

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2025



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## Welcome to October!

As autumn's colours brighten our valleys, we're reminded of the vitality that comes from supporting one another. By choosing local shops, services, and trusted tradespeople, you help build not only economic strength but also social cohesion and resilience, the foundations of a thriving community.

Thank you for supporting the businesses and organisations you'll find in these pages. Each one contributes to the wellbeing of the Worth and Aire Valleys, helping us stay connected, caring, and strong.

This October, let's carry the season's spirit of gratitude forward, standing together, supporting one another, and keeping our community vibrant in every sense.



Liz Barker, Editor

Have a great month.



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**KEIGHLEY  
TOWN COUNCIL**

# REMEMBRANCE DAY 2025

**Keighley Remembrance Day Parade and  
Service.  
November 9th 2025**

9:35 - Parade leaves Russel Street  
10:00 - Church service at Keighley  
Shared Parish Church  
10:35 - Parade to Town Hall Square  
10:50 - Acts of Remembrance and  
Prayers  
11:00 - 2 minute Silence and  
Wreath Laying.

Contact us: [info@worthvalleymag.co.uk](mailto:info@worthvalleymag.co.uk)



## Christmas Menu

### Starters

Duck and orange paté, toasted ciabatta, caramelised onions  
Pear, walnut & blue cheese salad, crispy leaves, creamy maple dressing  
Roast garlic & parsnip soup, warm crusty bread  
Creamy garlic mushrooms served on on toasted ciabatta

### Mains all served with seasonal veg

Roast turkey, goose fat roasties, pigs in blankets, cranberry sauce & sausage meat stuffing  
Slow cooked beef in rich red wine gravy, thyme and horseradish dumplings, goose fat roasties  
Seabass fillets, crushed new potatoes, wilted greens, orange a cranberry sauce  
Whiskey glazed butternut squash and pearl onion tatin - roast onion sauce, saute potatoes

### Desserts

Vanilla cheese cake, topped with Baileys & whitechocolate sauce, Baileys ice cream  
Trillions aire tart, rich chocolate & caramel filling in a short pastry case, vanilla ice cream  
Christmas pudding with rum sauce  
Cheese & biscuits, chutney & fruit

£35 for 3 courses, pre orders and £10 per person - deposit for bookings 6 or more  
Serving evenings of 28th & 29th November 5th & 6th December  
12th & 13th December & 19th & 20th December.

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Say you saw it in the Worth Valley Mag!

# A People's Mayor: Chris Herd's Call for Kindness in Keighley

By Liz Barker

If you've ever seen a horse and cart making its way through Keighley's streets, chances are you've spotted Mayor Chris Herd at the reins. Down-to-earth, approachable and deeply proud of his roots, Chris has a way of turning heads, not just because of Beauty, his gorgeous draught horse, but because of Chris's warm smile and his willingness to stop and talk to anyone. This year, as Mayor of Keighley, he's using that same approachable spirit to bring people together.

At a time when tensions across the country run high over migration policy, economic struggles and global uncertainty, Chris is inviting the town to lean into what it does best: friendliness, pride and community spirit.

"I am a people's Mayor. I want everyone to feel welcome and to get along. Let's be kind and reach out to each other."

Chris lives in Oxenhope, on the family farm. It's a fitting home for someone who believes so strongly in supporting all aspects of country life, including the visitor economy and welcoming people from all over the world who come to walk the cobbled streets of Haworth, ride the Keighley & Worth Valley Railway, or follow in the footsteps of the Brontës.

Alongside his wife Linda, who is Mayoress, business partner and best friend, Chris has built his life around hard work and service. For years the couple ran a thriving butcher's shop in Ingrow, all while keeping



Keighley Mayor Chris Herd with Beauty, his draught horse.

their farming traditions alive. That connection to the land, to animals and to honest trade is part of what grounds him now as he takes on civic duties.

## Meeting People Where They Are

Since taking up the mayoral chain, Chris has thrown himself into the role, visiting local schools, voluntary groups and community organisations. Whether it's a remembrance service in the Worth Valley, a fundraiser in the Civic Centre or just a quick hello on North Street, he takes genuine pleasure in meeting people where they are. And if that meeting happens to be over a pint of Keighley's finest Timothy Taylor's beer, all the better. Chris is never one to shy away from a good chat in the pub, where conversations often range from farming and local history to the future of the town.

## Standing Up for Two Important Causes

Each year the Mayor selects charities to support, and Chris has chosen two that reflect both compassion and courage.

**Sue Ryder Manorlands Hospice** in Oxenhope, which provides palliative and end-of-life care along with bereavement support for families across Keighley, is deeply loved

by the community and depends on fundraising to keep its doors open.

**Baton of Hope**, the UK's largest suicide prevention initiative, is less familiar to many. It is a growing movement working towards a "zero-suicide society". The baton itself tours schools, towns

and workplaces, sparking conversations about mental wellbeing and breaking down stigma. By highlighting these causes, Chris is not only raising money but also drawing attention to issues that touch every family at some point in life, caring for loved ones and talking openly about mental health.

## Choosing Kindness

Keighley has always been proud of its friendly

reputation, and Chris Herd is determined to keep that spirit alive.

"Be kind, reach out, and remember: we all have more in common than we think."

To support the Keighley Town Council Mayor's Charity Trust, please scan the QR code here: Thank you for your donation.



Keighley Mayor Chris Herd & Mayoress Linda Herd with family members from left: Rebecca, Beth, James, Helena, William & Arron.

# Keighley Heritage Art Trail with Local artist Kev Bell

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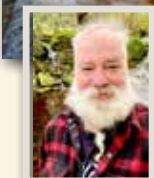
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### By Martin Lingard

This is one of my favourite lasagne recipes, as good as the classic Lasagne al Forno, in my

opinion. Use green or brown lentils rather than red lentils for this recipe. You will need a fairly deep rectangular baking dish.

### Ingredients

For the ragu:

- 3 tablespoons of olive oil
- 1 medium onion, finely chopped
- 4 cloves of garlic, finely chopped
- 1 large carrot, finely chopped
- 1 stalk of celery, finely chopped
- 1 tablespoon of tomato purée
- 225g green or brown lentils, well rinsed
- 1 x 400g tin of tomatoes
- 750ml water
- 200g bag of fresh spinach
- Juice of 1 lemon
- Salt & black pepper

### For the béchamel:

- 1 small onion, roughly chopped
- 2 cloves of garlic
- 1 bay leaf
- ½ dozen black peppercorns
- Pinch of salt
- 600ml milk
- 50g unsalted butter
- 50g plain flour

- 150ml double cream
- 9 sheets of lasagne
- Ground nutmeg
- 3 heaped tablespoons grated Parmesan cheese

### Method

First, make your ragu by heating the oil in a large pan, then tip in the onion, garlic, carrot, and celery. Cook gently on a low heat until very soft (20–30 minutes), stirring occasionally. Once soft, add the tomato purée and stir well to mix for a minute, then tip in your lentils. Stir constantly for a minute to combine, then add the tinned tomatoes and water.

Bring to a very gentle simmer, place a lid on, and leave to simmer for 40 minutes\* until the lentils are tender.

Remove the lid, add the spinach and lemon juice, stir to combine, and increase the heat to a steady simmer. Cook until all the surface liquid has boiled off and you are left with a thick sauce, stirring occasionally so the lentils don't stick to the bottom of the pan. Season well with salt and pepper, then set aside.

In a different pan, melt your butter, then add the flour and stir well to combine. Remove from the heat and gradually pour in the milk, whisking constantly. Return to a low heat, add the cream, and cook slowly for 10 minutes.

Preheat your oven to 190°C. Butter your chosen dish and put three sheets of lasagne in the base. Cover with half of the ragu, then a quarter of the béchamel. Next, add three more sheets of lasagne, the remainder of the ragu, another quarter portion of béchamel, then the last three lasagne sheets, and finally the rest of your béchamel.

Sprinkle the top with a generous amount of ground nutmeg, then smother everything with the grated Parmesan. Place on the top shelf of your oven for 45–50 minutes, until the top is golden brown and blistering.

I like to serve this with a plain green salad.

*\*When cooking the lentils, use your own judgement as to how long to cook and how much liquid to use. The times and volume below are a guide, as exact timings depend on the variety and age of your lentils. This recipe serves six people.*

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Say you saw it in the Worth Valley Mag!



As we steam into the second half of the year, I am delighted to share just how much has been happening and what lies ahead across the Keighley & Worth Valley Railway.

Our **CivilWeek** once again showcased the extraordinary dedication of our volunteer and staff teams, as they undertook vital track renewal between last year's landmark Bridge 27 project and Haworth Station. These works ensure our line remains safe, reliable, and ready to carry passengers for generations to come. My heartfelt thanks go to everyone who picked up tools, gave their time, and helped keep our railway in first-class condition.

Alongside the hard work, there is also plenty to celebrate. Our ever-popular **Beer & Music Festival** returns, promising great entertainment and the perfect blend of real ale, live bands, and a unique railway atmosphere.

We are also proud to play our part in **Railway 200**, marking two centuries of railway history with the touring **Inspiration Train** a chance to look back with pride and look forward with excitement.

As autumn turns to winter, the stage will be set for our atmospheric production of **A Christmas Carol**, bringing a touch of Victorian spirit to the valley. And of course, Christmas wouldn't be complete without our much-loved **Elf Explorer**, where festive magic, laughter, and family memories come to life on board our trains.

Thank you, as ever, for your support, whether through volunteering, visiting, or simply spreading the word. The KWVR is your railway, and together we are keeping its story alive.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

## DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.



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## Who are we?

**Our Keighley  
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Matthew Varley  
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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 years as far as dentures are concerned. The fact is, **you don't have to suffer badly designed or ill fitting dentures anymore.**

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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.

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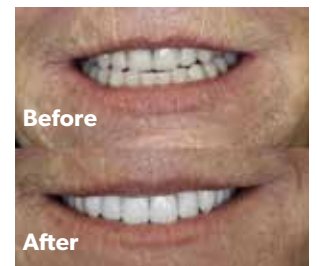
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# COMMUNITY PAGES

## 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 1-3pm 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**

**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 1-3pm 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 10am - 1 pm at West Lane Baptist Church, Haworth.** Friendly gathering with strangers to drink tea & coffee.

**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, 1 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 Mandykelly1969@yahoo.co.uk

**Oxenhope Pensioners Club (over 65's)** meet at **Oxenhope Cricket Pavilion twice monthly, 1.00pm - 3.00pm, alternate Thursdays.** Please ring Diane on (07970) 720068 for more information

**The Shed - Oakworth,** meets every **Thursday at Oakworth Village Hall** from **1-3pm.** Inclusive group doing crafting/woodworking and regular talks. £2.50 inc refreshments. Contact Carol 07758 710945 for details.

**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 Janet: 07966 333 052

**Every Saturday 1-3pm Hall Green BookPoint.** Hall Green Chapel Haworth (downstairs).

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

**Up to 31st October 2025 Bronte Parsonage Museum** is exhibiting Branwell Brontë's rare portrait of Emily Brontë, on loan from the National Portrait Gallery.

**Weds 1st Oct 1pm - 4pm Lees & Cross Roads Village Association International Day for Older People** Free tea, coffee & cake St James Church Hall Albion Street

**Fri 3rd Oct 2pm Cross Roads & Lees Church & Chapel Ladies Group at St James' Church Cross Roads.** **Keighley** Then and Now. Speaker: Tim Neal, Keighley District Local History Soc.

**Sat 4th Oct 80s Vs 90s**

**Oakworth Village Hall** [www.ticketsource.co.uk/oakworth-community-trust](http://www.ticketsource.co.uk/oakworth-community-trust)

**Sun 5th Oct Sugden End & Black Moor 6 miles.** Meet for a **10.30am** start top of Station Road, Cullingworth. [www.ramblers.org.uk/keighley](http://www.ramblers.org.uk/keighley)

**Fri 10th Oct 7.30pm Haworth Cinema The Brutalist (18)** at West Lane Baptist Church, Haworth.

**Fri 10th Oct 7pm DFF Bradford 2025 Short Film Showcase** at Upstairs at Penny Bank, Haworth. Sober Screening with an evening filled with creative storytelling. Free event. Tickets from Eventbrite.

**Fri 10th to 12th Oct Haworth Steampunk weekend** See spectacular steampunk attire, meet delightful people, enjoy tempting shops, restaurants,, dancers, singers, drummers steam trains, museums, cafés and market stalls.

**An evening to celebrate a loved one at Sue Ryder Starlight Hike Worth Valley** Get together with friends and family and take part in a 5k or 10k walk for someone special while raising vital funds to help Sue Ryder continue providing expert care and support to those facing grief and loss.

**Thurs 16th - 19th October KWVR Beer & Music Festival, Haworth,** Arguably one of the the North's best Beer & Music Festivals.

**Thurs 16th Oct 7pm Oxenhope Gardening Club** Dean Charlton from Hooton walled nursery is giving a talk. At Oxenhope Community Centre Shaw Lane BD22 9LH

**Sun 19th Oct. Train rides for all the family.** Miniature trains running at **Marley sports field approx. 12:00 until approx. 16:00.** Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at [www.kdmes.org.uk](http://www.kdmes.org.uk)

**Mon 20th until 25th Oct Dracula The Bloody Truth** at The Keighley Playhouse

**Oct 25th - 1st Nov Half Term at the Bronte Parsonage** Put your detective's thinking cap on for an autumnal museum trail, then drop in at one of our crafty workshops – spooks and ghouls welcome!

## Sudoku

|   |   |   |   |  |   |   |   |   |
|---|---|---|---|--|---|---|---|---|
|   |   |   | 4 |  |   |   | 1 |   |
| 6 |   |   |   |  | 3 |   | 4 |   |
|   |   | 1 | 6 |  | 9 | 2 |   |   |
|   | 2 |   |   |  |   | 9 | 3 |   |
|   |   | 7 |   |  |   | 8 |   |   |
|   | 6 | 3 |   |  |   |   | 2 |   |
|   |   | 6 | 7 |  | 4 | 3 |   |   |
|   | 4 |   | 2 |  |   |   |   | 7 |
|   | 8 |   |   |  | 6 |   |   |   |

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|   | 5 |   |   | 2 |   |   |   | 7 |
|   |   |   |   | 7 | 4 |   | 2 |   |

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## BEHIND THE SCENES AT THE MUSEUM



taking place in Thornton, the birthplace of the Brontë sisters, and features a private tour of the new Brontë Birthplace Museum. Did you know that the Brontë Society has over 1600 members worldwide? Founded in 1893 the Brontë Society is one of the oldest literary societies in the world, and in 1895 the first Brontë Museum was opened above the Yorkshire Penny Bank, on Haworth's Main Street. In 1928 Haworth



Parsonage was purchased by Sir James Roberts and gifted to the Brontë Society, when it opened as the Brontë Parsonage Museum. The Brontë Society continues to be responsible for the Museum and its collections today, and all of our members across the world help us to keep the Brontë legacy alive for future generations.

If you'd like to join the Brontë Society, go to [www.bronte.org.uk/membership](http://www.bronte.org.uk/membership), or chat to our Marketing and Development Officer, Hayley, by calling 01535 640195 or emailing [membership@bronte.org.uk](mailto:membership@bronte.org.uk)

Autumn has well and truly arrived in Haworth, and here at the Brontë Parsonage Museum we're excited to share our favourite season with you!

We've got loads of exciting events coming up this month, including our first ever read-along. **From Oct 9th – 30th we'll be reading Charlotte Brontë's Shirley.** Shirley was Charlotte's second published novel and a perceptive exploration of the industrialising Yorkshire she observed around her. Though set in the Luddite era, many of her characters were inspired by people she knew in her own time, including her sister Emily and best friend Mary Taylor. During the read-along we'll be joined by Dr Jo Waugh of York St John University and Dr Claire O'Callaghan of Loughborough University, who will both be sharing their fascinating perspectives of the novel. Behind the scenes at the museum we've been busy preparing for the **Brontë Society Annual General Meeting**, one of the most important dates in the Society calendar. This year's meeting is

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## Walk a Mile in my shoes



**The Haworth Stitch Group** have been thrilled at the response to the Walk a Mile footprints project. We have received footprints from more than 300 people including local schools, Scouts, Guides, local traders, individuals from far and wide as well as everyone who attended the workshops. Our thanks to The Stitch Society and Sewing Days for their generous donations of fabric and trim and to everyone who has helped to get the word out: WVM, Haworth Festival and members of the Haworth Stitch Group. Thanks to West Lane Baptist Church for providing a venue for the workshops, to Cobbles and Clay for continued use of their upstairs room and to The Haworth Trust for their support.

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The pathway will be displayed on Haworth Main Street on Saturday 25th October from 9.30am (weather permitting) and then it will be installed in the Parish Church St Michael & All Angels Church, Haworth for the next four weeks. Everyone is welcome to come and see this celebration of individuality and creativity.

**About Haworth Stitch Group**  
The Haworth Stitch Group meets every Thursday during term time from 10am to 12.30 in the upstairs room at Cobbles and Clay. The group was formed in 2015 through a desire to share and learn new embroidery techniques and over time this has evolved into a forum for ideas across a wider set of interests. The ethos of the group is to develop and nurture artistic talents using learned domestic skills in a creative way. Please feel free to come and join us, we are always happy to meet new people.

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# KEIGHLEY PICTURE HOUSE HALLOWEEN WEEKEND 2025

Join us on Sunday 26th October for our 4th annual Halloween Weekend here at Keighley Picture House Cinema!! As the staff and cinema will be all dressed up and in the mood to celebrate the spookiest time of the year.

## Frankenweenie Film and Halloween Grotto Experience

**£13 Kids** (Film, plus free popcorn, juice and Halloween Goody Bag, and entry in our Haunted Halloween grotto, to meet Count Mickey Mouse and receive a gift, plus a sweetie Pick n' Mix.

**£9 Adults** (Film, plus free Frankenweenie cocktail/hot chocolate and cake).

**£40 Family Ticket** (2x Adults, 2x Kids, with all aforementioned extras.)

**Standard Ticket Prices for Addams Family Values and Sleepy Hollow.**



## Frankenweenie (2012)

2:00pm



## Addams Family Values (1993)

5:30pm



## Sleepy Hollow (1999)

8:00pm

Tickets available online at [www.nm-cinemas.co.uk](http://www.nm-cinemas.co.uk)  
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Say you saw it in the Worth Valley Mag!

## Injury Rehabilitation - the steps to a successful return to activity.

By David Hanson

The most common setback in any training, fitness or healthy lifestyle journey is injury. Whether you are closely following a trusted training plan, ensuing evidence-based advice from the Department of Health, or sticking to strategies that you know improve your mood and mental wellbeing, most of us will suffer the odd injury, especially as we get older.

Getting injured is literally a real pain! Not only does it cause you to miss out on your favourite activities, but it also can cause you discomfort and distress. If you're training for a race or competition, then you'll start to lose your fitness and strength and this further feeds into that feeling of helplessness. Injuries can present themselves in many different ways, but let's focus on one typical injury that may occur when we exercise - a strained or pulled muscle.

### Why do we become injured?

Load tolerance is your body's ability to handle physical demands without injury. Two key factors determine it:

1. Load: the physical demand placed on the body. This includes:
  - intensity (e.g. force, weight and resistance)
  - frequency and duration (how often and how long)
  - volume (such as total distance covered or total weight lifted)

2. Tissue capacity: how well can your body's structures (muscles, tendons, bones, ligaments joints, discs, and nerves) cope with these demands. When the load exerted exceeds the tissues capacity to cope, microtrauma results leading to inflammation, pain and injury.

Taking a break from your activity is the obvious thing to do, and this will generally allow the initial pain and inflammation to settle down. But how long should you rest for and what should you do once most of the pain and swelling has gone and it appears safe to start moving again?


### The first 48 - 72 hours

Whilst most people are aware of the R.I.C.E (Rest, Ice, Compression, Elevation) protocol to treat a sprain or strain in the first 2 or 3 days post-injury, it's after this time that people may be unsure of what to do. One thing that I strongly advise against in the first 2 to 3 days after your injury is the application of heat, no matter how soothing this feels at the time. This includes heat lamps, heat creams, spas, jacuzzis and saunas. Applying heat to newly-damaged muscle tissue further increases blood flow to the damaged area and will result in increased bleeding, swelling and pain. One other piece of advice to follow with a new muscle injury is not to stretch the area. Stretching during this early stage of the recovery process just causes more damage to the already damaged tissues.

### When is it safe to start back with my activities after a muscle strain?


When a muscle is torn, you would expect that the body would repair the tear with new muscle. In reality, this doesn't happen. The tear is repaired with collagen, more formally known as scar tissue. Collagen is made from a very tough, inflexible fibrous material. This fibrous material binds itself to the damaged muscle fibres to draw the damaged fibres back together.

When scar tissue forms around an injury site, it is never as strong or as flexible as the muscle tissue that it is replacing and you must be careful in this early stage not to overstretch or overload the damaged area. At around 10 days, the scar tissue is strong enough to withstand moderate levels of load safely and it is around this time that you can return to some low level activity that loads the affected area. From here onwards, the scar tissue enters a phase called remodelling where the actual repair of the injured muscle takes place. During this phase is where 'hands on' work from a physiotherapist such as massage and soft tissue mobilisation is very important. This treatment helps to reduce the bulky nature of scar tissue. When we then combine this treatment with an appropriate and progressive rehabilitation programme which targets the injured area in order to regain lost strength, flexibility and function we are fully on the way to a full and lasting recovery.



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### Sudoku Solutions

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## FRIENDS OF PICTURE HOUSE CINEMA KEIGHLEY PRESENT



## Northern Morris' Cult Curiosities 2025 to 2026 Season

Friends of Picture House Cinema are a non-profit team who are aiming to help the historic Keighley Picture House Cinema in any way possible, and hope to add to the already incredible variety the cinema offers with a monthly screening of a cult gem.

These screenings take place on the first Sunday of every month at 8pm.

You may even meet our dark mascot, The Keeper of the curiosities....

**Sun 5th October 2025 - Repo! The Genetic Opera (18) (2008)**  
**Sun 2nd November 2025 - The Boondock Saints (18) (1999)**  
**Sun 7th December 2025 - Black Christmas (18) (1974)**  
**Sun 4th January 2026 - Troll Hunter (15) (2010)**  
**Sun 1st February 2026 - Lisa Frankenstein (15) (2024)**

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

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