

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2019

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The smell of Christmas cake, mulled wine and mince pies is what we associate with this time of year: mixed spice, ginger, candied peel, brandy; it is a heady mix that evokes memories. I suppose it depends on where we grew up and our cultural perspective, but scent is a powerful reminder of collective identity.

Enjoy these pages and notice the festive sights, sounds, and sensations that are to be experienced around us.

Christmas table decoration workshops with Annie at Rosa Rugosa in Mill Hey, a woodland walk at Bolton Abbey, a family day trip to Woodbank and Santa Land...these are just a few of the lovely options available to us. Pull out and save the two page programme of sparkling happenings in Haworth too. As ever, enjoy this month and make the most of it!

Liz



Editor Liz Barker

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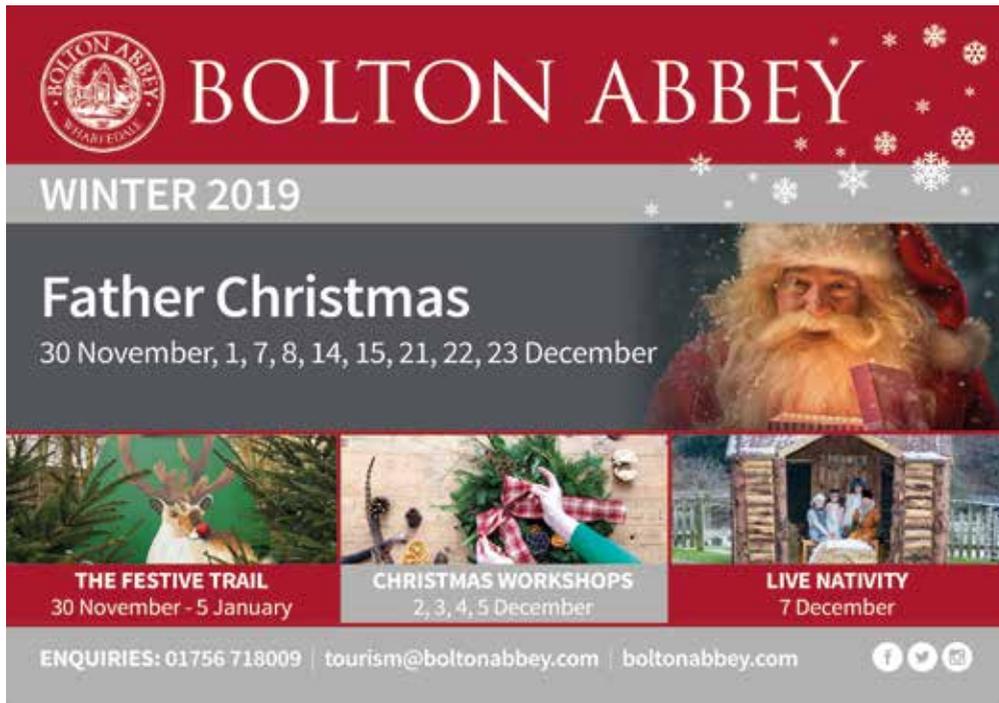
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BEHIND THE SCENES AT THE MUSEUM

The 'little books'.... and one in particular

The little books made by the Brontës when they were children are some of the most treasured items in the Museum's collection. They document a whole imaginary world created by the Brontës in childhood, which was sparked when Patrick gifted a set of toy soldiers to Branwell. The tiny manuscripts, just the size of a matchbox, were intended to be small enough for the toy soldiers to read, but their size also meant that their contents could be kept secret from the watchful eyes of Patrick and Aunt Branwell. The books were inspired by Blackwood's magazine, which was read avidly by all the Brontë family. Each tiny manuscript includes a mix of prose and poetry, some of it clearly influenced by Byron whose work was enjoyed by the young Brontës. Some of the little books also contain reviews and advertisements. The Brontë Society is currently fundraising for a little book that will be auctioned in Paris on 18 November. It was created by Charlotte Brontë when she was just fourteen years old and is one in a sequence of six of which the Brontë Parsonage Museum already has four. Together they chart Charlotte Brontë's development as a writer and reveal how many of her

early themes carry over into her published novels. Dated 19 August 1830, this particular manuscript, which has never been published, recounts how a murderer is driven to madness after being haunted by his victims, and how 'an immense fire' burning in his head causes his bed curtains to set alight, prefiguring the well-known scene in Jane Eyre, in which Rochester's insane wife sets light to his bed curtains. If you've never visited the Museum and seen one of these little books for yourself, we urge you to do so. These rare and precious manuscripts are among the most popular of exhibits with visitors and never fail to enchant.

Some readers may recall that this little book first came to light in 2011 when it was auctioned at Sotheby's in London. Despite a successful fundraising campaign, the Society was outbid by a private organisation: heart-breaking for all our staff. We've now got another chance to bring it home to Haworth for future generations to enjoy - the perfect Christmas present for all of us.

If you can help in any way, please get in touch at fundraising@bronte.org.uk or visit www.bronte.org.uk/support-us/donate. Thank you for your support.

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Christmas shopping at the Brontë Parsonage Museum



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Brontë Parsonage
MUSEUM

Our Museum shop is bursting with gifts for the home and Brontë-related books, prints and cards.

We're open daily from 10am and until 7.30pm on Thursdays 12 and 19 December.

1 December is Museum Shop Sunday - why not come and see what's in store?

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*Please bring this advert with you when you visit the shop. Discount applies to instore purchases made 1 November - 23 December 2019 and cannot be used in conjunction with any other offer.



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Choosing the Perfect Gift

By Small's Showroom

It's slowly creeping up on us, 'The most wonderful time of the year.' For some, it can be the most difficult time of the year. Let's face it, for many, it is the most stressful time of the year.

Whether you love it or loathe it, you have to admit that the run up to Christmas is usually challenging.

As a purveyor of gifts we can confirm that an awful lot of time and money goes into planning and making this time of year MAGICAL! We do our best to take the stress



out of Christmas; from the moment you step inside our showroom, we aim to make it a pleasant and all around enjoyable experience.

When it comes to choosing the perfect gift, the one piece of advice we try to impart to our customers is, "Keep it Simple."

Consider a gift as a communication. When you give a present to someone, what you are actually doing is speaking to them. This may seem obvious but somehow we forget it when we go to choose a present. Ask yourself first, "What do I want to say to this person? What sentiment do I want to convey?" Then move on to, "What can I give them that will communicate this?"

Some of the best gifts are the ones that are also very useful. Our most popular choices for ladies are scented candles, lotions & potions, cosy scarves, stationery; and it is hard to go wrong with a fabulous new leather bag.

Our Personal Shoppers have a good eye for gent's gifts too. We have a great selection of fine writing instruments, wallets, briefcases and fun, novelty games and gifts.

Our range will suit any budget. The perfect gift doesn't have to cost the earth. Sometimes a humorous, fun trinket will do the trick.

Finally, a great Christmas gift is always meticulously presented; that is why we have wonderful gift wrapping accessories and our **Personal Shoppers will wrap your gifts for you. (There is no excuse for shoddy presentation. Don't fall at this last hurdle!)**

At Small's, we like to think we take the hard work out of Christmas. Visit our showroom on North Street and let our friendly team help you choose, wrap and enjoy the act of giving.

- 1. Keep it simple.**
- 2. Consider what**

you are trying to communicate.

3. Useful luxuries are always appreciated.

4. Keep within your budget.

5. Pay attention to presentation & wrap it well!

This month you can relax and enjoy a complementary speciality hot drink while we wrap your gifts. Please bring this token with you and let us help make this Christmas the most enjoyable one yet.

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(Conditions apply: one token per customer when you purchase an item in store. No photo copies valid. Offer ends December 1, 2019. Cannot be used in conjunction with other offers.)

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Say you saw it in the Worth Valley Mag!

Nathan's Favourite Pumpkin Tart



Share your family favourite recipe with us!
Email mail@worthvalleymag.co.uk.
You never know, you might be our next Worth and Aire Valley Family Favourite recipe guest!

OUR FAMILY FAVOURITES

Over the next few months we will be featuring recipes from our friends and neighbours in the beautiful Worth and Aire Valleys. We would like to learn more about the people who live here and the things they love to cook for family and friends. Our first recipe comes from Nathan Downing. Nathan was born and bred in Haworth. He's a plasterer by day and a talented cook and musician by night.

Nathan's Favourite Pumpkin Tart

This is a delicious way to use up the flesh from carved Halloween pumpkins. The tart can be served either warm or cold. For Nathan, it is perfect when served warm with ice cream!

Ingredients

1 Pack ready rolled shortcrust pastry
450g pumpkin cut into small chunks
100g soft brown sugar
Pinch of salt
½ tsp each of cinnamon, ginger and nutmeg
1 tablespoon honey
3 eggs, beaten
Grated zest of 1 lemon and juice of ½
Grated zest of 1 orange and juice of ½

Method

Remove pastry from the fridge an hour before start. Grease and dust with icing sugar a 20cm flan tin. Line the tin with pastry, leaving some excess over the edge to prevent shrinking. Place the lined tin in the fridge for 30 minutes. Preheat the oven to 180C / gas mark 4. Prick all over the bottom of the tart with a fork, cover with greaseproof paper and weigh down with rice or baking beans. Bake the pastry case blind for 20-25 minutes, remove from the oven and let it cool slightly. Carefully trim off the excess pastry from around the edge of the flan case and remove the baking beans and paper. To make the filling, steam the pumpkin for around 15 minutes, until very tender. Press down on the cooked pumpkin to remove the excess liquid. Allow the pumpkin to cool then place in a blender with all the other ingredients except the eggs and puree until smooth. Add the eggs and blend again. Pour the mixture into the pastry case and bake for 55 minutes or until a skewer comes out from the centre clean. Allow to cool in the tin. Remove from tin and dust with icing sugar. Enjoy!



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National Trust

Christmas traditions at East Riddlesden Hall

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Please see online for more information.

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nationaltrust.org.uk/riddlesdenhall

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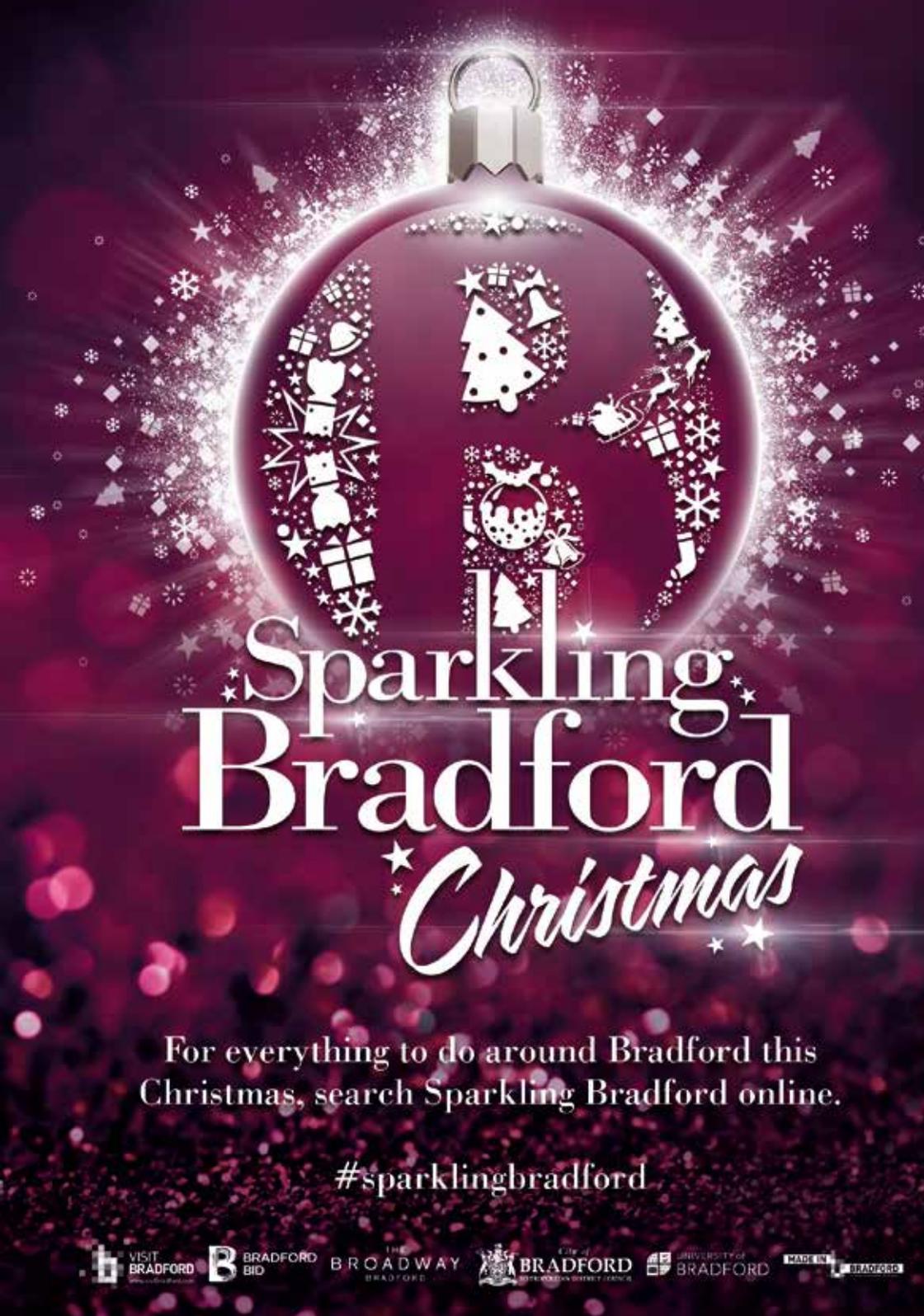
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LIGHTS, MUSIC, (Shopping) ACTION!

**30th November / 1st December -
Celebrity Light Switch on
& Christmas Craft Market**

Sat 30th November entertainment kicks off at 11.45 on the Church steps with a performance from **Haworth's Shine Academy**. From noon, the Main Street hosts carols and comedy from the **Same Difference** professional entertainers and festive songs from the **Waldershelf Singers**.

Haworth's first ever Christmas light switch on will take place between 4-6 PM at the iconic Christmas Tree at the bottom of Main Street hosted by BBC presenter and fund raiser extraordinaire **Harry Gration**. He'll arrive with **Santa on his Sleigh** accompanied by **Cinderella and her Prince Charming**. There'll be a packed two hour show to kickstart our *'Christmas in Haworth'*.

The fabulous **Christmas Craft Market** will be open in the Old School Rooms from 10AM – 4PM.

To keep you warm from the inside out, the award-winning *Bronte mulled gin and wine stall* will be opposite the Church steps.

Sun 1st December features more fabulous entertainment from **Same Difference** plus vocal perfection from **Bacapella**. **Haworth Ukelele Group** are popping up everywhere and **James Hutton** will sing some Christmas Classics. **Wilkinson's famous fairground organ** will also create joyful music at the bottom of Main St. *For all kids young and old, Santa will waiting for your visit in his sleigh at the top of Main Street.*

The Christmas Craft Market will again be open in the Old School Rooms from 10AM – 4PM - and all weekends up until Christmas.

FLAMING & FESTIVE

**7th & 8th December -
Torchlight
Weekend**

A family favourite, benefiting Sue Ryder Manorlands Hospice in Oxenhope, this sparkling spectacle puts the magic into everyone's Christmas. As the sun sets on picturesque Haworth village, flaming torches & light wands illuminate the path for the procession up the cobbled street where all are welcome to sing and join in. Pop along to West Lane Baptist Church and enjoy their **Christmas Tree Festival**.

Sat 7th December Noon - 4:30pm. **Bazzmatazz**, the high energy dance troupe from Halifax will have you moving and swaying to their beats throughout the day. **Great Yorkshire Morris** will be out and about performing as will **Sowerby Bridge Morris**.

Saturday Torchlight Procession: Gather at 4:45pm at the bottom of the cobbled Main Street where you will join the **West Yorkshire Police Band**, our **Fire Juggler** and the **Manorlands Flaming Torchbearers**. Song sheets in hand and with your best singing voice, you will set off up the street as part of the procession, pausing in places to sing or watch the fire juggling display.

(Light Wands will be available to purchase on Main Street at No.84 The Cabinet of Curiosities or No.111 Hawksby's Gallery)



Follow Christmas in Haworth



Sun 8th December

From Noon- 4:30pm **Voices of Yorkshire** bring the beautiful sound of a traditional Christmas choir to the village. **Bazzmatazz** return with another round of festive syncopation headed up by leader & choreographer, **Bazz Robson**. **James Hutton** vocalist & former opera singer will also serenade visitors throughout the afternoon.

Sunday Torchlight Procession: Gather at 4:45pm at the bottom of the cobbled Main Street where you will join the **Hebden Bridge Band**, our **Fire Juggler** and the **Manorlands Flaming Torchbearers** to sing your way up the hill. The procession ends at the foot of the steps to the Parish Church. **All are welcome to attend the candlelit carol service that begins at 6pm in St Michael's Church.**

Thurs 12th December **Parsonage Museum free entry for locals & Late night shopping on Main Street.** Join us for a glass of sherry and the chance to see the Parsonage dressed for the Christmas season. The Museum shop will be open. *After 5pm, entry is free to visitors providing proof of residence in BD22, BD21, BD20 or Thornton. Last entry 7pm.*

The Haworth Christmas Bauble Hunt - We have displayed ten handcrafted baubles painted by Crossroads, Haworth and Stanbury School children in windows up Haworth Main Street. 'Bauble hunt' sheets can be found in most establishments, so join in the fun and keep the whole family entertained. **Happy hunting...**

JOY TO THE WORLD

**14th & 15th December -
Brass Band & Festive Music**

Both days 12noon- 4:00pm A weekend when **Traditional Brass Band** sounds plus **Pipe Ensembles** fill Haworth Village with joyful Christmas music.

Sat 15th December features **Hebden Bridge Brass Band**, **Haworth's very own Brass Band & City of Bradford Pipe Band**.

Sun 16th December showcases **Hebden Bridge Brass Band**, **City of Leeds Pipe Band**, plus the vocal delights of **Bacappella**.

Thurs 19th December **Late Night Shopping 'til 8pm**

Many of the village shops including the **Bronte Parsonage shop** will remain open until 8pm offering seasonal specials and festive treats.

CHRISTMAS IS COMING
**21st & 22nd December -
Nativity Weekend**

The true Spirit of Christmas visits our Village. Gather round the Christmas tree at the bottom of Main Street at 2pm. Meet the nativity donkeys who will be available to pet. Join Jesus, Mary, and the donkeys as they make their way up the stone setts searching for a resting place. Experience the Christmas story anew. All angels & shepherds welcome. The Nativity procession will be accompanied by the **Golcar Brass Band** on both days.

4pm Saturday 21st December, **A Stroll Through The Past: A walk around Haworth with Adam Sargent**, storyteller, telling traditional Victorian ghost stories. Meet by the Christmas Tree at the bottom of Main Street at 4pm. Free Event.

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

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Email your answer along with your name & address to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by 15th November 2019.



Last month the correct answer was Linear Composites, Vale Mills, Oakworth and the winner was David Williams from Oakworth.



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Keighley Healthy Living
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The bumps, babies and breastfeeding group is a lovely social group for pregnant women and new mothers. **We meet every Friday at Keighley Healthy Living from 10am - 12pm.** If it's too early and you haven't had time for breakfast... then we also provide hot/ cold drinks and breakfast items like toast and crumpets. This is a great group to get lots of information in pregnancy especially if you are interested in breastfeeding or want to breastfeed and then our NCT trained breastfeeding buddies are there each week to support you after your baby is born. There is a wide range of toys for babies and toddlers to play with and some information booklets on display for you to read. Contact Flora Jennings for more details on 07920432428

Sewing Success in Keighley

Less than three years from setting up the popular Sewing Days Cafe in Oakworth, Joanne & Geoff Nalson have expanded their scope, and will focus on the specialist sewing, craft and tuition aspects of their business. "We basically grew out of the space in Oakworth and when the premises became available in Keighley, we jumped on the opportunity." explained Joanne. "The cafe will be in the hands of our very capable chef, but all of our fabrics, haberdashery and sewing related activities will now take place in Keighley at Sewing Days Fabrics on Church Street." A few Thursday evening sewing lesson slots are available (6-9pm alternate weeks) or bespoke one to

one classes can be arranged for day time tuition with Joanne. You can find more information on Facebook or contact Joanne directly on 07927 071537.



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COMMUNITY PAGES

Living with Loss Social Group meet every third Tuesday in the month at 2pm, at **Christ Church Oakworth**. A place to come for a friendly chat with others who know what it is like to have lost loved ones, with a cuppa and cake.

Holden Art Group meet on the First Thursday in the month at 7.30pm at **Christ Church Oakworth**. Regular guest artist techniques demonstrations. All welcome whatever your artistic talent. See oakworthchurch.org.uk for regular updates.

Keighley Mens' Forum meet every Thursday morning from 9.45am to about 11.30am. The Forum is open to men over retirement age and after refreshments we have a guest speaker for an hour or so. 1, **Devonshire Road, Keighley** (only 3 steps to manoeuvre). Weekly dues are just £2 and there is an annual membership fee of £5 per member which also gives our members membership of Keighley Playhouse.

Every Friday 10am to 12pm **The Shed** - Oakworth. Wood work and a range of handicrafts.

Laycock & District Women's Institute meet on the Third Thursday in the month at 7.30pm in **Laycock Village Hall** All welcome

Every Monday 11am-12pm **Health Walk** starting from West Lane Baptist Church. All Welcome.

Every Monday 10.30am to 12 noon at **Oxenhope Bowling Club**
Oakworth Young at Heart meet every Thursday 1-3pm at Oakworth Village Hall

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**
Sun 3rd Nov **Thanksgiving and Remembrance Service** at **Christ Church Oakworth**.

Tues 5th Nov **Cross Roads & Lees Church & Chapel Ladies Group** St James Church Hall, Haworth Road, **Cross Roads 7.30pm** Bedpans & False Teeth speaker Denise Aldard

Thurs 7th Nov 7.30 pm **Oxenhope Methodist Women's Fellowship** meet at The Chapel, West Drive. Demonstration on making chutney.

Fri 8th Nov The Shed Group 10am to 12pm **Brush Up on Art** - 4 Week Art Course at Oakworth Village Hall Contact KHL Tel: 01535 677177 to sign onto the course - £2 Free places are available

Fri 8th Nov **Haworth Cinema Film Yesterday (12A)** 7.30pm West Lane Baptist Centre.

Sat 9th Nov 11am - 4pm **Haworth Artisan Food & Drink Market** The Old School Rooms, Haworth Third Artisan Market of the year. Featuring a range of food and drink suppliers, raising funds for Manorlands Hospice.

Sun 10th Nov 10.45am

Remembrance Sunday Memorial Service Holden Park Oakworth
Mon 11th Nov **Haworth and District Women's Institute's** November meeting will be held at St James' Church Hall, Cross Roads at 7.30 pm. Speaker - Ian Tomlinson talking about Stained glass. All welcome.

Mon 11th to Sat 16th Nov **Haworth**

West Lane Baptist Amateur Operatic Society 7.15pm each evening and 230pm on Saturday. "Iolanthe" Gilbert & Sullivan comic operetta. booking details can be found at www.haworthamateuroperaticsociety.co.uk and www.facebook.com/HaworthBaptistWestLaneAOS
Sun 17th Nov Train rides for all the family. **Miniature trains** running at **Marley sports field approx. 13:00** until dusk, weather permitting. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at www.kdmes.org.uk/trains.htm

Turs 21st Nov 7.30pm **Oxenhope Gardening Club, Oxenhope Community Centre**, Shaw Lane Oxenhope. The speaker Annie Milner from Rosa Rugosa of Haworth. Annie will be demonstrating how to make Christmas arrangements using material from the garden. Mince pies will be served. Non members, £5

Thurs 21st Nov 7.30 pm **Oxenhope Methodist Women's Fellowship** meet at The Chapel, West Drive. Salvation Army Chris Brown.

Fri 22nd Nov 7pm **Natasha Harper sings 40's, 60's and present day tunes along with sounds from DJPhil.**

Tickets £10 includes supper at Cobbles & Clay, Main St. Haworth. Doors Open at 7pm. Live music from 8:30pm. Note: This event is to benefit WVCR (Worth Valley Community Radio) Come learn more! All welcome.

Sat 7th Dec 2pm **Oakworth Village Society Christmas Fair** at Oakworth Village Hall.

Thurs 28th Nov **Oxenhope Antiques & Collectors Society** 7.30pm at

Oxenhope Community Centre, Speaker: David Allen - Exploring Your Antiques and Collectables. Bring along something to talk about and have it valued. Visitors welcome - For more information contact Christine on 07974 785489

Sat 30th Nov & Sun 1st Dec 10am - 4pm **Christmas Craft Market** Old School Rooms, Haworth. Entertainment throughout the day in Haworth. Santa will also be on the Main Street. (see page 20/21 for full details).

Sat 7th & Sat 14th Dec **Sparkle your Christmas pop-Up Events.** Festive hands-on workshops for the whole family. Fun gift making, Cupcake decorating, Pimp-your-Christmas Jumper, Upcycled Madness, and much more! Upstairs at Pennybank, Haworth Main Street. **Follow & Like Upstairs at Pennybank on Facebook** to find out more. Or contact pennybankhouse@gmail.com

Mon 9th Dec 6.30pm **Friends of Holden Park** Oakworth together with **Haworth Ukulele** group will welcome you to a Christmas **Sing Song in Holden Park**. There will be a warming drink along with a slice of something tasty. Don't forget your torch and wrap up warm!

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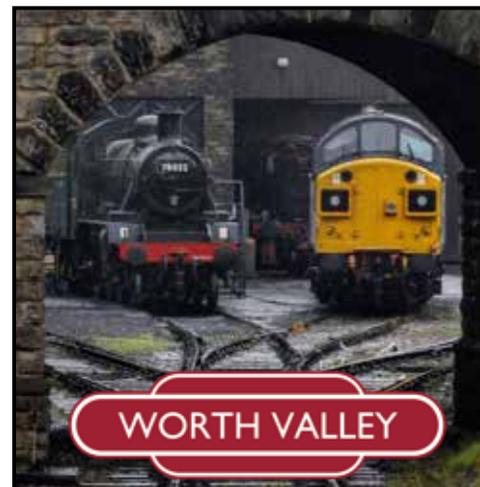

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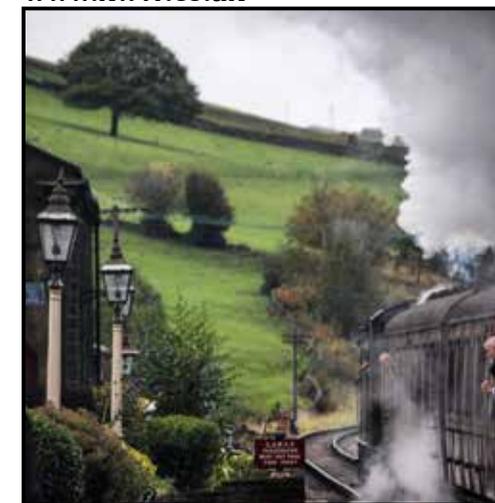


It's literally been 'all hands to the pumps' over the past few weeks at the Keighley and Worth Valley Railway as we have hosted our annual Beer & Music Festival, during which our volunteers were kept busy serving thirsty visitors from a choice of over 150 beers, ciders and gins. As well as the hundreds of volunteers needed to run the event, there are countless hours spent setting up and the same putting the Railway back to normal after the last of the many pints has been sipped. This level of commitment and enthusiasm is typical of our volunteers, who as well as hosting the Festival have recently completed a significant engineering project on the embankment near Mytholmes Tunnel and are in the final stages of planning for a bridge replacement in the Spring, as we work to maintain the 150+ year old infrastructure. This work is vital to keep the trains running for many generations to come, as is the effort needed to overhaul and care for the Railway's fleet of steam locomotives and carriages. As you look out of the windows of our heritage trains, you pass through the beautifully-restored stations, which take on a whole new charm as the gas lighting illuminates the dark

evenings and the roaring fire in the booking hall keeps out the winter chill. It is nearly time to welcome Father Christmas as he joins us on board our Santa Specials, which run weekends from November 30th to December 22nd plus Christmas Eve. Tickets continue to sell fast, so please do book soon if you wish to travel from a particular station, because many services are already nearly full. Travelling with Santa and his Pixies is always a great family favourite, with the decorated trains, Winter Wonderland at Oxenhope and gift from Santa all adding to the great atmosphere.

With so much going on, I do hope that you will consider making a nearly-new year's resolution to join us board as a volunteer. We provide full training for the wide range of roles that are required to keep the wheels turning. You can help front-of-house on the stations or on the trains, as well as behind-the-scenes on civil and mechanical engineering, and in the myriad of roles that are necessary to keep the wheels turning. Full details of how to join as our volunteering team, as well as how to book the Santa Specials are on the website.

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by David Hanson, Haworth Physio

Bungalow legs – a condition suffered by the elderly is growing and is now becoming increasingly recognised by the medical profession.

Many people, having reached a certain age, decide to 'downsize', either into a retirement flat or a bungalow. In either case, the absence of stairs is noticeable and often one of the deciding factors when choosing the new home. Although this might seem like a good idea in preparing for later life, the impact of not having stairs in the home needs careful consideration. Stairs play a vital role in the maintenance of functional strength. Climbing stairs works all of your major lower-body muscles, including your glutes, hamstrings, quadriceps and calves. It is also a weight bearing exercise.



Weight bearing exercises are activities that make your muscles work against gravity. Walking, hiking, playing racquet sports, jogging and stair-climbing all fit into this category. Climbing stairs means that the bones of your lower body must work to support your weight, and that extra load will trigger an increase in bone-building cell activity.

Bone density is especially important as we age. Maximum strength and bone density peaks at around the age of 30. After this there is a slow decline in both our physical strength and the density of our bones. Continued decrease in bone density can lead to a condition known as osteoporosis.

Osteoporosis is a disease that weakens bones. It is a 'silent disease', with no symptoms until a sudden fall leaves you with a painful and unexpected fracture of the hip, wrist or of the vertebrae in your

spine. Osteoporosis can affect anyone at any age, although postmenopausal women are particularly at risk. Bone density in women is regulated by the female hormone oestrogen. As oestrogen levels decline around and after the menopause, bone density also begins to fall. The benefits of undertaking regular weight bearing activities are especially important for this particular cohort of the population.

Those living in bungalows (or actively avoiding stairs) may well be denying themselves a vital exercise activity. The old adage of 'use it or lose it' certainly applies in this case. If this is you (or someone you know), then seek to redress this imbalance

by taking stairs rather than a lift where possible, finding steps to climb when out walking, or using a stepper machine if you go to a gym. These simple measures will help to prevent those unwanted, and potentially harmful, bungalow legs.

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