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November has a way of slowing us down. The days are shorter, the light is softer, and it's a natural time to take stock. Across the UK, we pause to remember ~ through services, two-minute silences, and small acts of reflection. These shared moments matter. They don't change the world, but they remind us of what's important: community, memory, and the value of showing up.

This issue, we're also thinking about the role of volunteering ~ how giving time, even in small ways, can make a difference. Whether it's helping a neighbour or supporting a local cause, it's another way of saying: we're in this together.

It's also the season of harvest ~ a time to notice what we have, and to share it where we can. There is plenty to be grateful for. Maybe it's a warm meal. a moment of quiet, or just making it through a tough week.

And speaking of meals, if you're looking for something seasonal and comforting, don't miss our Beef and Pumpkin Pie recipe. It's proper autumn food. Have a lovely month.









Liz













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steam lingers in the crisp autumn air, again bring Dickens' timeless tale to it's the perfect time to reflect on what life amidst the glow of lantern light has been a truly remarkable season for and the sound of the steam whistle. the Keighley & Worth Valley Railway.

biggest and most successful yet, together in song and spirit along the welcoming over 5,000 visitors, serving valley, and of course, rounding off an incredible 22,000 pints, covering the year with the much-loved Mince 550 miles of train journeys, and Pie Specials, the perfect way to clocking up nearly 5,000 volunteer relax, reflect, and enjoy the railway hours. A huge thank you to everyone between Christmas and New Year. who played a part, from our tireless volunteers to our visitors who made As ever, none of this would be

Now, as we head towards the festive the KWVR story. season, the railway is transforming into a place of Christmas magic Here's to a magical Christmas and an and tradition. The ever-popular Elf exciting year ahead on your railway. **Explorer** returns to delight families with festive fun, laughter, and a touch of sparkle. Our atmospheric production Keighley & Worth Valley Railway Chairman

As the nights draw in and the scent of of A Christmas Carol will once

We'll also be hosting our Carol Our Beer & Music Festival was our Service Train, a chance to come

the weekend one to remember. The possible without the dedication of our event not only celebrated our heritage volunteers and the continued support but showed, once again, the strength of our visitors. Whether you've joined and spirit of the KWVR community, us for a pint, a performance, or a festive ride, thank you for being part of

~ Matt Stroh

## **NEXT STOP: CHRISTMAS CHEER!**

All Aboard for Christmas Magic at the Keighley & Worth Valley Railway









## **SCAN. DISCOVER. BOOK**

Scan the QR code to unwrap full event details, timetables, and all the festive news from the railway!

Book your Christmas adventure online at kwyr.co.uk or call 01535 645214.

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10

## **Volunteering in Worth** & Aire Valley: Make a

## Difference

Volunteering isn't just about giving your time, it's about building connections, strengthening communities, and making a real difference. Small acts of service create ripples of kindness that benefit everyone, from next door neighbours to strangers and the most vulnerable. Research shows that volunteering improves wellbeing, reduces isolation, and instils a sense of purpose. In November, we reflect on the importance of resilience and service, volunteering is a practical way to contribute to a greater whole.

## Why Volunteer?

Connect with Others - Meet new people, share stories, and make friends while helping your community.

**Learn and Share Skills** – Offer practical skills or learn new ones, whether it's mending, gardening, or leading walks. **Enhance Wellbeing** – Acts of kindness boost mood, reduce stress, and foster

## **Support Your Community -**

Volunteering strengthens local networks, making villages and towns more connected and vibrant.

**Intergenerational Bonds** – Share knowledge and stories with younger or older generations, passing on lessons of courage, peace, and hope.

## **Local Opportunities**

personal resilience.

Homeless Not Helpless, Keighley: Support those experiencing homelessness by preparing meals, distributing warm clothing, or helping at day centres. Call 01535 601947 or email info@ homelessnothelpless.org.uk.

Age UK Bradford District - Keighley Branch: Befriend older residents, help run

warm spaces, or assist with community activities. Call 01274 511400 or visit ageuk. org.uk/bradford.

Silsden Repair Café: Share practical skills by mending broken items or helping with refreshments. Runs the 3rd Saturday of each month at Silsden Methodist Church. Email repair@silsden.org.uk.

Welcome Walks: Lead walks or support participants in enjoying the local countryside, fostering both physical and mental wellbeing. Phone: 01274 259190 Email: welltogether@bdct.nhs.uk

**Keighley & Worth Valley Rotary** 

Club: Get involved in charity initiatives and local projects that strengthen community ties. Currently there are two meetings a week: a lunch-time group who gather at Central Hall, Alice Street, Keighley BD21 3ID on Monday lunchtimes (12.45hrs until 2.00pm) while a project-led group meet at the Old Hall Inn, Haworth BD22 8BP on three Tuesdays a month (6.30pm until 7.30pm). Email info@rotary-kwv.org.uk or attend a meeting to learn more.

## **How to Start**

Pick one opportunity this month; even just an hour a week makes a difference. Bring a friend or neighbour for company. Contact the organisations by phone or in person; online skills are not required. Every small act adds up to a stronger, more connected community.







## surrounding areas

For help or advice please contact: Office of Robbie Moore MP Shan House, 80-86 North Street Keighley, BD21 3AG 01535 600538

robbie.moore.mp@parliament.uk Surgeries by appointment only

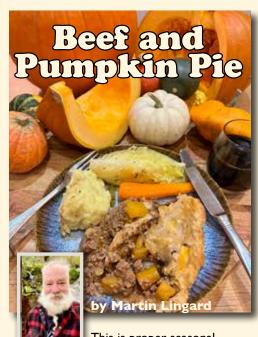




hpattisoncleaning@gmail.com







This is proper seasonal comfort food. The pumpkin soaks up the flavour of the beef and gravy as the pie cooks, making for a deeply satisfying dish. I'm giving instructions here for suet pastry, as I think it pairs beautifully with the filling, but feel free to use shortcrust pastry if that's your preference. If you're short on time, a couple of packs of ready-made shortcrust from the supermarket will do iust fine.

You'll need a suitably sized deep pie dish or tin. I use a 12" diameter enamelled cast iron casserole pot.

## **Ingredients** For the filling:

2 tbsp vegetable oil I large onion, chopped ½ a small pumpkin, peeled and cut into a rough dice (about 700g) 700g minced beef I heaped tbsp tomato purée

I glug of soy sauce

I tsp ground allspice

I tsp ground mixed spice I tbsp plain flour 500ml beef stock Salt and black pepper

## For the pie crust:

300g self-raising flour I tsp baking powder 150g beef suet ½ tsp salt

## Method

Heat the oil in a large pan over medium heat and tip in the chopped onion. Stir occasionally and cook until soft and just starting to colour. Add the pumpkin and minced beef, and continue cooking, again stirring occasionally, until the beef begins to brown.

Next, stir in the tomato purée, soy sauce, allspice, mixed spice, and flour. Give everything a good mix, then pour in the beef stock. Stir well, bring to a low simmer, cover, and cook gently for about 15 minutes. Remove the lid, season to taste with salt and pepper, then continue cooking uncovered until the liquid has reduced to a thick, rich gravy.

While your filling is cooking, preheat the oven to 180°C. To make the suet pastry, sift the flour into a large bowl and mix in the baking powder, suet, and salt. Add cold water a little at a time, mixing with the back of a knife, until it comes together as a dough. Tip it out onto a floured surface and knead briefly.

Take two-thirds of the dough and roll it out to line your greased pie dish. Press it in gently, then pour in your pie filling.

Roll out the remaining dough to form the lid. Place it on top of the pie, crimp the edges to seal, and cut a few slashes in the top to let steam escape.

I like to serve this with buttered Savoy cabbage—and if you're after more carbs, a generous helping of mashed potatoes works perfectly.



# Discover SM Sagain

## Denture Problems Look no further...





Matthew Varley is the partner and Managing Director of My Denture

Clinics, here he works as a Clinical Dental Technician (Dip CDT RCS).

Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

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

## How can we help you?

Technology has moved on massively over the last few 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, 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?







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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Contact us: info@worthvalleymag.co.uk

16

## COMMUNITY PAGES

## **WORTH VALLEY FOOD BANK**

Contact us on 07704 586030 - Monday, Tuesday & Friday between 9 and 12 am to self refer, or call personally at **West Lane Baptist Church Haworth** (side door) on Tuesdays between 1pm and 2.45pm.

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

**Every Monday I -3pm Tea Dance** at Keighley Civic Centre £2.50 inc tea & biscuits.

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

Every Tuesday I-3pm
Haworth Men's Shed at Hall Green
Chapel, Haworth (downstairs)
Cup of tea and friendly conversation.
First Tuesday of a month 2pm Worth
Valley Branch of the Yorkshire
Country Women's Association 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 I-3pm Coffee Afternoon at Hall Green Chapel,

**Haworth** (downstairs). Free refreshments and friendly chat. Hall Green BookPoint .

Tuesdays (Term Time) 2.30pm - 3.30pm Calm at the Castle Relaxing & meditation - friendly group. FREE & no experience needed at Cliffe Castle Keighley

First Wednesday of a month

Bereavement Cafe 6.30pm - 8pm at

West Lane Baptist Church, Haworth.

Friendly gathering to talk about life death and everything in between. More info contact Sharn 07922587721.

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

Every 4th Wednesday of the month.

Moorland Writers - creative writing group at

The Writers Bloc, Main Street, Haworth 1.30-3pm. No fee. For more information please ring Roger on 07739-300780.

Every Thursday Dementia Hub 10am
- 12 at Oakworth Methodist Church

A Warm & welcoming space. Call in for a friendly chat, along with activities, support & advise. More info call Mandy 07846558001 or email Mandykelly 1969@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) 720068 for more information

The Shed - Oakworth, meets every

**Thursday at Oakworth Village Hall** from **I-3pm.** Inclusive group doing crafting/ woodworking and regular talks. £2.50 inc refreshments. Contact Carol 07758 710945

**Every Thursday Tech Shed** free drop in 5 pm - 7pm at Haworth Village Hall.

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Mormon Church, Halifax Road, Cross Roads

Call lanet: 07966 333 052

**Every Saturday I-3pm Hall Green BookPoint.** Hall Green Chapel Haworth (downstairs).

Third Sunday of a month is Haworth Artisan Markets 10 am - 3pm at Haworth Central Park.

Fri 7th Nov, 2pm Cross Roads and Lees Church and Chapel Ladies Group From

The Cross Roads to The Branwell. Speaker: Philip Jennings

Sat 8th Nov Operation Oakworth 10am community litter pick meet at Christ Church Sun 9th Nov 9.35 am - 11am Keighley Remembrance Day Parade & Service

Sun 9th Nov 10.50am Haworth Remembrance Day at The War Memorial, Bridgehouse Lane

Roundabout.
Fri 14th Nov Haworth Cinema The Salt
Path (15) 7.30pm West Lane Baptist

Church, Haworth.
Sat 15th & Sun 16th Nov 10am - 4pm
Haworth & Yorkshire Creatives Makers
Market at Old School Rooms Haworth
Dogs Welcome.

Sun 16th Nov 10 am to 4pm Christmas
Fair at Glusburn Institute free entry

Thurs 20th Nov Oxenhope Gardening Club 7.45pm. The speaker is Zosia Berlkieta Lewis from Studio flora. Oxenhope Community Centre Shaw Lane BD22 9LH

Fri 21st Nov Lees & Cross Roads
Christmas Light Switch on 6.30pm at
Wilds Car Park

Fri 21st Nov from 6pm. Oxenhope Village Council will be hosting its annual Christmas light switch on in the Rose Garden All proceeds will go to Sue Ryder Manorlands. Serving tea, coffee, hot chocolate, mulled wine and mince pies. This year, we'll be serving Fairtrade refreshments where possible as we embark upon our Fairtrade journey. The Village Council is working towards becoming a Fairtade Community

Sat 22nd Nov Ipm - 3pm Keighley
New Church Christmas Fair in the
Church Hall. Enjoy refreshments and a variety
of stalls. Everyone is very welcome.

**Sat 22nd Nov 10am Light Switch on Keighley** with entertainment all day on
North Street, Airedale Shopping Centre, Low
Street, Keighley Market & Church Green. Lights
switched on at 5pm

Sat 23rd Nov from 5pm Haworth Light Switch on at the Museum Car Park.

Sat 29th Nov 10am - 3pm Haworth
RDA annual Christmas Fayre at Vale Mill
Lane Stables BD22 0EF

Sat 29th Nov I Iam - 3pm Free Festive Fun at Airedale Centre, The Royal Arcade, Church Green & Keighley Market

www.keighleybid.com/christmas25

Sun 30th Nov 10am -2pm Upwood Holiday Park Christmas Fair Sun 30th Nov 11am Santa Fun Run Central Park, Haworth

To advertise call us on 01535 642227

Say you saw it in the Worth Valley Mag!

18

19

## Sudoku

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

Contact us: info@worthvalleymag.co.uk



Springs, Oxenhope and the winner was Andrew Whitfield

The winner will be selected from all correct

answers received by November 16 2025.



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## BEHIND THE SCENES AT THE MUSEUM

As October comes to a close, we're waving goodbye to the portrait of Emily Brontë that was kindly loaned to the Museum by the National Portrait Gallery. We've had a fantastic time welcoming visitors, all of whom were eager to have the rare opportunity to see Emily here in the home where she was painted. This November we're uncovering the fascinating friendship between Charlotte Brontë and Elizabeth Gaskill. That a friendship should



develop between two of the greatest authors of the Victorian age is interesting in itself; but that this relationship flourished between two women who could hardly have been

more different in personality and circumstances is truly worthy of investigation.

The women met in 1850, and following Charlotte's death in 1855 Patrick Brontë wrote to Mrs Gaskell asking her to write his daughters biography. The Life of Charlotte Brontë was published in 1857, quickly followed by revised

second and third editions following controversy. The book was the first biography to be written by and about a woman writer, and is still widely read today.

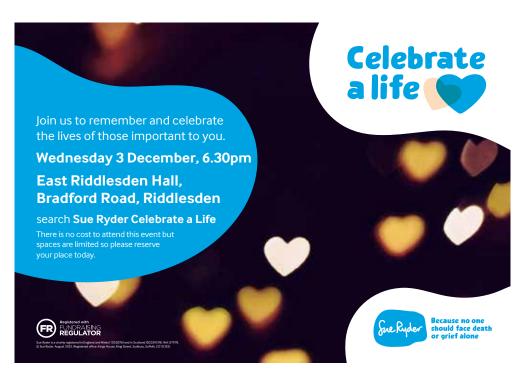
This month's Thursday Talk will be delivered by Libby Tempest, Vice-Chair of the Elizabeth Gaskell Society and a dedicated advocate for literary access across communities.

Remember, anyone with a BD20, BD21, or BD22 postcode can come to our Thursday Talks in-person completely free of charge.

We're also getting ready for the festive season here at the Parsonage, and we're extremely excited to welcome people to our **Late** 

**Night Festive Opening on Thursday 4 December from 5pm.** Discover the Parsonage sparkling by the warm glow of candlelight and decorated for the festive season! This evening is also completely free of charge to local residents, so it's a fantastic opportunity to visit the Parsonage for the very first time, or just see it in a whole new light!









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## Homeless Not Hopeless

## Making a Difference in Bradford

In the heart of Bradford, **Homeless Not Hopeless** (HNH) is a grassroots initiative founded in December 2019, born out of first-hand experience and driven by compassion. Their mission is simple and powerful: to provide practical support to people experiencing homelessness, whether sleeping rough, in shelters, or temporarily without a stable place to stay.

Each week, the outreach team meets in Bradford's arches near Forster Square to serve food, distribute essential items, and offer companionship.

They also act as signposts, connecting those they meet with housing services, medical support, and benefit advice. As they grow, they're also calling for more volunteers, especially people who own vans or large cars to help transport supplies on outreach nights.

## Why Volunteers Matters

Volunteers are the backkbone of HNH. Every person who gives an evening or two a month helps expand the charity's reach and impact. Whether you make sandwiches, serve meals, sort donations, engage in conversations, or drive supplies, your time becomes a lifeline to someone in crisis. The team welcomes all levels of commitment—no special qualifications are needed, only a caring heart.

## **How You Can Help**

Here's how you can contribute:



Above, Stanbury Village School children participate in the Harvest Festival at Saint Gabriel's Church and collected food and supplies for the Homeless Not Helpless Charity campaign.

Volunteer your time: Join the outreach team on Wednesday evenings or the last Saturday of each month.

**Offer transport support:** If you have a van, large car, or even just the willingness to help with pickups, your vehicle can make a big difference.

**Donate essentials:** Socks, mittens, gloves, hats, sleeping bags, toiletries, and nonperishable food items are always in demand. **Spread the word:** Follow HNH on social media, host a fundraising event, or share their mission with your network.

## **Call to Action:**

## Be Part of the Change

Every small act matters. if you are willing to volunteer, even for just a few hours, reach out today:

Email: info@hnh.org.uk Phone: 07435 442399

## Visit their website for donation lists and volunteer info: hnh.org.uk

Join the HNH family in reminding people that they are not invisible, and together, we can bring hope where it's most needed.

## Creative Workshop Providence Lane Oakworth, BD22 7QS





## WEEKDAY UPHOLSTERY CLASSES

10.30am-2pm. Tutor Pauline Keenoy. 6-week blocks of classes -Start dates from Wednesday 5th and Thursday 6th November. Wednesday 7th and Thursday 8th January 2026. SATURDAY UPHOLSTERY CLASSES

10am-4.30pm. Tutor Pauline Keenoy. Bring your own project to restore. Saturday 8th November and January 10th 2026.

## paulinekeenoy7@gmail.com Pauline Keenoy 07889 595 041



SATURDAY SEWING CLASS 10am-4.30pm. Tutor Kate Ryan. Suitable for beginners; bring your own sewing machine and learn to use it confidently. Also suitable for those who wish to improve their sewing and pattern cutting skills to make

more complex garments or soft furnishings. Dates: Saturday 15th November. 17th January and 21st February 2026.

CHRISTMAS WREATH MAKING

Tutor Heidi Canon. 10.30am - Ipm and 2pm-4.30pm. Enjoy a group session making a beautiful large wreath with fresh greenery with festive refreshments. Dates: Saturday 29th November and 6th December.



## Explore our campus at our Open Event Wednesday 26 November, 4-7pm

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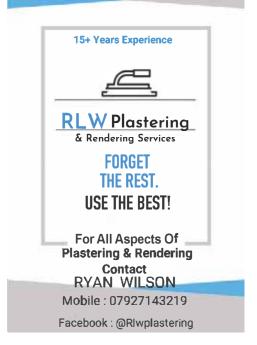
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## **Supporting Local Business:** Meet Incanto Homes

### Advertising feature. Editor's Note:

Starting a new business is never easy, especially when you're doing it alongside other work and commitments. But for local residents Michael and Jack, it's the right time to take a leap. Their venture, Incanto Homes, is a small, family-run carpentry and joinery business based right here in the Worth valley. Without much fanfare, they've quietly built up a reputation for solid, thoughtful craftsmanship, and now, they're ready to take on more local work. If you're thinking of starting a home project, this could be a great opportunity to work with two people who truly take pride in their craft.

## Introducing the dynamic duo:

We're Michael and Jack, the team behind Incanto Homes, a small, family venture based in the Worth valley. We take real pride in what we do, focusing on quality, care, and detail in every job.

We tackle all types of carpentry and joinery work, from full kitchen fits to skirting boards, doors, windows, flooring, cladding, and timber repairs. Whether it's a period property or a newer home, we're just as happy restoring old joinery as we are fitting something brand new.

We also work on bespoke projects, including loft hatches and ladders, glazing, furniture restoration and upcycling. Whatever the job — big or small — we believe in solid, honest workmanship and a proper finish that lasts.

A recent project for local residents Wes and Laura involved fitting a new kitchen in the heart of Haworth. The space had its challenges; uneven brickwork, awkward pipework, and a few surprises along the way, but with some patience and problem solving, we transformed it into a clean, seamless, and beautifully finished kitchen.

At Incanto Homes, we go above and beyond for our customers. We treat every home as if it were our own: with respect, care, and the kind of attention to detail that makes all the difference.

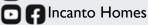


Wes and Laura's newly renovated kitchen in Haworth.

## G. Helliwell - Utley - **Utility Room Renovation**

"Incanto Homes did a superb job on my Utility Room. Totally re-plastered, new skirting, fit new units and worktops and hid piping to central heating boiler. Pleasant, reliable and reasonable No hesitation recommending them."

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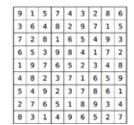


## Sudoku Solutions





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





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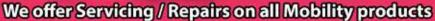
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## **Beyond the Battlefield:** The Hidden Legacy of War

By Liz Barker

My father was one of the men who landed at Omaha Beach on D-Day, the bloodiest of the Normandy landings. Like many who survived, he rarely spoke of it. But his silence said everything. I believe the war never truly ended for him; it simply moved inside.

Looking back, I can see that he suffered from what we now call PTSD (Post-Traumatic Stress Disorder), though the language and label didn't exist at the time. There was no understanding, no counseling, no space for grief or recovery. Veterans were expected to come home, put the past behind them, and rebuild their lives. But forgetting is not the same as healing. My father withdrew from the world. He slept a lot, smoked, and overate coping mechanisms for unspoken pain. His story was not unusual. Across the world, millions carried invisible wounds that shaped their families and communities for decades.

Today, we know more about trauma: how the body keeps the score, how unprocessed experiences can manifest as illness, anxiety, or depression, and how they can even echo into future generations. Remembering, then, is not just about honoring the fallen. It's about acknowledging the living cost of warthe enduring pain—and the urgent need for healing.

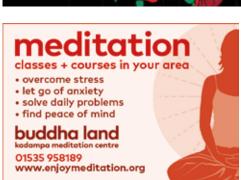


As we pause to remember in 2025, the world still bears witness to conflict. The temporary ceasefire in Gaza, the ongoing war in Ukraine, and the mass displacement of people across borders remind us that the far-reaching consequences of war are not confined to history books. They are unfolding before our eyes. World War II may seem a distant memory, but the echoes are unmistakable: fear, division, and the struggle for territory and identity still dominate global headlines.

So, what have we learned? With all our advanced knowledge and history's hard-won lessons, where are we today? Remembrance asks us to stop and reflect, not only on those who fought and died, but on who we are becoming as a people. It challenges us to examine how we think and feel about our fellow human beings, how we manage our fears, and how we treat one another in an increasingly fractured world.

If remembrance means anything, it must be this: to keep our hearts open when fear tempts us to close them, to recognize the humanity in others before it is too late, and to remember always that peace is not a passive state, but a daily act of courage, empathy, and choice.

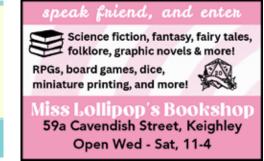












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on p7

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Remembrance Day Keighley p37

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Handyman p31

Hartley & Co p31

Haworth Handyman p31

Incanto Homes p29

MB Roofing p28

RLW Plastering p29

Sam's Gutters p28

North Point Roofing p3

Yorkshire Loft Ladders p39

## **Business Related**

Ask Andrina p32

### **Butchers**

Graham Eyes p15

Marsh Top Farm Shop p4

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Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will tum up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge

amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

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