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September 2026

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Say you saw it in the Worth Valley Mag!

Even though my school days are decades behind me and my children are grown and gone, September still feels collegiate and transitional. That Back to School feeling lingers, beyond the memories of last-minute dashes for school shoes, uniforms and stationery. I was invariably the parent up the night before term started, sewing labels into practically every item of clothing and, armed with a fresh Sharpie, emblazoning the family name on water bottles, lunch boxes, book bags and pencil cases. I went all out. One Back to School tradition I've never quite grown out of is stationery shopping. Even now, I look forward to those September bargains: fresh notebooks, pens, folders and all the little things that make a new beginning feel possible. So, what are your September vibes? For me, it's a month of transition; a chance to reset, get organised and perhaps sneak away now that everyone else's children are back at school. The weather is usually kind, the crowds have thinned and there are often some tempting last-minute holiday bargains to be found. September has always felt like the beginning of something. Perhaps that's why I still love it.



Liz Barker, Editor



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outdoor training spaces. With over 20 years' experience, Paula's training isn't just for dogs; owners and handlers build skills too, learning to read their dog, communicate clearly, and handle real situations with confidence. Classes run from Puppy through to Advanced, plus tailored one-to-one sessions. New this year: the **Don't Chase Livestock** programme, helping dog and handler reduce chasing incidents and enjoy the countryside safely. Ready to level up together? Whether starting out or working towards advanced goals, now's the time to build your skills side by side. Visit www.brontecanineservices.co.uk or follow on social media for classes and updates.

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- Gain support from other people living with sight loss
- Enjoy a good book with our USB Audiobook Library.



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www.sightairedale.org.uk

Charity No 1080245

Brian is 68 years old and has macular degeneration. He has always been very independent, but his sight has reached the stage where he needs to ask his wife Alice for help. He is frustrated that he can't make himself a cup of tea, and has to keep asking Alice what the time is.

Sight Airedale's **Daily Living Shop**

stocks products designed to make life with sight loss easier and help people retain their independence.

For Brian, a liquid level indicator has taken the pain out of making tea. This small device hangs on the side of the cup, and as the liquid reaches the top, it beeps and vibrates to let him know when to stop pouring. There are other kitchen aids too, from stick-on dots that mark oven settings to talking scales, microwaves and air fryers.

Telling the time is no longer a problem. Brian's talking clock is cube-shaped, with no face, just a single button on top. Press it



once for the time; press again for the date. A wide range of talking clocks and watches is available, some radio-controlled to always keep the right time.

The Daily Living Shop is located at Sight Airedale's Scott Street premises in Keighley. **Visits are by appointment only.** To make an appointment, please call our helpline on **01535 602354** Monday to Thursday 9.30 am to 12.30 pm. To keep costs down, we only hold a few items in stock, so most items will need to be ordered.

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Starlight Hike

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Saturday 3 October 2026

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search: Sue Ryder Starlight Hike

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QR code



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should face death
or grief alone



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STEP OUT AT THIS YEAR'S SUE RYDER STARLIGHT HIKE WORTH VALLEY

People across West Yorkshire can now sign up to Sue Ryder's annual walk under the stars. Sue Ryder's **Starlight Hike** Worth Valley takes place on Sat. 3 October 2026. The event, kindly sponsored by Stirk Lambert & Co and supported by Keighley and Worth Valley Railway Ltd, invites friends and families to choose from a 5km or 10km route through the charming villages of Worth Valley, making every step count in memory of someone special.

The evening begins from the Keighley and Worth Valley Railway's Oxenhope station, where participants will board the Starlight Express train for a memorable journey to the start of the walk. Registration opens on the day at 6pm with trains departing at 7pm. The route will also take participants through the tranquil grounds of Sue Ryder Manorlands Hospice, where they will have the opportunity to dedicate a star to

someone special.

Rachel Binns, Regional Fundraising Manager for Sue Ryder, said: "Last year, Sue Ryder provided more than 655,000 hours of expert care including from Sue Ryder Manorlands Hospice thanks to the support of people signing up to events like Starlight Hike.

"By taking part and raising sponsorship, you'll help ensure even more people receive the expert care and grief support they need because no one should face death or grief alone."

Adult tickets start from £23.80 and include a T-shirt and special medal. Participants are encouraged to raise £100 or more in sponsorship, while **teams of five or more can receive 20% off their registration fee using code TEAM20**. More information is available at sueyder.org/StarlightWorthValley

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Sue Ryder MANORLANDS BRONTË BIKE CHALLENGE & OFF-ROAD RUN

Manorlands Hospice palliative, neurological and bereavement support when it matters

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20 SEPTEMBER 2026

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HEELS VS WHEELS RACE
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HALF MARATHON
Heels Vs Wheels race takes place between the 26.4 mile bike ride and the half marathon.

BRONTË OFF-ROAD RUN
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ROUTE	TYPE
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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 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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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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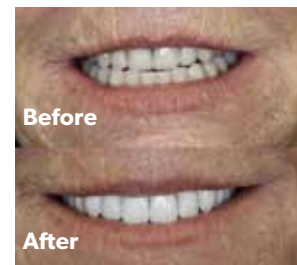


With our clinical denture expert Matthew Varley, who has restored thousands of smiles - you're sure to feel more confident and be you again.

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	9		5	2		8	4	
	8	4						
7			4			9	1	
3	5			4	2			
		6	3	7	9	4		
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	8							9
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Email your answer along with your name & address to:

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The winner will be selected from all correct answers received by Sept 16 2026.



The location of last month's competition was Bronte Upholstery, Mill Hey and the winner was Kim Guizzetti.



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BEHIND THE SCENES AT THE MUSEUM

This month we're getting ready for one of the biggest events in our calendar as the **Brontë Women's Writing Festival** returns for its sixteenth year! Join us as we celebrate women writers across fiction, non-fiction, poetry and scripts. Whether you're into Gothic novels, historical fiction or folklore, we're putting women's stories at the centre. This year's festival will be opened at a sold-out launch event with the BAFTA award-winning screenwriter and director **Sally Wainwright**. 2026 marks 10 years since the release of Wainwright's Brontë biopic **To Walk Invisible**, which tells the Brontë story from 1845 to 1848, showing the sisters journey to publishing success and ending with the tragic death of their brother, Branwell. It first aired in December 2016 and has remained incredibly popular with Brontë fans, with many deeming it one of the most faithful depictions of the famous sisters, and praising the high level of research that went into making it so historically accurate. Haworth locals may remember heading up to Penistone Hill, where the production team built a replica of the Parsonage and the surrounding buildings, exactly as they looked in the 1840s! Many of you who have visited the Brontë Parsonage Museum may have spotted that one of our rooms is not quite like the others. In 2017, to celebrate Branwell Brontë's bicentenary, the Brontë Parsonage Museum worked with the production team from *To Walk Invisible* to recreate part of



the set in the Parsonage itself. **Branwell's Studio** as you see it today was originally designed for filming at Granada studios in Manchester. Before this, the room housed some of Branwell's manuscripts and portraits, and while the set was only meant to be displayed for Branwell's bicentenary it proved so popular with visitors that the Museum has kept it ever since. If you haven't seen it for yourself, we'd love for you to visit! While we're looking back fondly on *To Walk Invisible*, we're also looking forward to the upcoming adaptation of **Jane Eyre**, starring **Aimee Lou Wood**. Screenwriter and playwright **Mirrian Battye**, who is working on the adaptation with Working Title, will also be attending the Festival this year to talk all about her experiences adapting Charlotte Brontë's most famous novel.

This year's Festival is shaping up to be a huge success, and we'd love for you to **join us!** You can find out more about the upcoming Brontë Women's Writing Festival on our website, bronte.org.uk/whats-on.





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Braised Lamb - Spanish Style



400g tin plum tomatoes
250ml dry white wine
1 small bunch fresh thyme
3 bay leaves
Salt
1 small bunch flat-leaf parsley, chopped
Method
Put your oven on maximum heat. Once hot, put the peppers on a baking tray and stick them in the oven for half an hour, turning once, so the skin is blistered and burnt. Remove and set aside to cool. Turn the oven



By Martin Lingard

This recipe is based on a northern Spanish dish called Cordero al Chilindrón. Traditionally it uses the cheapest cuts of lamb, such as neck or scrag end on the bone, which is what I like to use as it has more flavour. If you can get hold of mutton, that's even better and cheaper. If you or your family don't like bones, use 1kg of boneless cubed lamb shoulder instead.

This is meant to be a spicy dish, but if you don't like spicy food, use sweet smoked paprika instead of hot smoked paprika, or a mix of the two.

I like to serve this with crusty bread to mop up the gravy.

Ingredients (serves 4)

4 large red peppers (capsicums)
1.5 kg lamb or mutton, scrag end or neck, on the bone
6 tbsp olive oil
1 large Spanish onion, roughly chopped
4 large garlic cloves, sliced
1 tbsp hot or sweet smoked paprika

down to 120°C.

Take a large frying pan, tip in half the oil, and fry the lamb in batches until well browned, transferring to an ovenproof casserole once done.

Turn the heat to low, add the rest of your oil and chuck in your onions and garlic, stir occasionally and cook until soft. Now add the paprika, stirring to mix well, then add your wine. Turn up the heat slightly until the wine bubbles, then add the tomatoes and stir to mix.

Now return to your peppers, remove the stalks, burnt skin, and seeds, roughly chop the remaining flesh and add to the lamb along with the bay leaves, thyme, and a good pinch of salt.

Finally, pour the tomato mixture from your frying pan over everything in the casserole, give everything a good shake to cover and mix, pop on a lid and bob it in the oven for three to four hours until the meat is very tender.

When cooked, remove from the oven, stir in the parsley, and serve.

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Still Here, Just Differently

Thoughts about grief ~ Liz Barker



For a long time, the advice around grief was to "let go" and "move on," as though the dead were a coat you eventually stopped needing. Most people who've actually lost someone will tell you that's not how it works, and not how they'd want it to work. The relationship doesn't end. It changes shape.

Psychologists call this "continuing bonds," and it's a fairly recent shift in thinking; for most of the last century, ongoing attachment to the dead was treated as a sign you weren't coping. Now it's understood as exactly the opposite: often the healthiest way through.

It shows up in small, unglamorous ways. Someone keeps making two cups of tea out of habit and drinks the second one anyway, slowly, as a kind of ritual rather than a mistake. A farmer talks to his late father while mending a wall, the way he always did, because the wall doesn't know the difference and neither, somehow, does the conversation. A woman wears her mother's cardigan not for warmth but because putting it on feels like being held.

Talking to the dead is far more common than people admit, and it's not about believing they can hear you in any literal sense, though plenty of people do believe exactly that, and who's to categorically say otherwise. It's more that the relationship needs somewhere to go. You loved someone for forty years; that doesn't switch off. Voicing it, even to an empty kitchen, is often

just love with nowhere left to land, finding somewhere anyway. Others keep the bond through action rather than words; growing the vegetables their dad grew, finishing a garden their partner started, passing down a phrase their mother always said until the grandchildren say it too without knowing where it came from. The dead persist in habits, in inherited stubbornness, in the particular way a family still argues about gravy.

It's not only people, either. Anyone who's lost a dog will know the grief is not a lesser version of the human kind, it can flatten you just the same, and sometimes people are more surprised by the depth of it, as if they hadn't given themselves permission to feel it that hard for "just a dog." The continuing bond looks much the same too: a collar kept in a drawer for years, not out of indecision but because throwing it away feels like a second loss. Walking the same route at the same hour, alone, because the walk itself was the relationship as much as the dog was. A farmer who still glances down at his left heel out of forty years' habit, where the sheepdog used to sit.

Animals ask nothing of us in the way people sometimes do; no shared memories to get right, no complicated history, which can make that bond feel purer, and the loss of it, in its own way, just as total. Grief doesn't rank its griefs. A cat curled on a particular chair, a horse's name still called out of habit at the gate, these hold as much weight as any photograph on a mantelpiece, and deserve the same lack of apology.

None of this requires a view on what happens after death, that's for each person to work out, or leave unresolved. What seems true regardless is that people and pets we've loved don't simply vanish from the texture of daily life. They become part of how we do things, woven into ordinary routines rather than confined to a plot in a cemetery or a place where their remains were once scattered.

Grief, looked at this way, isn't really about loss of connection. It's the connection continuing, just without a body to carry it.

FROM THE PLATFORM TO THE PAPERS: HOW COCO'S STORY WENT REGIONAL

Coco, known to Keighley train station regulars as 'Dave', was an unofficial fixture on the platform as well as a daily visitor to local businesses. Andrea Janetta, who works on Dalton Lane at the Office Furniture Outlet, noticed Dave suddenly stopped visiting after he fell seriously ill over the summer. So she set up a GoFundMe campaign on 8 July with a modest £3,000 target to help cover Dave's treatment.



It didn't stay modest for long. The campaign raised £345 in its first two days; then GoFundMe itself asked to promote it. By the next morning, Andrea was live on BBC Radio Leeds; the day after, BBC News Bradford ran a piece, and the fundraiser passed £3,000 overnight. The Telegraph & Argus picked up the story soon after. To date, donations stand at over £6,000.

Coco is now six weeks into a twelve-week course of treatment, staying indoors and improving under weekly vet checks. Any funds left over once his bills are covered will go to local cat charities.

It's the kind of story that only works because someone in the community decided a station cat's treatment was worth attention, and it's a reminder of what a local network does best. It looks after its own.
Photo: Coco, or 'Dave', recovering at home.

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EVERY SATURDAY 1 - 3PM

Community Coffee Morning

ST GABRIEL'S CHURCH STANBURY

5TH SEPT 10 AM - 12

Coffee Cake conversation and much laughter.

Pilgrim Church Community

ST GABRIEL'S CHURCH

OPEN EVERY WEEKEND IN SEPTEMBER 10AM - 5PM

All welcome to enjoy a place of peace.

Cross Roads and Lees Church and Chapel Ladies Group

ST JAMES' CHURCH CROSS ROADS.

FRI SEPT 4TH, 2PM.

"St John's Church Ingrow" Speaker: Tim Neal.

Keighley & District Agricultural Show

MARLEY PLAYING FIELDS BD21 4DB

SAT 5TH SEPT 8.30AM TO 5.30PM.

Worth Valley Horticultural Society 14th Annual Show

OAKWORTH METHODIST CHURCH.

SUN 13TH SEPT 1.30PM

Haworth & Yorkshire Creatives Makers Market

OLD SCHOOL ROOM, HAWORTH

SAT 19TH & SUN 20TH SEPT 10AM - 4PM.

Free Entry All welcome & dog friendly.

Keighley Walking Festival

19TH SEPT TO 4TH OCT

Celebrate the beauty of Keighley's landscapes with guided walks for all abilities.

www.keighley.gov.uk/council_events/walking-festival-2026

Sue Ryder Half Marathon

SUN 20TH SEPT 9AM - 1PM

Long distance trail run event in support of Sue Ryder - takes place between Haworth and Hebden Bridge.

Sue Ryder Bronte off Road Bike Challenge

SUN 20TH SEPT 9AM - 5PM.

All routes start and finish at Haworth West End Cricket Club.

www.sueryder.org/get-involved/fundraise-for-us/events/bronte-off-road-bike-challenge

Bronte Women's Writing Festival

OLD SCHOOL ROOMS, HAWORTH.

FRI 25TH TO TUES 29TH SEPT.

Cross Roads and Lees Church and Chapel Ladies Group

ST JAMES' CHURCH CROSS ROADS.

FRI OCT 2ND, 2PM.

"A 60's Musical Afternoon with Jonathan Crossley".

Sue Ryder Starlight Hike Worth Valley

OXENHOPE STATION BD22 9LB

SAT 3RD OCT 6PM TO 11PM

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all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will turn 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.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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