech Shed** free drop in 5 pm - 7pm at Haworth Village Hall.  
**Every Thursday** from 1.30pm Thursdays (October - April) **Keighley Men's Forum,** Corner entrance of Keighley Playhouse, 1 Devonshire Street, Keighley Refreshments from 9.30am,

Speaker at 10.15am Variety of speakers/ presentations £2/week inc. refreshments  
**Every Friday 2 - 4pm**  
**Haworth Ladies Badminton Group** at Haworth Village Hall. Call Janet: 07966 333 052  
**Every Saturday 1-3pm**  
**Hall Green BookPoint.** Hall Green Chapel Haworth (downstairs). Free  
**Sat 1st March 10am - 11.30am**  
Lees Methodist Church FREE **Coffee Morning**  
**Feb 2025 to 1s Jan 2026** From **Haworth to Eternity** Brand new exhibition at **The Bronte Parsonage**  
**Feb 2025 to Jan 2026** **David Hockney Exhibition 20 Flowers for 2025** at Salts Mill, Saltaire  
**Sat 1st - Sun 2nd March**  
**Haworth & Yorkshire Creative Makers Markets** 10am - 4pm **Haworth Old School Rooms.** Free entry and dogs welcome.  
**Sun 2nd March** **Explore the heights of Oxenhope.** 6.5 miles. Meet for a **10.30am start in the Oxenhope Station Car Park** or on-road. **Keighley Ramblers.**  
**Fri 7th March, 2pm**  
**Cross Roads and Lees Church and Chapel Ladies Group** at St James' Church **Cross Roads. Quiz Afternoon**  
**Sun 9th March 10am - 4pm**  
**Space to Inspire Open Day** at **Haworth Village Hall, Butt Lane, BD22 8QJ** Lots of activities (STEM)  
**Sun 9th March 11 am - 3pm**  
**Team Wilder Action for Nature Day** at **Cliffe Castle, Keighley** Free event.  
**Sun 16th: March**  
**Laneshaw Bridge & Kelbrook Moor. 7.5 miles.** Meet for a **10.30am start near the Emmott Arms or Ball Grove Mill** (1

mile from start) **Keighley Ramblers**  
**Fri 21st to Mon 24th March**  
**Keighley & Worth Valley Steam Gala**  
**Wed 26 March and then every 4th Wednesday of the month.**  
**Moorland Writers - creative writing group** at **The Old Hall, Haworth 1.30-3pm.** No fee. For more information please ring Roger on 07739-300780.  
**Sat 29th March**  
**Open Day at Haworth Bowling Club, 12-3pm** for existing members and anyone interested in finding out about the club to 'have a go' at bowls and who may wish to join the club.  
**Sun 30th March 9am**  
**Keighley Victoria Park 5K & 10k Run or walk** to raise money for Sue Ryder  
**Tues 1 April 2025**  
**Worth Valley branch of the Yorkshire Countrywomens Association**  
**2-00pm** Methodist Chapel, West Drive, Oxenhope: Jeff Jacklin speaking on Yorkshire Humour.

**A historic charity offers grants to help students with their education.**  
**The Harehills Foundation Trust** provides assistance to people living within the Oakworth & Oldfield parish boundary. Written applications, including address details, can be sent to the 'Clerk to the Trust, c/o Oakworth Primary School, Station Road, Oakworth, Keighley, BD22 7HX', or email applications, including address details, can be sent to harehillsfoundationtrust@gmail.com. Applications must be received by 24th April, 2025'

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# Motherhood: A Conversation Across Time

~ Liz Barker



I can still see my mother standing in the kitchen, sleeves rolled up, hands dusted with flour, focused on rolling out the perfect dough. She was just as meticulous about the laundry—how to fold fitted sheets, an obsession lost on me. She was an “always make your bed first thing in the morning” type of person, with hospital corners as a non-negotiable. If the beds weren’t made, I knew something was amiss. She wasn’t one for sentimental speeches, but there was something in the way she moved—efficient, no-nonsense—that spoke volumes. She didn’t hover, didn’t coddle, but you always knew where you stood with her. She believed in getting on with things, in facing life looking forward. When I think about my mother, I don’t recall long heart-to-hearts or grand gestures of affection. Instead, I remember practical acts of care: the way she kept everything running smoothly, the quiet way she supported us, her absolute belief that problems were to be solved, not dwelled upon. There were times when I wished for a bit more softness, a bit more space for vulnerability. But looking back, I understand now that love doesn’t always announce itself in the way we expect. It was there, in the steadiness, in the reliability, in the way she always—always—showed up. And then I became a mother. I imagined I’d be

different. I’d be more open, more emotionally available, more willing to let my child see my uncertainties. And yet, I find my mother’s voice slipping out of my mouth more often than I’d like to admit. “Just get on with it.” “You’ll be fine.” “No need to make a fuss.”

My daughter, though, is not me. She has grown up in a world where feelings are dissected and discussed, where vulnerability isn’t a weakness but a language she speaks fluently. She challenges me in ways I never anticipated. When I try to brush things off, she pushes back. She asks me how I’m feeling, and sometimes I don’t know what to tell her. There are moments when she looks at me like I am an unsolvable puzzle, and I wonder if she knows that I often feel like one, too.

And yet, there’s something genuinely funny about this ongoing negotiation between generations. My mother still believes in the virtues of stiff upper lips and neatly made beds—hospital corners mandatory. I straddle the divide, part pragmatist, part introspective work-in-progress, trying to balance resilience with emotional openness. And then there’s my daughter, who has no qualms about processing her feelings aloud, declaring boundaries, and reminding me that “just getting on with it” isn’t always the answer. She teases me when I default to my mother’s no-nonsense phrases, and I catch myself rolling my eyes at the ones she’s picked up from her world. We’re three women, shaped by different eras, occasionally bewildered by each other, but somehow making it work.

Mother’s Day, for me, isn’t about flowers or breakfast in bed, though both are lovely. It’s about recognising that motherhood is a conversation that stretches across time, between generations; there are lingering codes and unwritten patterns. It’s about the things we inherit and the things we choose to leave behind. It’s about the moments—big and small—that shape us. It’s about understanding that love is not always spoken, but for me, it is always there.

So, to my mother: I understand you now more than ever. To my daughter: You are teaching me as much as I am teaching you.

And to myself: You’re doing okay. That’s enough.



## Sudoku

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

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

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

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The winner will be selected from all correct answers received by March 16, 2025.



The location of last month's competition was Haworth Cricket Club and the winner was Anya Sale from Cullingworth.



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# BEHIND THE SCENES AT THE MUSEUM

Celebrating Patrick Brontë: A Legacy of Faith, Family & Reform

As local residents, you probably know a thing or two more than most about Patrick Brontë. You'll likely know he was the father of the famous Brontë sisters, and perhaps that he was the vicar at Haworth church, opposite what's now the Brontë Parsonage Museum.

But there's a lot more to Patrick than meets the eye. He was, in his own right, an exceptional character – it's thanks to him that the devastating sanitary conditions in 19th-century Haworth were reviewed and improved. He took his duties as reverend seriously, and fought hard to better the lives of his parishioners. It was Patrick's job to perform baptisms, marriages and funerals. He was on hand to visit the sick and comfort the living, and his copy of *Modern Domestic Medicine* is brimming with scribbled notes in Patrick's handwriting – extra information on successful cures and observations he made while visiting poorly individuals.

After his two eldest daughters died following an epidemic at their boarding school, Patrick took his surviving children's education into his own hands. His three young daughters would go on to write some of the most famous novels in the world. Patrick was born in County Down, Ireland,

on 17 March, 1777 – on Saint Patrick's Day itself! This March, we're celebrating Patrick Brontë by walking in his footsteps, getting to know the man who raised three of literature's greatest writers.

Before starting his curacy at Haworth, Patrick preached for five years in nearby Thornton – where the Brontë children were born. On **Sunday 16 March**, we'll be joined by local historian and guide Steven Stanworth, who'll take us on a **guided tour of the 'Brontë Bell Chapel' in St James Church, Thornton.**

Then, on **Monday 17 March**, we'll be striding out on one of Patrick's favourite **walks along the river in Dewsbury.** Patrick was rector at Dewsbury Minster from 1809 to 1811, and this walk will include lively stories of Patrick's early years in Yorkshire.

Find out more about our **'Celebrating Patrick'**

events at **bronte.org.uk/whats-on** – where you can book tickets online.


And, next time you're visiting the Brontë Parsonage Museum, be sure to spend an extra minute or two in Patrick's study – where he wrote his sermons, received his guests and, crucially, inspired in his children an enduring love of literature.



  
Brontë Parsonage  
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 **Monday 17 March**  
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# CULLEN SKINK



~ Martin Lingard

At the time of writing this month's recipe, it's still cold and damp; Cullen Skink is a hearty and comforting soup and a really easy dish to make that originates from the town of Cullen in the east coast of Scotland. It's worth trying to source undyed smoked haddock rather than the mucky artificial yellow stuff you sometimes see in supermarkets. It's also important to use full fat milk rather than skimmed or semi skimmed, gold top is even better. I like to add a small 100g bag of baby spinach just before serving and topping with a poached egg, but this is optional and it certainly isn't the Scottish way.

**Ingredients** *(This feeds four generously)*

- 75g butter
- 1 large onion, chopped
- 1.5 litres full fat milk
- 1kg potatoes, peeled and cut into smallish chunks
- 700g smoked haddock fillet
- 1 small bunch of flat leaf parsley, roughly chopped
- 100g bag of baby leaf spinach (optional)
- Sea salt
- Freshly ground black pepper
- 4 poached eggs (optional)

**Method**

Start by melting your butter in a large, heavy stove top pot over a low heat. Add your

onions and cook slowly for 10 minutes until they are very soft, stirring occasionally so they don't brown.

Add your potatoes, stir and pour in your milk. Increase the heat, bring to a very gentle simmer and cook for 20 minutes until your potatoes are starting to fall apart. Now place the fish on top of your milk and potatoes, pushing it down gently until just covered by the milk and cook for a further 4 minutes.

Once cooked, carefully lift the fish out and place on a plate to cool.

Whilst your fish is cooling, get a potato masher and roughly mash the potatoes and onions into the milk – we're aiming for a course, rough, soup like consistency, not a smooth puree.

Once cool enough to handle, coarsely flake your fish, chucking away the skin and any bones you find.

Now return the flaked fish to your pot with the parsley and season generously with black pepper and salt. Warm through for a couple of minutes, stirring occasionally whilst you poach the eggs if you have decided to take this option. If you're adding the baby spinach, do so a minute before serving, stirring it in to mix as it wilts.

Serve in deep bowls, placing a poached egg on top of the soup in each bowl.

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## Hip Hip Hooray – But No Cheer for Arthritis!

Osteoarthritis is the most common form of arthritis, with the hip being the second most affected joint. It develops due to age-related wear and tear, leading to cartilage breakdown, pain, and inflammation.

### Causes of Hip Osteoarthritis

While the exact cause is unknown, several factors increase the risk:

- Aging
- Previous injury
- Repetitive physical activity
- Genetics

Being overweight

It typically affects people over 45, especially women. While not everyone experiences symptoms, those who do can take steps to manage them.

### Symptoms

Symptoms vary but may include:

- ~ Pain in the hip, groin, buttock, or thigh, worsened by movement.
- ~ Stiffness, especially in the morning or after rest
- ~ Grinding, locking, or sticking of the hip
- ~ Weak buttock muscles
- ~ Difficulty walking, climbing stairs, or getting up from a chair or car

### Managing Hip Osteoarthritis

There's no cure, but treatment can

significantly improve quality of life. Exercise is crucial—resting too much can lead to stiffness and muscle weakness. Strengthening the muscles around the hip, improving posture, and maintaining a healthy weight can reduce pain and improve mobility.

Low-impact activities like swimming and cycling are ideal, as they ease strain on the hip. Water-based exercises are particularly beneficial, as buoyancy reduces joint stress.


### When Surgery Becomes Necessary

If pain becomes severe and mobility is significantly reduced, total hip replacement may be the best option. This common and highly successful surgery provides pain relief and restores function.


One patient, after years of suffering, walked five miles the day after surgery—though not surgeon-recommended, it demonstrates the procedure's transformative impact.

By staying active and maintaining a healthy weight, many can delay or even avoid surgery. But when needed, hip replacement can be life-changing. ~ David Hanson





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

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

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

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

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