

WORTH VALLEY MAG

2026: CELEBRATING 20 YEARS OF
COMMUNITY, TRUST, & LOCAL ENTERPRISE

March 2026

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March 2026 – What Lies Ahead?
March brings light. Thank goodness for that! The days stretch out, the first shoots appear, and there’s a quiet sense that something new is unfolding. Spring doesn’t rush; I love that. And it feels hopeful.

The external world can feel fast, noisy and uncertain. Change moves quickly. Expectations pile up. It would be easy to feel overwhelmed. But here, we have something steady: community life, local relationships, shared history, and a sense of belonging.

Mother’s Day falls this month on the 15th. It is a chance to pause and feel grateful for the women who shaped us. I’ll be especially thankful for my own mum, a daily reminder that resilience, love and humour carry us further than worry ever could.

As 2026 gathers pace, maybe the key is not to chase everything, but to stay grounded. Rooted. Authentic. To nurture what truly matters and let the rest settle.

Spring is on its way. And so, quietly, are new possibilities. Let’s grow well ~ together. Have a lovely March.

Liz Barker, Editor

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Dockroyd Graveyard Trust



Tucked away in Oakworth, Dockroyd Graveyard is more than a resting place: it is a valued green space, a link to local history, and a shared responsibility of the village. Its care is led by a small group of dedicated volunteers who believe this

families who shaped the village we know today. By caring for Dockroyd, we are preserving those connections for the future and ensuring the site remains safe, accessible and dignified. Further information can be found at



www.dockroydgraveyardtrust.org.uk, which includes photographs of the restoration and stories of those buried there. The Trust's Chairman, Andrew Heaton, has also written books documenting all 750 graves, available via the website in print or e-book form—an invaluable resource for genealogists and local historians. Donations towards ongoing maintenance can also be made through the website. *Jean Sugden, Trustee, Dockroyd Graveyard Trust*

historic site deserves long-term stewardship. Restoration began in 2019 as a true community effort, bringing the graveyard back from neglect. Today, Trustees and volunteers continue regular maintenance, clearing and maintaining pathways to improve access and protect memorials that might otherwise be lost. All work is carried out with care and respect, recognising Dockroyd first and foremost as a place of remembrance. The graveyard reflects generations of local

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Say you saw it in the Worth Valley Mag!

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VILLAGE SHOWCASE

For local groups and clubs to showcase – and for everyone to come along!

When? 21ST MARCH 2026 2PM – 4:30PM

**Where? HAWORTH VILLAGE HALL,
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March 15, 2026

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2026**

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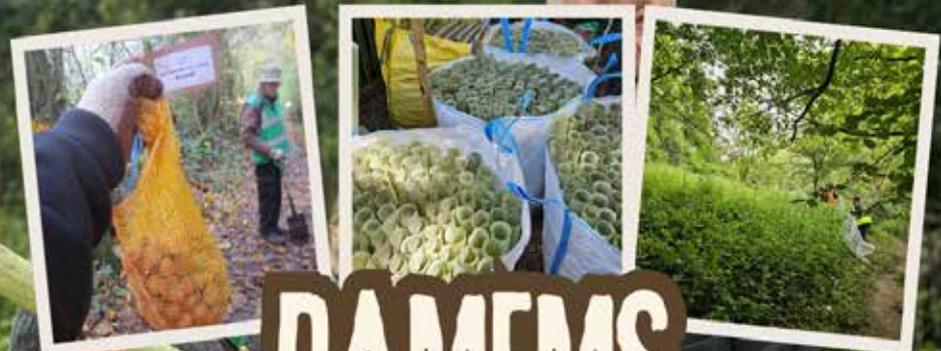
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KEIGHLEY
TOWN COUNCIL



DAMEMS SPRING TRAIL

The Spring Trail will invite families to explore Damems Nature Trail through a fun, seasonal activity led in partnership with Get Out More CIC. After the trail, children can join a child-led forest school session with nature exploration, crafts and campfire cooking. The event aims to introduce more families to Damems as a valuable local green space.

All welcome

Children must be Supervised

Free

21 MARCH, 2026

1PM - 3PM

DAMEMS NATURE RESERVE, NEAR DAMEMS



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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.

Contact us: info@worthvalleymag.co.uk

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

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

Matt's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

Everybody has the right to smile!

*Would you like to be more confident?
Do you suffer from denture discomfort?
Loose or ill-fitting dentures?
Afraid to smile?*

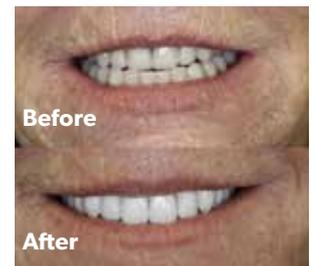


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(Please note our new address!)

Tel: 01535 603009



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COMMUNITY PAGES

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TUESDAYS 10AM-12 NOON

Litter picking and conservation tasks **Volunteers wanted** Contact: info@riverworthfriends.org for more information.

Worth Valley Food Bank

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'Welcome Drop In' Sessions

AT OAKWORTH METHODIST CHURCH HALL

ON THE FIRST MONDAY OF EVERY MONTH FROM 1.30 - 3.30PM.

Welcome careers and cared for and those living with dementia. Relaxation, refreshments and other activities as well as help and support.

Andy's Man Club

PROJECT 6, DEVONSHIRE STREET, KEIGHLEY

EVERY MONDAY 7 - 9 PM

Haworth Men's Shed

HALL GREEN BAPTIST CHAPEL, HAWORTH (DOWNSTAIRS)

EVERY FIRST & THIRD TUESDAY OF A MONTH 1 - 3PM.

Worth Valley Branch of the Yorkshire Country Women's Association

OXENHOPE METHODIST CHURCH

FIRST TUESDAY OF A MONTH 2PM

Cup of tea and friendly conversation.

Mothers' Union

CHRIST CHURCH OAKWORTH

FIRST TUESDAY OF THE MONTH 1.30PM.

Contact branch leader Sharon on 07521 318 983.

Coffee Afternoon

AT HALL GREEN CHAPEL, HAWORTH (DOWNSTAIRS).

EVERY TUESDAY 1-3PM.

Free refreshments and friendly chat. Hall Green BookPoint.

Bereavement Cafe

AT WEST LANE BAPTIST CHURCH, HAWORTH

FIRST WEDNESDAY OF A MONTH 6.30PM - 8PM

Friendly gathering to talk about life death and everything in between. More info contact Sharn 07922 587 721.

Coffee Morning

CHRIST CHURCH OAKWORTH.

EACH WEDNESDAY 10.30AM - 11.30AM

All welcome to come along for chat, a cuppa and biscuits.

Haworth Senior Citizens Group

WEST LANE BAPTIST CHAPEL, HAWORTH.

EVERY WEDNESDAY 2PM - 3.30PM

New Members Welcome. Call Doreen 01535 648928

Community Café & Welcoming Space

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MEET IN THE BASEMENT OF PAVÉ.

EVERY SECOND WEDNESDAY OF A MONTH AT 7PM

No fee. Anyone wishing to join us can ring Nicky 07443 590 164 to get more information

Moorland Writers - Creative Writing Group

AT THE WRITERS BLOC, MAIN STREET, HAWORTH

EVERY 4TH WEDNESDAY OF THE MONTH. 1.30 - 3PM.

No fee. For more information please ring Roger on 07739 300 780.

Dementia Hub

OAKWORTH METHODIST CHURCH

EVERY THURSDAY 10AM - 12

A Warm & welcoming space. Call in for a friendly chat, along with activities, support & advise. More info call Mandy 07846 558 001 or email Mandykelly1969@yahoo.co.uk

Oxenhope Pensioners Club (over 65's)

MEET AT OXENHOPE CRICKET PAVILION

TWICE MONTHLY 1.00PM - 3.00PM, ALTERNATE THURSDAYS.

Please ring Diane on 07970 720 068 for more information

The Shed - Oakworth

OAKWORTH VILLAGE HALL

MEETS EVERY THURSDAY AT FROM 1 - 3PM.

Inclusive group doing crafting/woodworking and regular talks. £2.50 inc refreshments.

Contact Carol 07758 710 945

Tech Shed

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Men's Forum

CORNER ENTRANCE OF KEIGHLEY PLAYHOUSE, 1 DEVONSHIRE STREET, KEIGHLEY

THURSDAYS (OCTOBER - APRIL)

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Haworth Ladies Badminton Group

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Hall Green BookPoint

HALL GREEN CHAPEL HAWORTH (DOWNSTAIRS)

EVERY SATURDAY 1 - 3PM

Keighley Dementia Advice

AT KEIGHLEY LIBRARY

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Haworth & Yorkshire Creatives

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SAT 28TH & SUN 29TH MARCH 10AM - 4PM

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SUN 15TH MARCH 9AM 12PM

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Cross Roads and Lees Church and Chapel Ladies Group

ST JAMES' CHURCH CROSS ROADS

Fri March 6th, 2pm, Quiz Afternoon.

Haworth Central Park Bowling Club Open Day

SUN 29TH MARCH 12 - 4PM NEW MEMBERS WELCOME

Harehills Foundation Trust

Offering financial aid to schools & students in the area. Applications sent to harehillsfoundationtrust@gmail.com (must provide residency address).

Must be received by the 24th April 2026

Haworth Village Hall

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SAT 21ST MARCH 2PM - 4.30PM

Village Showcase for local groups & clubs and for everyone to come along. Enjoy local clubs, exercise classes, bands & groups. Cake & refreshments. Free Entry. hello@haworthvillagehall.org.uk

Aire Valley Railway Modellers Club Spring Open Day

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Admission Free Stairs to top floor of the mill, but no lift. Trade stalls and refreshments

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MOTHERS DAY SPECIAL - SAT 14TH & SUN 15TH MARCH

THE STEAM GALA - THURS 19TH UNTIL SUN 22ND MARCH

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International Women's Day- Women of Words

BRONTE PARSONAGE WEDS 4TH MARCH 7PM

Talks at The Bronte Parsonage

Thursday 5th, 12th, 26th March www.bronte.org.uk

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Oxenhope Gardening Club

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THE NEXT MEETING IS ON THURSDAY 19TH MARCH AT 7.30

The guest speaker is Camilla Anderson (a member of the Gardeners Guild) She is a garden historian and will give a talk on The East India Company and their English gardens.

Sudoku

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

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Where
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COMPETITION

Where is the **red x** located in the photo to the right?

This months prize is generously donated by The Keighley & Worth Valley Railway: (Day Rover Pass)

Email your answer along with your name & address to:

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The winner will be selected from all correct answers received by March 16 2026.



The location of last month's competition was Stanbury Cemetery and the winner was Richard Gibson from Oxenhope.



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BEHIND THE SCENES AT THE MUSEUM

February was a hugely exciting month for us here at the Brontë Parsonage Museum, from our re-opening and the launch of our brand-new exhibition, to the red carpet of the **“Wuthering Heights”** UK premiere!

At the premiere we were delighted to be able to shine a spotlight on one of the special items from our collection, Charlotte Brontë’s mourning bracelet, believed to be made from the hair of her sisters Emily and Anne. We teamed up with Haworth-based **Wyedean Weaving**

to create an exceptional replica which was worn on the red carpet by actress and producer Margot Robbie, who plays Catherine Earnshaw in the latest adaptation. The finished replica bracelet combines three different shades and 280 braided threads and was sealed with a dry steam pressing process to stabilise the structure and preshrink the braid before being fitted into the clasp pieces.

During the Victorian era hair jewellery was fashionable and widely worn, it was also common practice to make mourning jewellery incorporating the hair of a deceased relative. The original bracelet is made of a wide band of braided hair with a gold clasp set with



garnets and has been owned by the Museum since 1923. You can see the bracelet on display in the Parsonage, along with other examples of mourning jewellery, in a specially curated collection.

If you’d like to find out more about the practice of creating hair jewellery we’ll be hosting an online event with conceptual artist and historian **Donna Lawson, Victorian Hairwork: Histories, Techniques, and Material**

Practice. This event takes place on **Wednesday 8 April, at 7pm.** If you’d like to try out Victorian hair art for yourself, Donna will also be hosting an in-person workshop in May! **You can find out more online at bronte.org.uk/whats-on.**

While you’re visiting the museum, make sure you also take a look at the exhibition in our foyer space, which looks at Wuthering Heights adaptations through the years. From the original 1920’s version right through to Emerald Fennell’s 2026 release, the creative response to Emily Brontë’s only novel has been extraordinary and we’re delighted that it is still inspiring artists almost 200 years after Emily’s death.

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

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

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

Say you saw it in the Worth Valley Mag!



Leche Frita

(FRIED MILK)
by Martin Lingard



We ate these custard fritters on holiday in northern Spain, a region famous for its dairy. They're a wonderfully moreish sweet snack — dead simple to make, if a little messy. You'll need a shallow baking tray, roughly 20 × 20cm., any larger and the custard will be too thin.



Note: Stage 1 is best done the day before you plan to eat the Leche Frita.

Ingredients (serves 6)

For the custard

- 500ml full-fat milk
- Zest of 1 small lemon
- 1 vanilla pod, split lengthways (or 1–2 tsp vanilla paste)
- 4 large egg yolks
- 30g plain flour
- 40g cornflour
- 100g caster sugar

For frying

Sunflower oil

For the coating

- 50g plain flour
- 2 large eggs, beaten
- 200g panko breadcrumbs
- 2 tbsp caster sugar
- ½ tsp ground cinnamon

Method

Stage 1: Make the custard

Put the milk, lemon zest and vanilla into a saucepan. Slowly bring to a simmer, stirring

to release the vanilla seeds (or to mix in the paste). Remove from the heat and leave to cool. Lightly oil your baking tray. In a mixing bowl, whisk together the egg yolks, plain flour, cornflour and sugar until smooth and thick. Once the milk has cooled, remove the vanilla pod and gently reheat the milk until just simmering. Slowly pour the hot milk over the

egg mixture, whisking continuously. Rinse out the saucepan, return the mixture to it and cook gently for about 5 minutes, stirring constantly, until you have a thick custard. Pour into the oiled tray, leave to cool, then refrigerate for several hours or overnight until fully set.

Stage 2: Frying (the messy bit!)

Turn the chilled custard out onto a board. Cut into roughly 5cm squares, then cut each square into two triangles. Set up three plates: one with flour, one with beaten eggs and one with breadcrumbs. (A bowl of warm soapy water nearby is highly recommended.) Pour sunflower oil into a frying pan to a depth of about 1cm and heat to 180°C. Coat a few custard pieces at a time in flour, then egg, then breadcrumbs, ensuring they're evenly covered. Fry in batches, turning once, until golden on both sides. Remove with a slotted spoon and drain on kitchen paper.

Stage 3: Mix the sugar and cinnamon together and sprinkle generously over the fritters. ~ Best eaten warm.

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As we head into our main season on the Keighley & Worth Valley Railway, there's a real sense of excitement building along the line. While our trains run right through the year, spring always brings a fuller timetable, special events and plenty to look forward to.

We begin in style with our four-day Steam Gala, a firm favourite in the calendar. With three visiting guest locomotives joining our home fleet, an intensive timetable and lots of steam in action (including the ever-popular steam crane), it promises to be a fantastic spectacle and a great celebration of heritage railway at its best.

Our regular services continue every weekend and throughout the school holidays, offering a perfect day out in the Worth Valley. Whether you're travelling the full length of the line or stopping off to explore, there's nothing quite like the experience of steam travel through our beautiful Yorkshire scenery.

I'm also delighted to see the return of our popular Haworth Haddock and Afternoon Tea trains across the spring and

summer, a little treat to look forward to and a wonderful way to enjoy the railway in comfort and style.

Our themed events are back too. May sees the ever-popular 1940s Weekend take over the railway, and in July we introduce a brand-new event, our first 1980s Weekend, which should bring plenty of colour, music and nostalgia to the line.

If you live in BD20, BD21 or BD22, don't forget to check out our Local Residents' Railcard Scheme, offering discounts on fares, savings at the on-train bar and money off selected events.

Finally, while we're supported by around 800 dedicated volunteers, we're always keen to welcome more. If you'd like to help keep the wheels turning, please do get in touch, there's a place for everyone.

We look forward to seeing you on board for another busy and enjoyable main season in the Worth Valley.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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Stop 'Creeping' Around!

Neck and back pain issues are by far the most common problem that present at Haworth Physio. In more than 8 years since I've been at the clinic, I doubt very much that a day has passed when I've not had to treat a patient with either neck or back pain.

Several factors can lead to pain being generated in our spines, but one that is very prevalent is poor sitting posture. You've probably been told more than once yourself to "stop slouching" by your parents when you were younger or by your partner more recently. Poor posture is something that we usually adopt subconsciously. It generally feels more comfortable to slouch and requires little to no effort at all! We tend to sit with rounded shoulders when using a keyboard, with our head slightly tilted forward to get closer to the screen. When we then slump into the seat and lose that small curve (lumbar lordosis) in our lower backs our spine is under increased stress. Over time, if we continue to maintain this poor posture, our joints including the ligaments, tendons and nervous system may eventually 'pay the price'.

Soft Tissue Creep

Soft tissue creep refers to the gradual stretching and elongation of soft tissue (i.e. muscle fibres, nerves, blood vessels, ligaments, tendons and other fibrous tissue) over time when subjected to a sustained load or tension. In the context of posture it can lead to changes in the length and the alignment of muscles and fascia, leading to imbalances and eventually pain. To test this on yourself try this little experiment. Disclaimer alert! Make sure that you have healthy joints in your hand and aren't suffering from any type of arthritis. Extend a finger back as far as the joint goes comfortably and hold it in place using your other hand. Notice how the pain gradually begins to increase incrementally and within a relatively short period of time becomes uncomfortable enough for you to want to stop. This is what happens, albeit at a much slower rate, when you adopt that poor posture.



Posture relation

Poor posture is one of the leading causes of soft tissue creep. Sustained slumping of your lower back when sitting or the jutting forward of your head when working at a screen or reading puts unwanted stress on your spine. In clinic, when dealing with this type of issue, I use three key words: 'tall', 'squeeze' and 'tuck'. This relates to 'sitting tall' by extending your lumbar and thoracic spine; squeezing your shoulder blades slightly together which will reverse sitting with rounded shoulders, and tucking your chin in slightly to counteract a 'head forward' posture.

According to a study (Assessment of stresses in the cervical spine caused by posture and position of the head, Kenneth K Hansraj, PubMed, 2014), the forward position of the head puts increasing amounts of weight pressure on the spine. The study found that the head weighs about 10 - 14 lbs in a neutral spine position, but puts 27lbs of stress on the spine when flexed forwards by just 15 degrees. This relative weight stress of the head onto the spine continues to rise the further the neck is flexed.

By aligning your spine the relatively heavy head is directly above the shoulders, which are in turn directly above the hips when sitting or standing. This therefore will minimise the stress that is placed upon the spine.

In summary, prevent soft tissue creep by reminding yourself to maintain a good posture. Your spine will definitely appreciate you if you can train yourself to do this so that it becomes normal.

~ David Hanson, Haworth Physio



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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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