## WORTH VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2024

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Things feel to be ramping up in November, not least in preparation for winter and what it brings. I like to stack the logs, fill the larder, change over to winter tyres, make sure I have rock salt in the boot of the car, etc; you'll have your own list of things to do.

Local Keighley company, Keybury Fire and Security, have written a piece about how to keep your home safe and secure on the run up to Christmas (see page 24).

I also like to focus on the benefits of getting cosy, shifting to entertaining indoors, or enjoying quiet cosy nights listening to the radio or a favourite podcast. I have friends who get crafty and create lovely handmade gifts at this time of year; their homes are hives of activity and wonderfully fragrant. I can usually count on a sneak peak or a tasty sample.

Visit Bradford has a host of SPARKLING events and happenings to enjoy both in November and December. See pages 4 & 5 and mark your calendar! Cheers :)



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As the nights draw in and Christmas approaches, it's the perfect time to bring some sparkle to your days and fill your calendar with events and experiences ready for all the family to enjoy.

Book your tickets now for the best seats in the house!

The annual hit panto at Bradford's Alhambra Theatre returns this year with Pinocchio (7 Dec-19 Jan).



New this year is a festive production of **A Christmas Carol on the Keighley and Worth Valley Railway**. Join Scrooge on an immersive interactive journey in this unique railway theatrical experience in November and December.

When it's time to start Christmas

shopping, independent retailers are a great place to start. Look out for late night shopping events, the **Brontë** Parsonage Museum shop along with shops on **Haworth Main Street** will be holding a late night event on 5 and 19 December, while in likley you can shop around the town until 7.30pm on Thursday, 5 December. Follow the eye-catching **Nutcracker Trail around Bradford city centre** (2 Dec-5 Jan). Search for the hidden letters to solve the festive anagram and enter to win a city centre gift card, bringing some extra festive fun to your shopping. Once you have everything ticked off your list, treat yourself to a delicious afternoon tea in the elegant surroundings of the Midland Hotel. Craft Markets and Makers Fairs are also a wonderful way to find creative and thoughtful gifts. The likley Manor House Makers' Fair is coming up 23–24 November, while Keighley Creative is hosting an **Open Studio and Makers Fayre on** 30 November. Haworth Christmas Craft Market is at the Old School Rooms every weekend up to Christmas from 16 November.

Christmas in Haworth returns with events every weekend from I December, when festivities begin with the Rotary Santa Park Run. The popular Torchlight Parade will be 7–8 December, while on 14–15 December you can enjoy festive music, brass bands, choirs, and more. The season ends with the beautiful Nativity Weekend 21–22 December.



If you're planning a visit to Father Christmas, then you can find him out and about most weekends. Get your tickets for the Elf Explorer on the Keighley and Worth Valley Railway for a memorable experience for all the family; alternatively,

visit **East Riddlesden Hall,** where you can write your letter to Santa and

then sit down for a Christmas story with Mrs.Claus. Santa will also be in his grotto at the Cliffe Castle Christmas events on 7-8 December, when you'll also find craft workshops to get

involved with, and **14-15 December**, when there'll be a **market** and **traditional Victorian music.** Over at Bradford Industrial Museum Santa will be in residence at the annual Victorian Christmas Market 23–24 November, along with stalls inside and outside the museum and delicious seasonal refreshments. Saltaire village will once again be illuminated by the colourful windows of the Living Advent Calendar, which

the Living Advent Calendar, which returns to the UNESCO World Heritage Site on I December. As dusk falls each evening, more windows will be revealed to create a kaleidoscope of colour around the village.

Take advantage of cold, crisp days to take a break from the Christmas buildup and enjoy the great outdoors. You'll find easy family walks along the canal towpath at **Saltaire** or follow the **Great Northern Trail** for panoramic views above **Cullingworth.** 

Go exploring the trails at **St. Ives Estate, Bingley,** or find new views from the **Cow and Calf Rocks at Ilkley.** From January, **Bradford** 



will be celebrating its year in the spotlight as UK City of Culture 2025. The launch event Rise (10-11 January) will be a truly magical spectacle to launch the year, just the start of what promises to be a year full of sparkle for Bradford.

Plan your visit: www.visitbradford.com/christmas





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# Discover again

# **Denture Problems** Look no further...

## 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 gualification 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 loseph 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 vou?

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

However, replacing your teeth is more than trusting someone with your smile. Your appearance and the way people perceive you is also at stake.

Matt creates dentures which can offer the dual effect of restoring your smile and correcting the proportions of your face.

He can add volume to your lower face and upper lip region to achieve a more natural, youthful look. Everyone is different, so your dentures are influenced by your age, personality and gender to ensure they look perfectly natural. Matt will discuss your individual needs and the best choices available before providing you with the information you require to determine what is right for you.

The smallest alteration can make the biggest change and Matt is committed to providing the highest level of care, guality 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?



With our clinical denture expert Matthew Varley, who has restored thousands of smiles - you're sure to feel more confident and be you again.

### **From Frustration to Clarity**

One of our lovely transformation cases. Patient LS struggled for years. Aesthetics were compromised along with facial support looking very strained. With our Diamond range of dentures, aesthetics were restored with full facial support in the correct position.

"I have finally got my confidence back, I never imagined I could smile like this. Thank you My Denture Clinic"

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## Nipping at the heels? - plantar fasciitis explained

by David Hanson, Haworth Physio

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

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

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

Plantar Fascia

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

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

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

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symptoms persist.





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(speak to us regarding bookings and fees - some services can also be booked online)

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- Travel Medication ~ From altitude sickness to menstruation delay
- Private Prescription Medication for over 50 conditions without seeing your doctor
- · Weight Loss Injections ~ Amazing weight loss results
- Vitamin B12 Injections ~ Increasing energy levels & improving fatigue
- Blood Glucose testing · Cholesterol testing · Uric Acid testing
- Urine Infection testing 
   Pregnancy testing
- Dossett Boxes for patients struggling with their medication

## **FREE SERVICES:**

- Delivery Service (Oxenhope, Haworth, Oakworth, Stanbury and ALL surrounding areas)
- Clinic Blood Pressure checks · 24 Hour Blood Pressure monitoring
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with the replacement of Bridge 27 at Haworth, the ongoing works at Keighley station, and the recent Beer & Music Festival. Seeing the precision with which Bridge 27 was installed was testimony to the years that readied us for the moment when the new span was craned into place and we were running trains over schedule on Saturday morning.

Looking ahead, we have our most anticipated the start of the 20th Century. events of the year, starting with the arrival of Santa and his helpers at the end of November. Those who joined us at the Beer & Music The festive spirit will continue through the encourage you to check our website for available slots, whether it's for the Elf Explorer or other planned festive trains.

Looking forward to the next year, we are thrilled to be part of the Bradford City of Culture 2025.As part of this, we will be hosting The Railway Children theatre production, a bring The Railway Children home.

running days throughout the year, we have a challenging maintenance programme, which information for the Christmas events. is vital to keeping the 150+ year-old railway operating. Several locomotives and carriages I do look forward to welcoming you on board are being overhauled in preparation for rejoining the operational fleet over the next few years. This is a significant undertaking with the high cost and time commitment necessary to complete the overhauls.

It's been guite a year for the Railway, what We are not standing still in other areas, with the Old Parcels Office café reopened at Keighley, complemented by the recently completed Visitor Centre in the water tower at Keighley station. We will shortly be starting phase 2 of the work at Oakworth, which will see more of the goods yard area open to visitors, including the chance to marvel at the goods shed, which has been largely untouched since the Midland Railway operated the line at

Festival will have seen the dozens and dozens weekends and some weekdays in December. of volunteers at each of our stations helping Some dates are already fully booked, so we to run the event, but you won't have seen the many people working behind the scenes, whether preparing and servicing the loco's and carriages; dealing with the rostering; sorting out the beer orders and performers' schedules; or dealing with the health & safety and regulatory requirements of such an operation. We have over 800 volunteers working together to keep the wheels turning, and we are always looking moment we are eagerly anticipating as it will for more to join the team. Please consider whether you can spare the time and your skills to support the Railway. Full details on In addition to the schedule of events and how to apply to join the volunteering team are available on the website, as well as booking

soon.

~ Matt Stroh

Keighley & Worth Valley Railway Chairman

## **AREYOU FEELING FESTIVE?**

Upcoming events at The Keighley & Worth Valley Railway.



JOIN US IN THE 2024 WINTER SEASON FOR THE WORLD DEBUT OF OUR IMMERSIVE 'A CHRISTMAS CAROL' RAILWAY THEATRICAL EXPERIENCE.



Use the QR Code for more detailed information, timetables, all the latest news and upcoming events across the railway.

Book online at www.kwvr.co.uk or by phone on 01535 645214

## 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

Every 3rd Wednesday 7.30pm of the month Oxenhope Climate Action meet at the Bay Horse Pub Oxenhope New Members always welcome. Further info www.oxenhopeclimateaction.org.uk 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, I 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 Ipm - 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 **Time For Me Bereavement Support Group** meet at The Three Horses, Fell Lane, Keighley, BD22 6BZ. A mutual support group for those who have lost someone dear. recently or a long time ago. Further info contact helen.timeforme@gmail.com Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall.Call 01535 644136. Every Saturday I-3pm Hall Green **BookPoint.** Hall Green Chapel Haworth (downstairs). Free November 2024 (up to 24th Nov

between the times of 10am to 11am) The Cavendish - Keighley (88 Cavendish Street) are collecting Advent Calendars to be donated to Charities put a smile on a child's face.

Sat 2nd Nov 10 am - 12 Coffee Morning at St Gabriels Church Stanbury Coffee Cake & conversations

all welcome
Sat 2nd Nov 10 am - 12.30pm

**Operation Oakworth meet at Christ Church, Colne Road.** collect your litter picking kit.

Tues 5th Nov Yorkshire

**Countrywomen's Association 2pm at Methodist Chapel Oxenhope**. Auction with |ill.

Weds 6th Nov 1.45 pm Lees

Methodist Meeting Point The King's Nephews Life after Death talk by Graham Mitchell at Lees Methodist Church

Sat 9th Nov 10am - 12 St Michael's Garden Angels

Haworth Church Yard (top of Main Street) sweep paths, gather leaves, clearing grave stones that have become



covered over. Tea and cake, and it's always great fun! Bring your boots/wellies and gardening gloves if you have them. Also, if anyone has a wheelbarrow, good broom, snow shovel they always come in useful! Sat 9th & Sun 10th Nov 10am - 4pm Haworth & Yorkshire Creative & Makers Market The Old School Rooms, Haworth Sun 10th Nov 9.30am Cross Roads, Lees and Bocking Service of **remembrance** at Church of St James, Haworth Road, Cross Roads followed by wreath laying ceremony at the war memorial in Cross Roads Park at 10.50am. Sun 10th Nov 9.35 am Keighley: **Remembrance Day Parade and** 

**Service** Town Hall Square Sun 10th Nov 10.45am **Oakworth: Service of** remembrance and wreath laying ceremony at the war memorial in Holden Park. Sun 10th Nov 10.45am **Oxenhope: – Service of** remembrance and wreath laying ceremony at St Mary the Virgin Church, Hebden Bridge Rd, Oxenhope. Sun 10th Nov10:50am Haworth: **Remembrance Day gathering** at The War Memorial,

Bridgehouse Lane

roundabout, Haworth.

Sat & Sun 16th, 17th, 23rd, 24th, 30th Nov & 1st Dec 10am - 4pm Christmas Craft Markets at The Old School Rooms, Haworth Sat 16th Nov 1pm - 3pm Keighley New Church, Braithwaite Village, BD22 6PX Christmas Fayre with Refreshments and various stalls

#### Sun 17th Nov: Shelf Park to Lightcliffe Park memorial.

Moderate 8 miles. Meet for a 10.30 am start at Shelf Park, Bridle Stile. www.ramblers.org.uk/keighley

Sat. 23rd Nov. 10am to 2pm Coffee Morning with raffle at St. Mary's Church Oxenhope, funds for Sue Ryder, Manorlands Hospice.

**23rd Nov to 22nd Dec Elf Explorer** on the Keighley & Worth Valley Railway Tickets: www.kwvr.org Sun 24th Nov Keighley Christmas Light Switch on 4:45pm with entertainment starting at 12 noon. Gather at Town Centre, North St. Thurs 28th Nov to 6th Dec Christmas Carol the magic of A Christmas Carol brought to life on the Keighley & Worth Valley Railway. Sat 30th Nov. Haworth Village Hall present Soul Train doors open at 7 pm Bar available all evening. Sat 30th Nov 10am - 3pm Makers Fayre Keighley Creative 3-7 Cooke Lane, Keighley

Ist Dec II am - Ipm Haworth Rotary Santa Run Registration 10am Haworth Bowling Club pavilion near the Butt Lane entrance at the Bowling Club. www.haworthrotary.co.uk



The Area Office have maintained relationships with local litter picking groups in the Worth Valley area over several years now and the litter picks continue to be a popular activity that local people engage in, and that the Area Office can support by providing the relevant equipment, disposing in the rubbish and co-ordination of volunteers coming forward to help out. A litter pick on Penistone Hill took place earlier this year (March) and at the request of local people, a second took place on Saturday 26th October. The litter picks continue to be well attended, show good

community spirit and provide a platform for others to get involved; 8 cadets and 2 PSCO's attended, the 3 local ward councillors, 2 staff from the council's Countryside Team and Area Office Neighbourhood Service, 2 of the Village Councillors and members of the public. Another pick will take place next year. Members of the public can get involved by contacting Alice Bentley or Sally Teasdale from the Area Office on 01535 618008 or email alice.bentley@bradford.gov.uk or sally.teasdale@bradford.gov.uk



Hello all, This is a small update on the progress of the Haworth Village Hall development project funded by Keighley Town Fund.

We are excited to be finally making visible progress and are going to tender, but timings cannot be confirmed until the tender process is completed. The current delivery window for completion of the Town Fund projects is March 2026. We aim to keep Haworth Village Hall in use while the works are underway.

The Hall is home to Haworth Brass Band, Rainbows, Brownies, Weenie Boppers, Rhythm Time, Scouts, Guides and Ladies Badminton. We have one evening slot available and a couple of day time slots also if anyone is interesting in holding a regular event in the hall. Once the development and refurbishment is completed we will have a lot more space and capacity for events and we are actively looking for interested parties moving forward so please get in touch! Appeal – We are looking for help with our website. If anyone has WordPress experience and can volunteer a bit of time to show us how to amend/update it we would

be very grateful, please contact us if

you have IT/website skills.



### tickets available from:

https://www.brownpapertickets.com/event/6454597 OR via the QR code above. **Tickets cost £14 each** (small admin charge by BPT).

**Contact:** by email: events@haworthvillagehall.org.uk

#### secretary@haworthvillagehall.org.uk



https://www.facebook.com/groups/1026829527361905/

**Thank you -** We would like to say a big thank you to Nel Hargrave, Kitty Wright and Roost Architects for all their help so far. ~ Haworth Village Hall

To advertise call us on 01535 642227



Christmas: a time when homes are full of gifts and burglars know it! Every year we hear from people who have had items stolen or can't sleep for fear of break ins, and there's a scramble to get security systems installed before 25th December.

After 42 years protecting homes, we've put our experience to good use; compiling home security tips to give you peace of mind this Christmas.

#### I. Christmas Lights

The rising cost of energy has made people think twice about leaving a light on but without one your house can look empty & an easy target for burglars. Police and neighbourhood watch schemes suggest you leave a light on, or use timers, so it looks like somebody's at home. Outdoor Christmas lights look festive but avoid threading them through an open window as this gives burglars an easy way in. Make sure you can secure your doors and windows.

#### 2. Secret Santa

Avoid leaving gifts anywhere where they can be tempting for opportunists thieves. Some people leave them in the car or shed - but they could be easily seen and taken. Instead choose somewhere secure and out of sight. Posting on social media about gifts you've bought could make your home a target for burglary. Similarly, if you check in at a carol concert or meal out, you could be advertising that your house is empty. It's advisable to save your photos to post when you're back home. This also applies to Christmas holidays!

#### 3. Fake Santa

Be on your guard for Christmas scams. Avoid



clicking links you're sent and don't hand over personal information or bank details. Be wary of online shops you've never heard of and "too good to be true" offers. Remind vulnerable neighbours or family members to be wary of fraud.

#### 4. Christmas Wrapping

It's not just gifts but packaging outside your house could advertise your new goods to thieves. Leaving a stack of branded or labelled boxes outside by the recycling bin tells burglars exactly what they can find in your home and could make your house particularly appealing to criminals. Use CCTV to deter criminals and provide evidence of parcel deliveries. You could order parcels to collection points to avoid a missing parcel scenario.

#### 5. Tis the season...

We advocate for always switching your house alarm on; at night when you go to bed, and during the day when you're out. Not only do burglars avoid homes with security systems in place, but a ringing house alarm should scare off an intruder as it makes so much noise and attracts attention.

Keybury Fire and Security are a family run business based in Keighley since 1982. We install and maintain home intruder alarm and CCTV systems to the highest standards, as our NSI GOLD rating and 5 star customer reviews will testify. Our mission is to make people feel safe and secure and we pride ourselves on our commitment to and care for our customers. For a free home security survey contact us on 01535 661197

The Old Registry Christmas Menu

Goats Cheese Crostini Griddled crostini topped with caramelised onions.

melting goats cheese, balsamic dressed leaves Chicken Liver Paté

Chicken liver paté, laced with Scotch whiskey, served with toasted sour dough & brown onion chutney

Blue Cheese & Port Mushroom Pot Button mushrooms baked in a creamy blue cheese & port sauce topped with parmesan crumb, served with crusty bread to dip

Mains

Christmas Turkey with all the trimmings Turkey crown, crispy goose fat roasties, pigs in blankets, sausage meat stuffing, rich turkey gravy, cranberry sauce, seasonal veg

Blade of Beef

Slow cooked beef blade, served with creamy mashed potato, rich beef gravy, roasted root veg & wilted greens, crispy parsnips

#### Christmas Nut Loaf

Carrots, parsnips & onion, cooked with cashews, walnuts & chestnuts, thyme, rosemary & cranberries, with creamy mashed potato, wilted greens & crispy parsnips, roast root gravy

#### Sea Bream Fillet

Oven roast sea bream with chilli ginger, spring onion & peppers, buttery crushed new potatoes, crispy spiced kale

Dessert

**Christmas Sponge** A lighter take on Christmas pudding, sponge with fruit & brandy, creamy rum sauce or ice cream

Sticky Apple Pavalova Homemade meringue nest, topped with whipped cream, spiced poached apples, whiskey toffee sauce

> **Triple Chocolate Brownie** Homemade warm brownie, Baileys sauce, vanilla ice cream

> > Selection of Homemade Ice Cream

Running 29th/30th November 6th/7th Dec 13th 14th Dec 20th 21st December £35 a head

#### Tel: 01535 646503

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The location of last month's competition was The Country Manor and the winner was Sonia Akeroyd from Oxenhope.



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## BEHIND THE SCENES AT THE MUSEUM

This year at the Museum, our focus has been on childhood. What was the world like for the young Brontë siblings growing up? How did they spend their time? And can we see the influence of their early years in any

of their later writing? So it was very fitting when, a few weeks ago, we had a request for a library visit to see one of Charlotte Brontë's little books, written in childhood.

In fact, this book isn't just an early example of Charlotte's passion for

writing – it's the earliest. Between the pages of this tiny volume (4.3 cm x 6.4 cm!) is the very first example we have of a story from the author who would become one of the best-known in the world.

Aged about 10 years old, Charlotte put pencil to paper, crafting her novel out of scrap paper and binding it herself using thread. The outer pages have been made from floral wallpaper - apparently leftovers from a decorating project at the Parsonage. But this little book wasn't simply for amusement. It was a gift for Anne, the youngest of the Brontë children, who was poorly at the time. Not one to shirk her sisterly duties, Charlotte set about cheering up Anne with her miniature hand-made book, inviting her little sister into a childsized world of her creation - complete with carefully painted illustrations. What's so endearing about this item in our

early years in any disappearing into a

collection, is that it's something many of us can relate to. Whether it's penning clumsy 'books' from folded paper, inventing plays to be performed for patient parents, or disappearing into a make-believe world at

> school breaktime – children are masters of imagination.

It's a simple reminder that the famous Brontës were children too once, playing together and inventing faraway lands just like any other child. It's also a heart-warming reflection of the close

bonds between the siblings. Growing up without a mother – and having lost two older sisters – Charlotte, Branwell, Emily and Anne leant on each other perhaps more than most for love, care and companionship.

Our 2024 special exhibition is called **The Brontës' Web of Childhood**, and explores what life was like for the siblings growing up. You can see it in the Bonnell Room in the

Museum until the end of the year. Find out more at **bronte.org.uk** ~ and remember, local residents enjoy concessionary ticket prices.

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Winter at the Parsonage 5 December Candlelit late-night opening 6 - 7 December Wreath making SCAN ME 14 December 'Learning to Play' theatre performance Haworth, Keighley, West Yorkshire BD22 8DR Brontë Parsonage 01535 642323 www.bronte.org.uk 👍 🗙 💿 MUSEUM KEIGHLEY TOWN COUNCIL YEARS OF KEIGHLEY CENOTAPH Date: 7th December 2024 Time: 12pm - 3pm Location: Town Hall Square Short service Live Choir Information stall on the History of the Cenotaph Men of Worth stall

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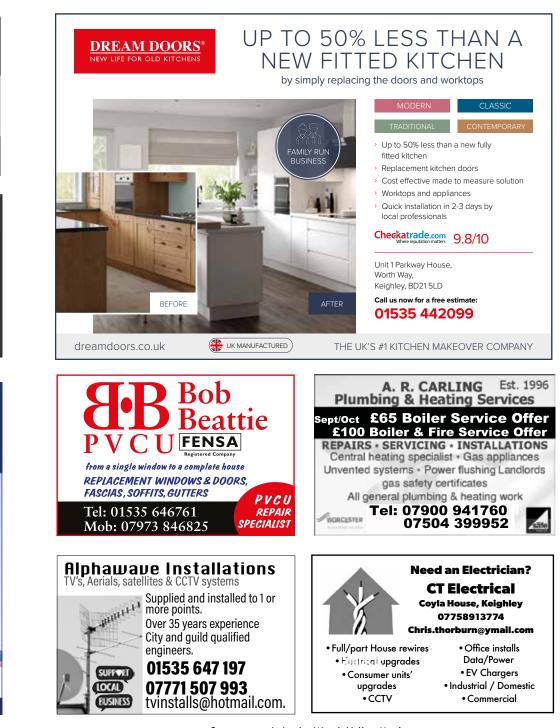
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#### East Morton, Sunnydale and the Glen 3 1/2 mile (6km) circular walk

A hilly walk, through a mix of woodland and farmland starting at the centre of East Morton. Comfortable strong walking shoes/boots are recommended, with outdoor clothing to suit the season. A packed lunch is advisable. This walk is not suitable for pushchairs or wheelchairs and people with restricted mobility.

Walk start point: Morton bus terminus. Car parking is limited to on-street parking, please park with care.

With your back to the bus terminus turn right up Main Road turning immediately right into the village green. Follow the stone paved path through the gardens and up the steps at the rear out onto the junction of the two minor roads. Turn right up the second road on the right and continue up as the road changes to a narrow track. At the top of the incline continue following the track through the courtyard area of 'High Fold' and down a slight incline before bearing right to rejoin Main Road.

Turn left and first left up Green End Road, following it for 1/4 mile as it meanders between the houses eventually passing Morton Hall on the left. Round the corner beyond Morton Hall continue following the road up the slight incline, passing Lower Botany Farm on the left and Lakeside on the right. After approximately 100yds at the gateway of a private drive to 'Moorfield', turn left off the road onto the public footpath and go over a stile into a field, follow the wall on the left across the field to a second stile. Once through the second stile continue to follow the wall on your left uphill to join a farm track at the wall corner.

Turn right up the track eventually going through a kissing gate next to a field gate. After a short distance the track divides, here take the track off to the left uphill at the side of the concrete reservoir overflow turning right at the top to cross the metal footbridge onto the top of Sunnydale reservoir embankment. Cross the reservoir embankment and continue forward at the other end, to go up the steps of quite a steep banking. At the top of the steps the footpath divides, our route turns left to walk through the trees above Sunnydale reservoir and in front of a large pond.

At the far end of the pond follow the well-defined path over the remains of a dry stonewall to turn right along the top edge of the woodland. After a short distance the path starts to drop downhill, here great care should be taken as the steep, narrow path leads down to a footbridge. Cross the bridge and continue to follow the path eventually crossing a second footbridge before turning right again, keeping to the top edge of the woodland at a second broken down drystone wall. Continue to follow the well defined path over a third wall and walk straight on, eventually emerging out of the woodland at a field gate. Go through the gate onto the farm track turning left downhill, after only a short distance go through a second field gate and follow the farm track to the farm building ahead.

On reaching the building turn left through the stile at the side of the field gate on the left. Keeping the wall on your right, cross the field to go through a second stile, next to the gate at the far end of the field, into a double walled track. Follow this double walled track for quite some distance as it drops back down onto Green End Road, via Upwood Lane, to retrace your steps back through East Morton to your starting point.

#### Sunnydale

Today, Sunnydale is a place of solitude and a haven for wildlife. However, this cannot be said of the past 200 years or so. At the end of the 1700's the industrial revolution arrived in Morton. Mills and factories were built along Morton Beck where the ready supply of water was used to power the water wheels and steam engines.

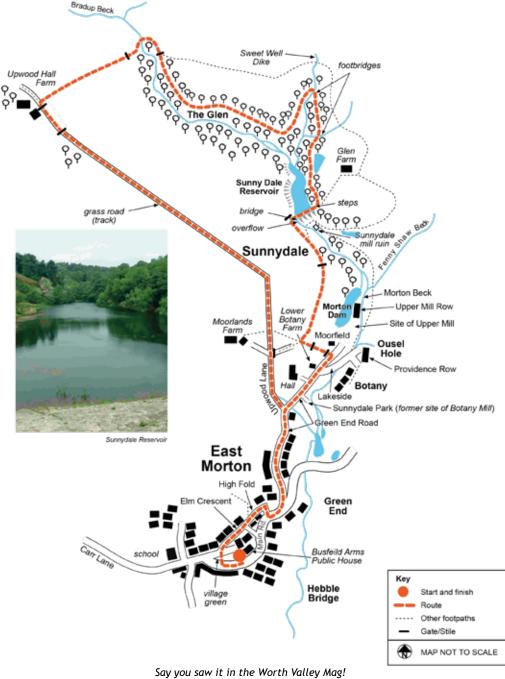
Along the upper reaches of Morton Beck three mills were built. Sunnydale Mill was located at the head of the Dale, just below the reservoir. Here paper was produced for banknotes and stationery. Further downstream just below Morton Dam, Upper Mill was built as a cotton spinning mill. Near the bottom of the Dale was Botany Mill, the largest woollen mill in the area.

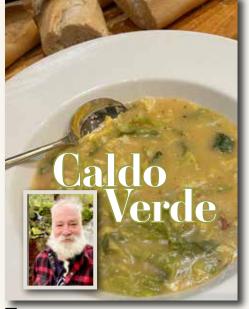
Workers for the mills came from all over Britain. Mill cottages were built to house them and these can still be seen today at Providence Row and Upper Mill Row. Unfortunately, the same cannot be said for the mills. These have all but gone, though the remains of the engine house at Sunnydale Mill can still be seen hidden amongst the vegetation.

We hope you enjoyed your walk. If so tell your friends, if not, or you have encountered any problems please tell us at: City of Bradford Metropolitan District Council Countryside and Rights of Way Service **Tel: 01274 432666 www.bradford.gov.uk/** countryside

## East Morton, Sunnydale and the Glen

Circular 3<sup>1</sup>/2 miles (6km)





This hearty vegetable soup from northern Portugal and Spain (it translates literally as "green broth") is really cheap, healthy, tasty, warming and filling. It is vegan too, unless you choose to add the optional chorizo. If you do add chorizo, buy it in one lump and dice it yourself. I like to buy mine from the deli counter at Pavé on Haworth Main Street.

The Portuguese and Spanish use a local cabbage variety called grellos or couve Gallego, which I've never seen for sale in this country, cavolo nero or savoy cabbage both work well as substitutes. The secret to this dish really is to spend time shredding the cabbage as finely as you possibly can, think matchstick length and thickness.

#### Ingredients (serves 4 - 6)

4 tablespoons of olive oil 2 fat cloves of garlic, peeled and very finely chopped I large Spanish onion

6 baking potatoes, peeled and diced

2 – 2.5 litres water

500g savoy cabbage or cavolo nero, tough stalks removed and shredded very thinly 180g chorizo sausage, diced (optional) 2 tsp sea salt flakes lots of freshly ground black pepper an extra glug of olive oil, (extra virgin if you have it)

#### Method

Choose your largest saucepan, sauté pan or flameproof pot, add a big glug of olive oil, about 4 tablespoons but no need to measure exactly, place on the heat for a couple of minutes then chuck in your garlic and onion. Fry over a medium heat for 5 minutes or so, stirring frequently until soft and starting to turn golden.

Now tip in your potatoes and stir to mix before pouring in the water, turn up the heat and bring to the boil. Once boiling, reduce to a gentle simmer and cook for 20 minutes or so until the potatoes are really soft.

If you are using the chorizo, dice and fry in a little olive oil until starting to crisp up whilst the potatoes are boiling. Once the chorizo is cooked, set to one side.

Once the potatoes are soft, remove the pan from the heat and blend until smooth using a hand blender or a potato masher. Once you've got a smooth, thick soup like consistency you're happy with, return to the heat and add your shredded cabbage, salt, lots of black pepper and the chorizo if using. Stir to mix, bring back up to a simmer and cook for another 10 minutes.

At this stage I usually find myself adding a bit more salt and pepper but that's down to your own taste.

Serve in large soup bowls and drizzle a little more olive oil on top.

I like to serve this with thick slices of toasted country bread rubbed with a crushed garlic clove and brushed with olive oil.

~ Martin Lingard

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