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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2017

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Say Hello to October, a month for woodland walks, log fires, cosy sweaters, pumpkins, lanterns, trick or treat, and a cornucopia of colour in the landscape.

We have a new column written by local lad Liam Smith, called **Smithy's Tech Tips**. I hope you enjoy this new content; let us know what you think.

Haworth, an exemplary Fairtrade village, was the focal point for a special visitor from Japan in September, read more on page 4.

Check out our Community pages for numerous events and listings with a local focus including East Riddlesden Hall, Bronte Parsonage, Keighley & Worth Valley Railway, Bolton Abbey, and more.

Kumon is offering a free trial in Keighley; this is definitely worth a look if you are thinking about your child's education.

Enjoy October!

Liz Barker, editor



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Fairtrade campaigners (from left) Ruth Drury, John Drury, Bruce Crowther, Chris Upton, (Megumi Morita,) Karen Palframan, Adrian Farley, Nick Drury, Rita Verity and others met in Haworth to welcome Megumi Morita from Japan.

Haworth, the world's first Fairtrade Village, was the chosen destination for a Fairtrade fact-finding visit by Megumi Morita from Japan. She is from Zushi, Japan's third Fairtrade town, which lies on the coast, south west of Tokyo.

After attending the recent International Fair Trade Towns conference in Saarbrücken with Bruce Crowther MBE, founder of the global Fairtrade Town initiative and Director of The FIG Tree, Megumi came to the UK to discover more about collaborative Fairtrade initiatives in this country.

Haworth Fairtrade Group members organised an informative itinerary, which included visiting West Lane Baptist Church, the Brontë Parsonage, Sonia's Smile Fair Trade shop and the KWVR station in Haworth. The day started at the church cinema with photos and videos from past Haworth and regional Fairtrade events such as 'Chuffin' Fair', 'Fair Intentions', the cycling Fairtrade bananas 'Tour de France' video (filmed in Haworth for Fairtrade Yorkshire, see [www.fairtradeyorkshire.org.uk](http://www.fairtradeyorkshire.org.uk)), the 'Sit down for

breakfast, stand up for farmers' KWVR steam train Fairtrade breakfast, and this spring's Fairtrade and Brontë walk from Thornton to Haworth.

Megumi gave a presentation about Zushi's activities to gain Fairtrade town status and there was time for her to discuss wider campaigning issues with Keighley Fairtrade group member and Bradford Council Fairtrade champion Cllr Adrian Farley, and chair of Bradford Fairtrade Zone, Karen Palframan. Diane Fare hosted Meg at the Brontë Parsonage Museum and explained more about Rev Patrick Brontë and his campaigns for social justice, including better sanitation, education and workers' rights.

Bruce Crowther confirmed, "It was a pleasure to bring Megumi to Haworth on behalf of The FIG Tree Fair Trade Centre as part of her tour and see how the Haworth campaign is supported by the schools, churches, local authority and businesses. We were both impressed to see the number of Fair Trade events held in and around Haworth since becoming a Fairtrade Town in 2002 and how the campaign connects with the tourist attractions and local heritage. We now have 2,000 Fair Trade Towns in 29 countries."

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

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# The Imogen Collection in aid of Cancer Research

Imogen Upton and Siân Sargent

A new jewellery design studio in Haworth has been inspired by the owner's goddaughter to upcycle bottle tops as pendants in aid of a cancer charity. Siân Sargent, of Siân Alison Designs, who makes jewellery from flowers grown in her own gardens set on sterling silver in resin, says "My eight year old goddaughter Imogen Upton suggested that I use bottle tops to make some jewellery. I thought that this was such a lovely idea that I suggested to Imogen that she name a charity and we could donate all the proceeds to the cause that she chose."

Imogen, who recently lost her uncle and granny after long battles with cancer and whose grandma is currently undergoing chemotherapy, chose Cancer Research and Siân has named the pendants the



photos by John Sargent

Imogen Collection. Each pendant is handcrafted, and has a unique design made from petals, grasses and leaves set in resin. Every penny that is spent on a pendant in the Imogen Collection will go to Cancer Research, and the **upcycled bottle top jewellery will be available for a limited period from Siân's studio shop at 77 Main Street in Haworth from Saturday 21st October.**

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# SMITHY'S TECH TIPS

by Liam Smith

## SMART HOMES

Can you imagine a world in which your home is automated through technology? A smart home is a home that incorporates advanced automation systems to provide you with sophisticated monitoring and control over the building's functions. For example, a smart home may control lighting, temperature, multi-media, security, window and door operations, as well as many other functions. Does it all seem a little too far-fetched? I thought so too... Having personally experienced the potential of a 'smart home', I can see why many families are already considering this technology to integrate into their everyday lives. It's pretty cool to have a virtual assistant to converse with by using spoken commands and phrases to achieve tasks that would have otherwise required you to find that remote which is nowhere to be seen and has probably fallen down the back of the sofa, again. But it doesn't end with the virtual assistant, there are remote viewing doorbells to see who's on your property without going to the door, wirelessly controlled lighting via a smartphone or a laptop to adjust the lighting to your hearts content, wireless audio systems utilising streaming services



such as Spotify and Apple Music, and my favourite section of the extensive list of possibilities that comes with a smart home, a robot vacuum cleaner! It used to be a complex ordeal of installation and configuration options, but I'm glad to say that now, the majority of home technology is simply plug and play, (However there are some aspects that will require a professional installation) and even your children can use it. (And they will most likely be more proficient in operating it than you as well!)

It's easy to get lost in the world of tech these days, but that's where this column will come in handy. Over the coming months I will endeavour to clear up misconceptions you might have about smart home technology, as well as a sneak peak at what is just around the corner.

Hi, my name is Liam Smith, and technology is my passion, not just my job. I work at Pennine Plus where I'm able to utilise my knowledge and help those with anything tech related. If you have any questions, just email them to me at [mail@worthvalleymag.co.uk](mailto:mail@worthvalleymag.co.uk) and I'll do my best to help. Most days you will find me at Pennine Plus on Cavendish Street in Keighley; call in and say hello!

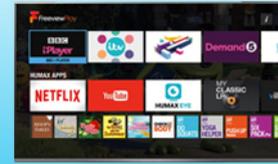
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Rebecca Yorke

## Your Museum needs you!

Although the year is far from over, the team at the Museum is already busy thinking

about 2018, the year of Emily Brontë's bicentenary. Our celebrations for the 200th birthdays of Charlotte and Branwell have been very successful and we have seen an increase in both visitors and audience members. Sally Wainwright's BBC drama *To Walk Invisible* also prompted many visits, many of them by you, the residents of the Worth Valley and surrounding area, and we have enjoyed welcoming you to the Museum.

Home - ie Haworth and the Parsonage - was where Emily was happiest and it will be one of the themes of our 2018 programme. This is where you come in. It's really important to us that the members of our local community find something to relate to or be part of at the Museum. Our visitors' book has comments from people as far afield as the USA, New Zealand and South Africa, but we'd like to know what you think too.

This year, we have held a number of 'free admission for locals' evenings, advertised in our Events Guides, on our website and in this magazine. We are pleased

to announce that we will continue this initiative in 2018 and are currently putting together a programme which we hope will tempt you through the door.

**The Museum will open late on a Thursday once a month from April to October, offering free admission to local residents (those with postcodes BD22, BD21 and BD20) between 5.30pm and 8pm.**

Whether you visit the Museum regularly, haven't been since you were a child or have never visited at all, we'd like to invite you to tell us what you would like to see or do when you visit.

Would you like to discover more about Haworth in the Brontës' time? Or hear stories that Tabby, the Brontës servant,

might have told the family? Would you like to know what it's like to work at the Museum or learn how we look after the collection? Maybe you would like to take part in a craft activity or a drop-in writing workshop? Please email your

ideas to [bronte@bronte.org.uk](mailto:bronte@bronte.org.uk), putting Late Night Thursday in the subject line, or if you prefer, call us on 01535 640192. We can't promise that we will be able to deliver all of your wishes, but we will certainly take them into account when we are planning our events.

The full Late Night Thursday programme will be published in the Worth Valley Mag early next year.

We look forward to seeing you soon.

**Rebecca Yorke,**  
**Head of Communications and Marketing,**  
**Brontë Parsonage Museum**

# BRONTË 200

## Community counts at the Brontë Parsonage

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## October at the Brontë Parsonage Museum

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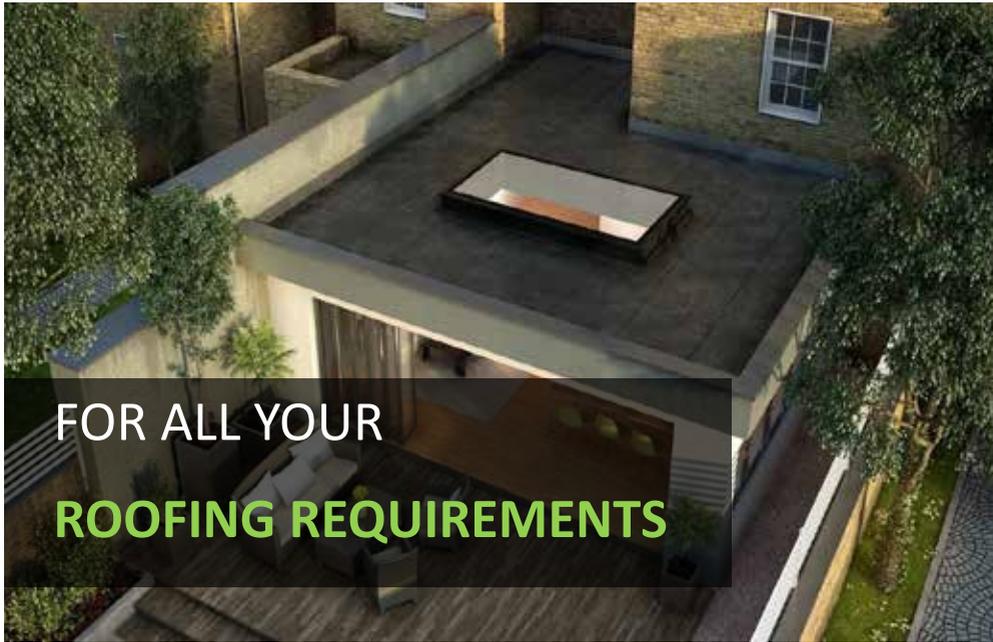
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# Q&A: THE BODY CODE

Moving the subtle energies of the body for balanced health & wellbeing

Kay Austerberry is an energy-work therapist, qualified as a Reiki & Seichem Master, Emotion and Body Code and E.F.T. certified practitioner. She has spent the past 14 years developing her skills and knowledge with the aim of assisting both people and animals in the resolution of trapped emotions, stress, ailments and phobias.

## What is The Body Code ?

The Body Code is a technique that comes under the category of energy healing. It was developed over several years by a holistic chiropractor, Dr Bradley Nelson, who teaches that true health simply means being balanced in six different ways:

**1. Energies:** To correct this area of imbalance we use simple yet powerful energy work to identify and remove damaging emotional and mental energies that can become trapped in the body during stressful emotional events.

**2. Circuitry:** Here we balance the energy systems of the body including the chakras, the acupuncture meridians, the connection of the spiritual and physical body and the energy circuits of the organs and glands.

**3. Toxicity:** The Body Code can identify and address toxic agents that don't show up on medical tests as well as those that do. Removing them is simple and often even immediate.

**4. Pathogens:** Destructive and often elusive infections can be easily identified along with any necessary remedies to rid the body of them

**5. Structural:** Imbalance in the bones, organs, connective tissue, muscles and nerves can be treated non-invasively to gently restore stability to the physical body.

**6. Nutritional:** This can be straightforward nutrient deficiency as well as imbalances like dehydration, magnetic field deficiency or a need for a certain healing food or herb.

The Body Code is effective because it allows us to find specific problems and simply remove them. There is no guessing game involved, just results.

## How Does The Body Code Work?

Your subconscious mind is the ultra-intelligent computer system of your body; it knows exactly what you need in order to achieve balance in the six key areas of health. We use specific questioning, charts and muscle testing (kinesiology) to get precise answers from your subconscious about imbalances in your body that need to be addressed.

To release or correct an energetic imbalance, The Body Code combines 2 important elements: therapeutic magnets and the ancient principles of Chinese Medicine.

A magnet acts as a powerful carrier for the intention to release or correct the imbalance in your body. When that magnetically charged intention energy is placed into your body via the Governing Meridian (a major energy channel in the acupuncture system), it flows through your body instantly and either releases the negative energy or restores balance to the energy circuit. This procedure is non-invasive and pain free.

## Who can benefit from The BodyCode?

Everyone! There are no prerequisites or contraindications related to this modality of healing. It is not meant to replace any medical advice or medication. Always consult with your own physician. The Body Code is a complementary therapy. It has helped thousands of people create a profound shift in their emotional and physical wellbeing.

## What do others say about The Body Code?

*"We hold onto things in our mind and body that are harmful to our health without even realising it. Kay is thorough in her assessment and confident in using The Body Code technique. It felt like a weight had been lifted from me. I will certainly continue with this healing therapy. It is both subtle and profound."* Mrs.B. Stanbury

To learn more about **The Body Code** or to book a session, contact Kay Austerberry. Kay is based in Denholme. Alternatively, she will travel to your home for an appointment. **07884 063 947**

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# WORTH VALLEY



It's just a couple of weeks before the Railway's Annual General Meeting (the AGM) on October 7th which provides an opportunity to reflect on what we have achieved during the year and to share future plans with the Railway's membership. We will be able to remind ourselves of the visit of the iconic Flying Scotsman during the year, which took a mammoth effort to arrange and to staff during the packed visit, whilst continuing with our usual programme of popular events that appeal to a wide range of passengers. There have been challenges during the year that are a stark reminder of the cost of operating the Railway, having invested nearly £250k on improvements to the facilities at Haworth locomotive yard to help protect our historic fleet and equipment from the elements, and to do what we can to help safeguard the location from any further flood damage.

We are very mindful of the impact of the weather on the increasingly elderly infrastructure, so have taken the unusual step of devoting a full fortnight to our 'Civil

Maintenance' volunteers' work, and ran a vintage 'bus service between Haworth and Ingrow for one weekend, because the line was lifted near Oakworth to allow us to continue our programme of waterproofing the deck of the bridges at Mytholmes. It is an expensive and time-consuming task, but it is an example of the steps we take to secure the long-term future of the Railway, which is particularly important to us as we near our 50th Anniversary year of operations.

Whilst we are looking forward to the celebrations in 2018 to mark the reopening of the line by the Preservation Society back in 1968, we have plenty going on during the rest of 2017. We have our ever-popular **Beer & Music Festival 19-22nd October**, at which you can sample from a selection of over 150 real ales, which are now in the beer listing, complete with tasting notes, that can be downloaded from the events page on the website. We also have a selection of wines and ciders, and - for the first time - a range of artisan gins. It's also getting nearer Christmas, and tickets for Santa's Specials are selling fast so please do book soon to avoid disappointment. The Santa Specials start on **25 November** and run each weekend from then until **December 24th**, but tickets for Christmas Eve have already all but sold out.

To stage this range of events, as well as to continue to run steam trains every weekend throughout the year, takes a huge volunteer effort, and I would encourage you to consider joining the team. Full training is provided for operational and maintenance roles, and there is also a very wide range of behind-the-scenes tasks required to run a charity of our scale, so please do get in touch if you would like to get involved in whatever role. You will be joining a group that comprises over 500 volunteers that work together to keep a very important part of history alive, right on your doorstep.

**Matt Stroh**

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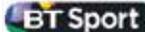
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**Every Wednesday 10 - 1.30pm Food For The Soul, West Lane Methodist Church, Haworth.** Call in for coffee and cake, use the library, support with using the internet in the hall, chapel open for quiet contemplation or short church service. Lunch served from 12. Fresh produce when available. Contact Shona or Geoff Grange 01535 647675.

**Mondays 1.00 - 3 p.m. Lees Methodist Church Craft & Chat Group in Lees Methodist Church hall** (directly opposite Lees Primary School on Haworth Road) just bring whatever you are working on and share ideas and resources. Cost £1 which includes refreshments. Current projects - "Knit for Peace" and other "charity" knits. The group also makes knitted items and handicrafts to raise funds for Friends of Cross Roads Park development project.

**Fri 6th, Sat 7th & Sun 8th Oct Sausage & Cider Festival** at The Old School Rooms, Haworth. [www.haworthbeerfestival.co.uk](http://www.haworthbeerfestival.co.uk).

**Sat 7th Oct 10.00 - 11.30 a.m. "Around the World" Coffee morning and Bring and Buy.** Lees Methodist Church hall (directly opposite Lees Primary School on Haworth Road). All proceeds for Building Maintenance and Repairs. Admission free.

**Sat 7th Oct Groovy Happenings 7.30pm Parkside Social Club, Butt Lane, Haworth.** £3 on the door - proceeds to Manorlands. [www.facebook.com/groovyhappening](http://www.facebook.com/groovyhappening).

**Sun 8th Oct The Oxnop Singers** will be performing their Autumn concert in the Oxenhope Community Centre at 7.15pm. Their guests will be the Hall Royd Band from Shipley. The Singers will be performing pieces like Mister Sandman, Shine, You raise me up, and the Band with pieces like Nimrod and A Nightingale sang in Berkeley Square. Refreshments served in the interval included in the price of the ticket, which is £6. The tickets may be obtained from Susan, tel 01535 644995

**Mon Oct 9th Stanbury & District WI 7.30pm at West Lane Baptist Church, Haworth.** Talk is Horse Riding for the disabled Jackie Butterfield.

**Thurs, Oct 19th Oxenhope Gardening Club at 7.30 pm in the Oxenhope Community Centre, Shaw Lane, Oxenhope BD22 9LS.** The subject for October's meeting is The Late Summer Border and the speaker will be Sarah Hopps. Sarah writes for Garden Answers and was a regular panellist on BBC Radio York. Entry £3 non-members. [www.oxenhopegardeningclub.co.uk](http://www.oxenhopegardeningclub.co.uk)

**Fri 13th Oct Haworth Cinema 7.30pm at West Lane Baptist** Adults £4, children £2 & students £2. Film is Dispossession (PG).

**Fri 13th Oct 7.30pm Ceilidh at the Old School Rooms Haworth.** Music by Phoenix. Tickets £12 from Cobbles & Clay, Hawksbys and on the door. This is a fundraiser for Haworth Christmas events. If you keep hold of your ticket it will get you in to the Todd Carey gig on Sunday night for £3 (instead of £5 before the day, £6 on the door)

**Fri 13th - Sun 15th Oct Illuminate**

**Bradford at City Park 7 - 9.15pm.**

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**Sat 14th 6:30pm Open Dec Night at The Old School Rooms.** Your chance to play a 20-30 minute set from your favourite music, but with a twist... your set must have a theme... Book your slot by emailing [committee@haworthfestival.org.uk](mailto:committee@haworthfestival.org.uk) with your set theme. Entries close on Friday 6th October. Or just turn up, listen, dance, enjoy! Free entry. Bar. This event is a Haworth Extra Festival fundraiser.

**Weds 25th Oct 11 am - 4pm Bronte Parsonage, Haworth Wild Wednesday** drop in workshops - Star Paper Garlands

**Fri 27th Oct Haworth Cinema 7.30pm at West Lane Baptist** Adults £4, children £2 & students £2. Film is Get Out (15).

**Sat 28th - Sun 29th Oct 10am to 4pm Hawortheen, Main Street, Haworth** To mark the Halloween weekend, wear your scariest costumes and join the parades up Main Street.

Saturday is Dragon Day - follow the giant Dragon to the sound of drum beat and Sunday is Parade of Ghouls - the 'Hawortheen' parade up Main Street - procession. (Parade is at 2pm both days)+ Pumpkin competitions.

**Tues 31st Oct 5pm -7.30pm Pumpkin Carving Festival at West Lane Baptist Church.** Bring your own pumpkin. All Welcome. Refreshments.

**Thurs 2nd Nov 7.30pm Yorkshire Countrywomen Worth Valley Branch** Chocolate making demonstration by

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# BUSINESS DIRECTORY

## Aerials/Audio/TV

Digi-man Aerials p11  
ILR p11

## Animal Related

Aireworth Dogs in Need p5  
Bronte Canine Services p5

## Attractions/ Community / Events

Airedale Enterprise p12  
Bolton Abbey p7  
Bronte Parsonage p16/17  
East Riddlesden Hall p13  
Keighley Playhouse p27

KWVR p22

Octagon p29

Piano Lessons p13

## Beauty/Diet/Hair/Therapy

Chillout Zone p21  
Slimming World p2  
Suzanne's Beauty Den p21

## Building Services/Joinery/Roofing

ADP p11  
Broomhill Roofing p19  
D&R Construction p25  
Golden Acorn Roofing p19  
Handyman p28  
Haworth Handyman p28  
MB Roofing p19  
Ploughcroft p18

## Business Related

Accountax p17  
Airedale Enterprise p12  
Ask Andrina p17  
Worth Accounting p17

## Butcher

Leadbeaters p29

## Care/Cleaning / Domestic

Adele's Ironing p23  
Clean Image p23  
Craven Carpet Clean p23

## Chimney Sweep

Bristles p24

## Chiropody

Heel2Toe p21

## Computer

Computer Repairs p24  
DVD Conversion p24  
ebit Technology p24  
Main Road Computers p24

## Counselling/Therapy

Kay Austerberry p21  
Vivien Wallwork p21

## Electrician

AA Electrical p31  
JS Electrical p31

## Fencing

Worth Valley Fencing p23

## Fuel/Heating

Anchor Logs p24  
Green & Tidy p23  
Hartley & Whittaker p24  
Proper Logs p24

## Funeral and related

Lyndon Leeson p21  
Richard Wine p21

## Gardening/Trees

Blooming Can p23  
Green & Tidy p23  
SAS Landscape & Gardening Services p23  
Worth Valley Trees p23

## Holidays/Travel

Steel's of Addingham p11

## Home Electrical

Pennine Plus p10/11

## Knitting & Sewing

Material Worth p29  
Wildfell Alterations p29

## Mobility/Driving

Driving Miss Daisy p9  
Fenetic Wellbeing p21

## Opticians

Silsden Opticians p9

## Painting & Decorating

Andy Beattie p31  
Jacques Balson p31  
R.P. Decorating p31

## Plumbing /Tiling

A Butterfield p28  
A R Carling p28  
DSM p28

JSC Plumbing p28

Steve Spence p28  
S. Thompson p28

## Restaurants/Cafe's/Pubs

Chaplins p13

Golden Fleece p25  
Newsholme Manor p8

## Removals/Van Hire

Apex p31

## Retail

DSM p28  
Office Furniture Outlet p17  
Queensbury Kitchens p32  
United Carpets & Beds p19

## Storage

Wilsden Self Store p31

## Taxis

Bronte Taxis p31

## Tuition/Children/Education

Brigantia Bushcraft p13  
Keighley College p14  
Kumon p15  
Oldfield Primary School p14  
The Rocking Horse Nursery p2

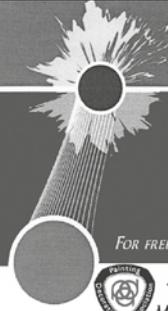
## Wills

In Home Wills p32

## Windows

Bob Beattie p19  
Bingley Windows p3  
Cloudy2Clear p5

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