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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2016

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It is a month of very special birthdays!  
We wish Her Majesty Queen Elizabeth a very happy 90th Birthday this month and we look forward to the official celebrations in May & June.

Happy Birthday Charlotte Bronte, sharing the Queen's Birthday, April 21st; We salute this literary trailblazer and indefatigable spirit. The Bronte Parsonage celebrates the bicentennial of Charlotte's birth with a party at the Old School Rooms in Haworth. There will be cake, (and lots more) see details on page 11. You are invited and we hope to see you there! Save the dates: May 13-15 for vintage delights as the Haworth 1940s weekend takes shape under the banner of Airborne this year (page 17). The event benefits SSAFA, the military charity that supports veterans and their families. You can learn more about SSAFA and opportunities for

getting involved in this worthy cause on page 16, With longer days and increased sunshine (or so we hope) we have included a pleasant walk on the canal towpath and around Riddlesden golf course. We wish a warm welcome to Keighley BID (Business Improvement District) Manager, Paul Howard, who tells us what we can expect to see happen in Keighley now that he has arrived in post (pages 20/21). Spring is the time of year to clear out and clean up. We've found an extreme example of space clearing (page 4) but there are plenty of businesses within these pages that will help you tackle your conventional spring cleaning challenges with far more ease. Have a great April!



Liz Barker, editor

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Say you saw it in the Aire Valley Mag!

# Clear Out and Clean Up for Spring



speedy is that instead of decluttering room by room, she tackles belongings by subject, starting with what is easiest to part with. So, all the clothes, then all the books, then documents, then miscellany and, last and most difficult, photos and mementos.

"The inside of a house or flat after decluttering has much in common with a Shinto shrine ... a place where there are no unnecessary things, and our thoughts become clear," she says.

"It is the place where we appreciate all the things that support us. It is where we review and rethink about ourselves."

The Kondo method may be a little extreme for some readers. Hiring a personal space clearer isn't for everyone, in fact probably only a few will take up this kind of approach.

But the benefits of having a good spring clean is within most people's reach. Buying in certain services can take the hassle out of it too.

Help is only a phone call away! Get your oven cleaned by a professional. Commit to a regular cleaning service. Apart from having to tidy up a bit on the day that the cleaner arrives, you will soon get into the habit and appreciate having more time to enjoy your life with less dust and clutter.

While you're on a roll, why not tackle the other areas that may benefit from a spring treatment? Call the carpet cleaners; have your car valeted, and ring the gardeners and book a seasonal tidy.

Whether you fancy rolling your socks sushi style like Marie Kondo is not the point. The main thing is to take some action and feel the benefits of putting things in some semblance of order.

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organising, by Marie Kondo, is an international bestseller. The book is more about a philosophy of owning things. (In fact, it's the #1 bestseller on Amazon in the Zen Philosophy book category.)

Kondo sees tidying as a cheerful conversation in which anything that doesn't "spark joy" is to be touched, thanked and ceremonially sent on its way towards a better life elsewhere, where it can discover a more appreciative owner.

The results can be life changing, she says. Clients suddenly find themselves surrounded entirely by things that provide clarity, unencumbered by belongings that carry baggage (unwanted gifts, clothes that no longer fit) or anxieties about the future. Even her book, she says, should be quickly discarded when it's no longer needed.

Part of what makes her method unusually

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## Keighley & Worth Valley Railway: A day in the life...

### It's difficult to describe a typical 'day in the life of...' as chairman of a heritage railway.

For me, it's a constant juggling act between my day job, which now takes me to London a day or two per week; home life, with the long-suffering Mrs S, a couple of children and three little dogs to enjoy spending time with; as well as the Railway. Most days there's some Railway-related email traffic to deal with, and an increasing number of conference calls with other volunteers as we work around domestic and professional commitments. In the last few weeks, we have been discussing funding opportunities, next year's budget, and how we can continue to attract new volunteers to help us keep the wheels turning for many years to come in preparation for the next Board meeting.



Matt Stroh, chairman of the Keighley & Worth Valley Railway, Bradford Lord Mayor Joanne Dodd, Rita Verity & Chris Upton representing Fairtrade Haworth & Keighley.

As well as the longer-term, we also are keen to be 'good neighbours' and so support a number of local initiatives. I recently spoke to a group of Oxenhope villagers about the history of the line and the Railway's impact on the village since it open in 1867. I was able to share stories of working with the village over the years, including the time when we became the only route in and out of a snow-bound Oxenhope and in recent times the support we have given to the organisers of the Straw Race who needed a location to start their fantastic village event. Similarly, we've hosted the Manorlands star light hike and worked the team on various

fund-raising projects.

One of the more unusual duties I undertook recently was in support of the Haworth Fair Trade fortnight, when I had the honour of meeting the Lord Mayor of Bradford. I managed to get photographed whilst wearing the Fair Trade apron she presented to me whilst I was still clutching the bouquet of Fair Trade flowers I was presenting to her. It was great to be able to support the fortnight and to celebrate Haworth having been named the first Fair Trade village over a decade ago. After these ceremonial duties, and helping to serve a Fair Trade breakfast to passengers, I went to speak to a meeting of our Young Person's Group. This Group is for our younger volunteers, aged 13 to 15, and is a means for them to experience what life as a volunteer is like, getting an into the workings of the various departments and

operations that we need to run the Railway. They were meeting for a day-long session on safety and rules, as well as talks from various senior members of the Railway, underlining the importance of the discipline needed to join the volunteering team and the significance of the Group to our long-term future.

And when I'm not doing all that, I write articles for local publications to make sure our neighbours know what's going on and to give them an insight into what goes on behind the scenes to keep those increasingly vintage wheels turning...

**Matt Stroh - Chairman KWVR**



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all children who attend an eye test throughout March & April an Easter egg. In the UK alone there are estimated to be around 25,000 blind or partially sighted children, this

equates to 2 in every 1,000. Untreated vision problems have a serious effect on learning, development, behaviour, athletic performance and overall health which is alarming, considering that 80% of a child's learning occurs visually. Many parents assume that their child will have their vision checked at school. Vision screening provision is patchy and many areas do not provide it. Even where vision screening is provided in



school, there are many conditions which, although they may cause significant problems to a child and their ability to learn, will not be picked up at a screening. Vision screening is only designed to pick up amblyopia, it doesn't assess if the eyes are healthy, if glasses are needed, or if there are any colour

vision defects, an optometrist however, can do all of this and much more. As the eye and visual system are actively developing during the school years, if vision problems are

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## BEHIND THE SCENES AT THE MUSEUM



**2016 is the bicentenary of Charlotte Brontë's birth and an exciting year for the Brontë Parsonage Museum and Haworth. In our continuing**

**series of articles celebrating Charlotte, we meet Collections Manager Ann Dinsdale.**

**Tell us a little about yourself:**

I was born just over the border in Lancashire but grew up in Keighley, and have spent the last twenty years living in Haworth. I first visited the village on a school trip in the 1960s and have been enthralled by the history and the wild landscape of the area ever since.

**How long have you worked at the Museum?**

I came to work at the Parsonage early in 1989 as a part-time museum assistant. By the following year I was working full-time in the Museum's research library and twenty-seven years later I'm still here.

**Tell us about a typical day:**

I'm not sure there is a typical day at the Parsonage. A lot of my time is spent in the research library, which also serves as a curatorial office, working with my colleagues Sarah Laycock and Amy Rowbottom. We look after the researchers who come to the library and also spend time dealing with the many enquiries we receive each week. This year

has been particularly busy and as well as arranging the displays at the Parsonage, we have also been dealing with loan requests from other museums who are planning Brontë exhibitions of their own to celebrate Charlotte's bicentenary. We've been assisting a BBC production team working on Sally Wainwright's new Brontë drama, *To Walk Invisible*. We never know when we'll receive a call alerting us to the sale of an important Brontë item and then fundraising and working on grant applications takes precedence.

**What is your favourite item linked to Charlotte in the Parsonage collection?**

It would probably be Charlotte's portable writing desk. It comes complete with its original contents - a fascinating assortment of pen nibs, wax seals and odds and ends which Charlotte had squirrelled away inside it. I remember seeing it for the first time when I visited the Parsonage as a child and longing to own one like it.

**And your favourite Charlotte quote?**

I think some of Charlotte's finest writing is found in her letters, particularly those written after the publication of *Jane Eyre*, when a new circle of literary correspondents opened up to Charlotte. The letters written after the deaths of her sisters are heart-breaking and stay in my mind.

**Anything else you'd like to tell us?**

We're looking forward to celebrating **Charlotte's birthday on 21 April. There will be activities throughout the day at the Museum and a party at the Old School Room.** We hope lots of local residents will come along and join us.

**Thursday 21 April 2016 is the 200th anniversary of the birth of Charlotte Brontë**  
**Help us celebrate!**

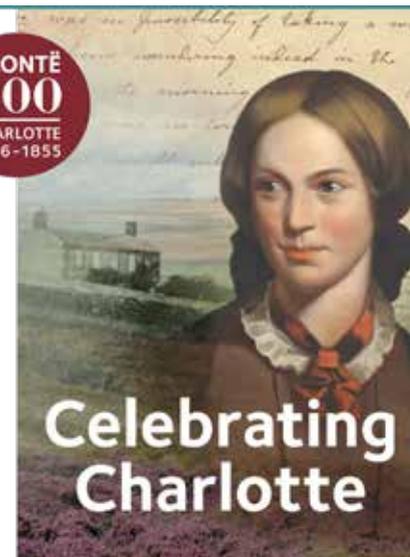


**The Old School Room, Haworth 11am to 4pm**

Everyone is invited to Charlotte's 200th birthday party. There'll be lots going on throughout the day, so join us for tea and cake or dress up and write a birthday poem! Admission free. Donations of cake welcome.

**Brontë Parsonage Museum 10am to 8pm**

Hear a talk about Charlotte or meet with our Collections team to view some of Charlotte's manuscripts and personal possessions. Usual Museum admission fee applies. Activities available on a first-come, first-served basis.



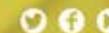
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Optometrist Sajid Bashir with Optical Assistant Julia Tilotson

Clarus Opticians is an independent practice owned and managed by Sajid Bashir, an Optometrist with over 15 years of experience in the optical industry. Born and bred in Keighley, Mr Bashir is keen to maintain his close connection to the town and its local residents by bringing high quality eye care to their doorsteps. "Many patients come to our practice complaining of dry or wet eyes, burning or itchy sensations in the eyes or occasional blurry vision, often associated with computer use or reading. At most busy practices, there are restrictions on the time available during the sight tests to conduct thorough examinations of these issues, often leaving patients without satisfactory resolutions," explains Mr Bashir.

Clarus Opticians proudly offers sight test appointments lasting up to an hour, where necessary, to take a detailed look into the causes of all eye complaints including a free initial eyelid assessment. With daily appointments available from 9.00am to 5.30pm and flexible, extended opening hours until 8.30pm on Wednesdays and Thursdays, they can offer the most convenient time to fit in with even the busiest of schedules.

Mr Bashir states, "My vision for Clarus Opticians is to provide services second to none in the area." Since the beginning of March 2016, we are pleased to introduce our Dry and Wet Eye Clinic focusing solely on getting to the root of the cause and helping patients to manage these uncomfortable conditions. Following extensive training at Moorfields Eye Hospital, we are now able to offer the latest treatment options available for dry and wet eyes, including punctum plugs and lacrimal syringing. "On attending the clinic, we will conduct a detailed assessment into the cause of your symptoms followed by a deep clean of your eye lids and put a management plan into place which caters for your individual needs and lifestyles. Examples of management plans can include: eye lid heat treatment, massage, ointments, antibiotics, supplements and an in-house review on the progress of the same."

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## COUNTRY COOKING

by Cath Bromwich

### AUNT JANET AND DI'S TABLET RECIPE



I want to give thanks for my Aunt Janet, whom I was with as she died this last week. In fact, I was holding her hand at her bedside. She was my main supporter when I decided to take up cooking as a way of earning a living. Janet was a great cook, and loved poetry her whole life. Janet was a great cook, and loved poetry her whole life. These two things were related in a very special way for her. Once I found her stirring a big pot of bubbling liquid, muttering to herself, and I asked her what she was doing. She told me that she was making Tablet (a sort of Scottish toffee), and that the way to know if it was cooked was to recite 'Lycidas', a poem by John Milton. When the poem was complete, the Tablet would be ready!

Janet's Scottish nanny, Di, originally gave her the recipe when she was a child, before the Second World War, and my aunt used to make it throughout her life.

Well, for her ninetieth birthday present, I rootled out the recipe, and got the mixture bubbling. Unlike Janet, I can't recite 'Lycidas' from memory, but I found a recording on Youtube (it turns out that it's a rather fine poem). So, in the last few weeks of her life, my aunt could nibble at a little bit of Tablet, and enjoy the story of its poetic origins.

Anyway, here is that recipe for you to enjoy. If you like, you can find a link to the poem at [www.bartleby.com/101/317.html](http://www.bartleby.com/101/317.html), and try reading it out slowly – but there are other ways of knowing when the Tablet is done! If the mixture does not set hard quickly, then turn it back into the pot.

#### Ingredients:

- 2lb (900g) sugar
- 4oz (100g) butter
- 1 large tin (400g) of condensed milk
- 1 1/2 tsp vanilla essence
- 1 cup water

#### Instructions:

Butter and line a baking tin of approximately 20cm by 26cm, or a little larger.

Melt the butter and sugar, stirring continually, then add the milk and water

Bring the mixture to a rolling boil for around 25 minutes.

It changes sharply in consistency when it is ready. Look at the sides of the saucepan for the beginnings of crystallization.

If you keep back a little butter and add it almost at the end, it gives a gloss.

Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at [www.facebook.com/foragercathyorkshire](http://www.facebook.com/foragercathyorkshire)

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# Yorkshire, your local Armed Forces community needs you!

**ssafa** | the  
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charity

Lifelong support for our Forces and their families



SSAFA, the Armed Forces charity, has seen a significant increase in need for support from the Yorkshire Armed Forces community. This spring, in a bid to meet the increase in need, SSAFA is launching a search across the length and breadth of Yorkshire to find new recruits to join its ranks of dedicated volunteers. The military charity, whose network of volunteers support serving personnel, reservists, veterans and their families, has seen the number of home visits alone rising by 93% between 2014 and 2015 in North Yorkshire.

SSAFA is the oldest national military charity in the UK, supporting 55,000 people in the Armed Forces community each year. SSAFA has four branches in Yorkshire – North, South, East and West with new volunteers urgently needed in Scarborough & Locale, Bridlington, Rotherham and Sheffield. The charity expects the increase in requests for help to continue to grow due to the ageing population of the UK and an increase in younger veterans from more recent conflicts, and their families, coming

SSAFA volunteer case workers support members of the Armed Forces community in a range of ways, including:

- visiting them in their homes, assessing their needs
- assisting with house adaptations for a service man or woman injured whilst fighting for their country
- raising the rent for a young veteran unemployed and struggling to transition from military life to civilian life
- befriending a lonely, elderly veteran and providing them with some much-needed company
- support with issues such as homelessness, marriage breakdown, debt and mental health problems.

forward for help. In 2005, 25% of the beneficiaries SSAFA supported locally across the UK were under 60 years of age, ten years later; this figure has risen to over 40%.

If you are interested in joining your local SSAFA team, to give something back to the Armed Forces community in Yorkshire, please contact SSAFA on 0845 658 1167 or visit [www.ssafa.org.uk/newrecruits](http://www.ssafa.org.uk/newrecruits)

To advertise call Karen or Liz on 01535 642227



13<sup>TH</sup>-15<sup>TH</sup> MAY 2016

## Events & Activities

Vintage bus service

Military & vintage stalls

Paul Harper ENSA Show

Drumhead Service in Central Park

Robert Pooley swordsmith lecture

Victory Bar in Central Park

RAF Haworth pop-up bar

Vintage Cocktail & Prosecco Bar

1940's Hair & make up session

War time Fashion show

Spitfire flypast



Static Military & vintage vehicles

Jive & swing dancing, tea dances

Haworth Homeguard pyrotechnic display

**Moonlight Serenade 1940's Dance featuring The Ashby Big Band & DJ Dapper Dan Friday May 13th** (For tickets phone Firths Boutique: 01535 643800)

**Haworth Home Guard Hop featuring The Friday Nite Flyrite, Record Hop and Dance. DJ's Company B. Friday May 13th** (For tickets phone 01535 655659)

Special Guest: Ben Parkinson MBE  
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This year's event is dedicated to the memory of the men & women who served in the Airborne special forces.

[www.haworth1940weekend.co.uk](http://www.haworth1940weekend.co.uk)

General enquiries: [firthsboutique@live.co.uk](mailto:firthsboutique@live.co.uk)

All proceeds to benefit SSAFA, the military charity

Registered Charity No. 210760 Est. 1885.

**ssafa**  
Lifelong support  
for our Forces  
and their families

# Gardening

WITH  
STEVE THORPE

April is here, warm in the sun but cool in the shade with lots to look forward to in the months ahead. With the lighter nights all those extra jobs can be done in the garden in readiness for the season ahead.

Make sure your greenhouse is washed down thoroughly to get rid of any pests and diseases and to clean the windows to let in maximum light to aid growing.

Sow tomatoes, marrows, squashes, pumpkins & courgettes in the greenhouse. Sowing cabbage, cauliflowers, Brussels sprouts & runner beans in the greenhouse can really speed up their development so you have sturdy grown on plants ready to plant out once the risk of frost has gone. Just remember to keep your eye on the seedlings once they germinate as they will need thinning out to give each individual plant its own growing space.



Start sowing carrots, beetroot, peas, turnips, lettuce etc direct into your beds outside. The soil can still be cold and wet so the use of cloches will protect the delicate seedlings from frost and rain and speed up the development of your crops. If you haven't planted those chitted early seed potatoes get them in now or start thinking about planting some second earlies or chitting some main crops ready to plant out next month.

Don't forget to watch out for slugs and snails that will be waiting to pounce on those new juicy seedlings.

You will need to step up the watering of any indoor plants and remember to check that shrubs and plants in outdoor containers are not left to dry out. Remember the smaller growing space the plant has to grow in the more it will need feeding and watering.

Divide hostas before they come into leaf and divide primulas after flowering. Dead head winter flowering pansies before they go to seed to encourage new flowers throughout the spring.

Move any evergreen shrubs and trees that are in the wrong place before the warm weather arrives. Finish planting those herbaceous perennials to fill up any gaps and complete that stunning border of colour.

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# A Warm Welcome to Keighley for BID manager



Paul Howard (left) is welcomed to Keighley by Airedale Masterplan Manager, Paul North.

Despite the arrival of snow and ice when Keighley's newly appointed BID Manager, Paul Howard, began his tenure in March, there was a warm welcome at the Airedale offices. Aire Valley Magazine editor Liz Barker was keen to say hello and see how Paul was settling in. Having been a member of the marketing team that successfully delivered the Business Improvement District (BID) proposals, Liz understood the significance of Paul's appointment and wanted to learn more about the man who would be working with the BID team to move the project forward.

## Tell us a little about yourself Paul.

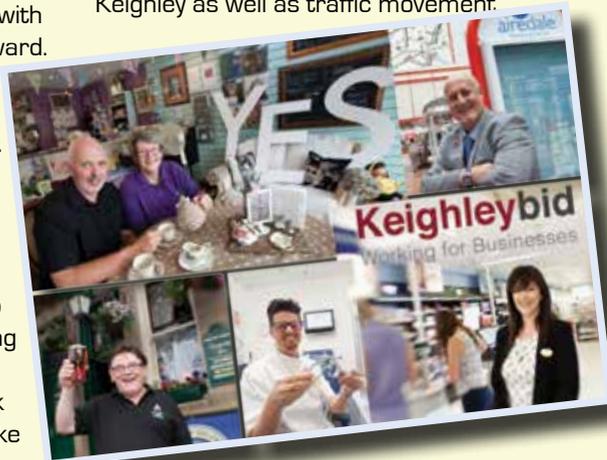
I'm married with 2 children, both boys. One just coming up to his GCSE's so a nerve wracking time! I've worked in Place Management and Project Management since 2002 and have moved around the country with my job starting in the North West then moving to the West Midlands then on to the South West before finally coming back to the North West. There's no place like home.

## What will your role be in implementing the Keighley Business Improvement District plan?

My role will essentially be about putting into action the plan that was decided by the business community. In this type of work, it's vital that the private and public sectors are effectively co-operating so I have a great board made up of local business people and the council. It will be the board that ultimately give me direction and approve any plans and my job is to make them happen.

## What are your first impressions of Keighley?

First impressions are absolutely crucial when we are trying to attract new visitors to the town centre and I would have to say that overall, I have a very positive impression of Keighley. The town centre is clean and compact and it has all the shops and businesses I would need on a day to day basis. Of course, there are always things to improve and I have to say that signage is one of the things we need to look at in Keighley as well as traffic movement.



## What can the Keighley residents and businesses expect as actions and outputs in the first 100 days of your new post?

The first 100 days will be about putting in place the foundations of the Keighley BID and how we intend to deliver the business plan. Getting the branding right for me is vital as it says a lot about us as a town centre and as a business and is something that will be in use for the full 5 year term. Of course, we are also putting in place plans for some exciting new events in Keighley and supporting some existing events to attract existing and new visitors into the town centre.

## As an experienced Place Manager what are the biggest challenges you expect to face?

20 years ago the Internet barely existed. If you did use it, you were tethered to a big and bulky PC and had to wait an age to download anything. Of course now, people can access the web pretty much wherever they are. People can do their shopping on the train or bus on the way home and have it delivered to their hand the next day. My biggest challenge, and one of the biggest challenges for most high streets up and down the country is about managing a structured change to a digital world and giving people great reasons to carry on using their town centres. This is by making sure they are clean, green and accessible and there is a reason to visit.

## What can local people do to support the BID?

Feedback from visitors is always very useful when we are planning our work for the year. Our new website will have a function to leave feedback on their town centre experience and we will



Postcard images of the businesses that supported the successful BID proposal for the town.

be offering some great incentives for people to get involved. I would have to say then that just something simple like offering feedback on what they feel we are getting right and where we need to re-think would be a great support.

## How can businesses outside the BID area get involved?

Businesses outside of the BID area can pay a membership fee into the BID and benefit from a range of services and marketing opportunities that we can offer. A healthy town centre is a huge benefit to a business in terms of attracting and retaining the right members of staff so I would say to any business outside of the BID area to contact me to discuss.

**Paul.Howard@bradford.gov.uk**  
01535 618085



# THE YOUNG WRITERS' CLUB

## What is citizenship?



Worth Valley Young Writers, Chloe and Lainie, participating in Stanbury Village School Egyptian exhibition and putting the final touches to their letters to David Cameron and Boris Johnson.



Spring images for the Worth & Aire Valley Mags by Photographer, Sophie Tankard, from Parkside School.

This article has been written by Lainie and Chloe from Stanbury Village School. The Young Writers' Club meets weekly in term time at Cobbles & Clay in Haworth. The group is open to both Primary (year 6) pupils and secondary school students who are interested in writing, photography, and multi media arts. Contact Liz Barker for details. 01535 642227



### Active citizenship



We have written a letter to David Cameron, the Prime Minister, and Boris Johnson, Mayor of London, to ask them about the benefits of staying in or leaving the EU. We asked them what the benefits would be for children... We hope to publish their replies!

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**Staincliffe Court Luncheon Club.**  
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**Church Green 50+ Ruggers meet in the Shared Church Hall (between Church Green & Morrisons in Keighley) on the first Wednesday in every month, 10.00-12.00hrs.**  
 Men, women and beginners all equally welcome. £2 per session. Refreshments available in Age UK cafe next door. Phone Amy or Michael on 01535 669605 or email amy@oaktex.co.uk .

**Skipton Community Ladies Choir meet every Thursday evening (term time) in the Baptist Church Hall, Otley Street, Skipton.** No scary audition just come and join in. For more info call Glyn 01535 630735 or email greavessus@sky.com or www.skiptonladieschoir.co.uk.

**First Wednesday in each month Breathe Easy Aire Valley at Community Hub, Stone Grove, Steeton. 1.45pm until 3.45pm** We are a local support group for people who have breathing problems. We welcome new members to come and enjoy a couple of hours with us. For more info. ring 01535 671259 or 01535 652493

**Weds 6th April 2.30pm-3.30pm Rhyming Rabbit – Easter Fun at Crosshills Library** Tickets £1.00 including refreshments  
 Tel 01609 534502



**Fri 8th to Sun 10th April Black Bull Haworth Macmillan Cancer Support Music Festival** - with over 30 fantastic performances over the 3 days.

**Sat 9th April Coffee Morning at Steeton Hub, Stone Grove 10am to 12 noon.** Help raise money for Steeton & Eastburn Christmas lights. There will be tombola, chocolate board, raffle, few stalls of crafts, cards, home made sweets, and lots of cakes . Any more info call Diane 01535 658285.

**Sun 10th April Silsden AFC Car Boot Sale 7am - 12.**

**Weds 13th - Sat 16th April 7.15pm The Pajama Game at Sutton Village Hall** presented by Sutton's Green Hut Theatre Company. Tickets 01535 632289

**Fri 15th - Sun 17th April Haworth Beer Festival at the Old School Rooms, Haworth.** Over 40 local ales and far a field brews! For beer lovers and non beer lovers as we offer the 'Vintage Cocktail Bar' and VIP lounge area, we have ciders, prosecco, wines and one top premium larger on draught!

**Sat 16th April 7.00pm KVV Singers Elijah at Keighley Shared Church.** Tickets £10. Call 01535 637425 or 653917

**Thurs 21st April to Sat 23rd April St George's Weekend - 3 Day Market** at Low Street and Church Green, Keighley.

**Sat 23rd 10am - 4pm April St George's Day William Shakespeare's 400th Birthday** with street entertainment, music & medieval re-enactments on Church Green, Keighley.

**Thurs 21st April 7.30pm Keighley Astronomical Society** at Steeton Methodist Church.

**Sat 23rd April 10.00am-12.00noon at Crosshills Library.** Shakespeare national mass participation- sign up before to read favourite 2-5 lines or add to scrap book.

**Sun 24th April St George's Day Parade 2.30pm Skipton.** A parade of Scouts, Cubs and Beavers from groups across South Craven. It runs from Petyt Grove, via the High Street, for a service at Holy Trinity Church  
**Sun 24th April Museum Open Day** "60 years of Leyland Atlantean"  
 Free bus services Transport Collectors' Fair. **Keighley Bus Museum River Technology Park Riverside Dalton Lane.**

**Thurs 28th April 7.30pm Picnic in Iraq** – author talk at Crosshills Library, BD20 8TQ. Tickets £2.00 including refreshments Tel 01609 534502 e-mail: Crosshills.library@northyorks.gov.uk.

**Sat 30th April 1 - 3pm at Cliffe Castle Keighley Launch of Alice's Adventures in Wonderland Exhibition.**

**Sat 30th April, Sun 1st & Mon 2nd May Haworth Craft Fairs** 10am -

4pm at Haworth Old School Rooms.  
**Mon 2nd May to Sat 7th May Jane Eyre at Keighley Playhouse.** A Romantic Drama.

**Sat 30th April to Mon 2nd May 10am to 5pm Entry £1. Crafty Vintage at the Town Hall, Skipton.** Crafty Vintage is a regular social gathering where like minded folk can meet. We are purveyors of classic vintage, collectibles, retro wares, quirky handmade, fine foods and delectable cuisine. Live music, entertainers, magicians, crafty corner and lots of merriment.

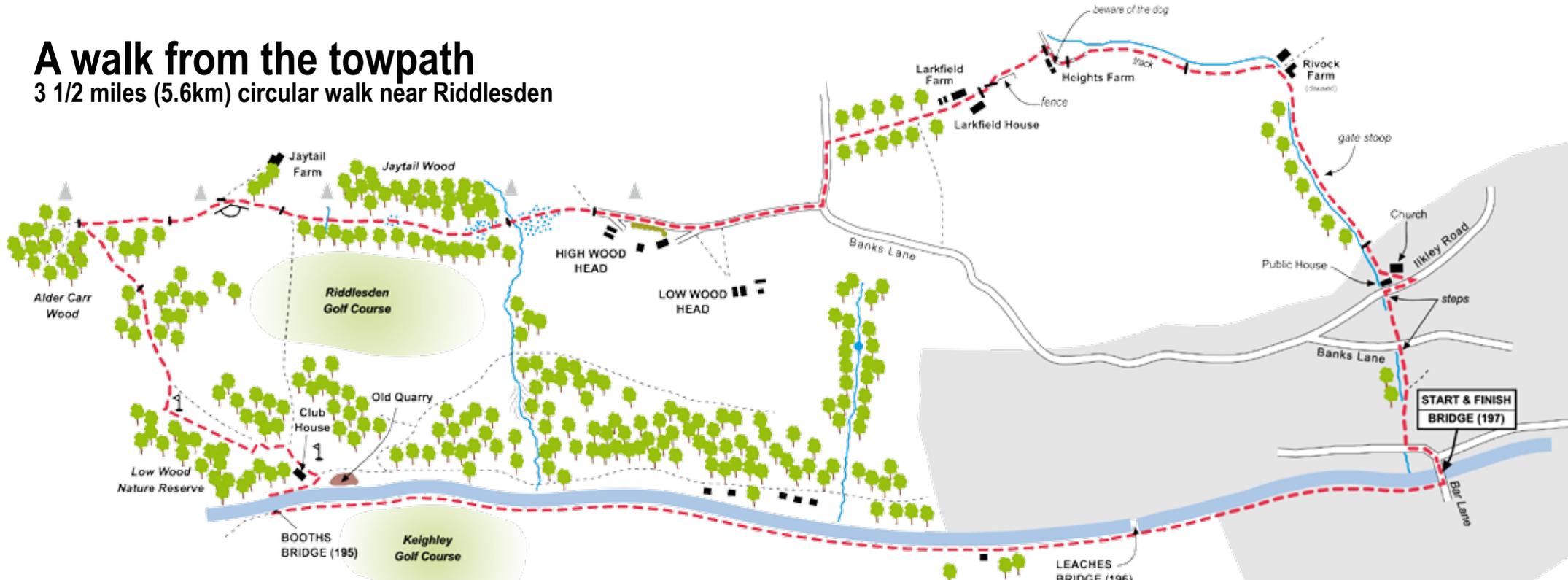
**Sat 30th April to Mon 2nd May Skipton Waterways Festival**  
**Tues 3rd May 2 pm at Skipton Library - Skipton & Leeds Liverpool Canal.** A talk by Mike Clarke, Leeds Liverpool Canal historian. Tickets £3. 01609 534548

**Sat 7th & Sun 8th May 10am - 4pm Bronte Vintage Gathering** is an annual two day fun filled family event taking place at Haworth Road Cullingworth. The attractions this year include the Xtreme Stunt team, plus The Sheep Show, humorous view of dancing sheep! Dog agility display, terrier racing, clay pigeon shoot, Blackpool donkeys, SMJ falconry, various fairground rides, bouncy castles & slides. Vintage vehicles, trade stands, craft tent, Saturday at 5pm is the collectors sale in the adjoining field.

**Sat 14th May Silsden Methodist Church 10am to 4pm. An exhibition of Modern Quilting** with demonstrations by hand and machine .Various stalls. e refreshments available all day.

# A walk from the towpath

3 1/2 miles (5.6km) circular walk near Riddlesden



## Walk information

Starting and finishing along the Leeds and Liverpool Canal the walk soon leaves the valley bottom as it starts a steep climb up the northern side of the Aire Valley via Riddlesden Golf Course (watch out for flying golf balls!). Near to Jay Tail Farm at the highest point of the route, pause a while to enjoy the long distance views up and down the Aire Valley before starting your return journey, level at first then a gentle descent for an easy finish.

Although an ideal family walk, the gates, stiles and rough terrain make this walk not suitable for pushchairs, wheelchairs and people with limited mobility.

## The walk start point

Leeds and Liverpool Canal swing bridge (197) at the top of Bar Lane Riddlesden, near Keighley. Accessed from the B6265 old Keighley / Bradford Road.

## The Walk Route

From canal bridge (197) at the top of Bar

Lane, turn left to walk along the towpath in the direction of Skipton for approximately 1 1/2 miles (2.4km) until you reach canal bridge [195] (Booths Bridge) passing Leaches Bridge [196] along the way. On reaching Booths Bridge (195), turn right to cross the canal bridge bearing right on the opposite side to walk uphill following the rough track eventually emerging at the top opposite the 18th green of Riddlesden Golf Club. Here turn left to walk steadily uphill passing in front of the clubhouse following the track as it meanders beneath the trees. After a short distance, the first tee is on your left and the fairway opens up in front of you, turn left here off the right of way to cross the fairway in front of the first tee towards the dry stone wall. On reaching the wall turn right to walk uphill to follow the permissive path along the edge of the fairway keeping close to the wall on your left. At the top of the fairway the path turns right still following the wall on your left along the top side of the green

on your right. Just beyond the green the path turns sharp left and rejoins the right of way still following the stone wall on your left and crossing a second tee as you make your way uphill under the trees to a field gate and stile. Over the stile the path continues straight ahead still with the stone wall on your left as you make your way uphill heading towards the electricity pylon which can be seen ahead. On nearing the pylon look out for the stile in the wall on the left, situated next to a walled up gateway. Do not go over the stile but turn sharp right to walk steadily uphill across the field walking parallel to the tumbled down stone wall on your left to a field gate which is initially hidden from view by a tree. On reaching the gate go Along the Leeds and Liverpool Canal, Riddlesden through to cross a second field heading towards the farm buildings of Jaytail Farm which can be seen ahead. On reaching a second field gate at the bottom of the track which leads up to Jaytail Farm do not go through the gate

but turn right and continue across the field walking parallel to the stone wall on your left to the ladder stile over the wall ahead. Climb over the stile back onto Riddlesden Golf Course. The path, which is often overgrown with bracken is straight ahead keeping as near as the vegetation will allow to the wall on your left. Continue along the top of the golf course eventually exiting at the far end via a stile through a boundary wall hidden beneath the trees. Over the stile and across a small stream the path continues straight ahead uphill (take care here as this short section is often very wet). On reaching the crest of the hill, head for the field gate which can be seen a short distance away across the field. Go through the gate to join a grassy track downhill for a short distance to where it meets the surfaced access road near Wood Head Lodge the bungalow on your right. From here take the surfaced road straight ahead soon passing the hamlet of High

cont.



walk, cont.

Wood Head down below on your right. Continue straight ahead for quite a distance eventually climbing a slight incline until you reach the junction with Banks Lane, a minor but busy road at the far end. Turn left up Banks Lane for approximately 150 yds/ 137m before taking the first surfaced level tree lined drive off to the right leading to Larkfield Farm and House. On reaching the buildings the drive divides, here continue straight ahead crossing the stone sets along the back of Larkfield House to find a gated stile tucked away in the top left hand corner of the wall ahead. Through the stile follow the wooden fence on your left for only a short distance to find a wide gap in the fence, here bear left through the gap then bear immediately right to follow the fence now on your right. After a short distance at the corner of the fence the footpath continues straight ahead across the field heading for the field gate which can be seen in the wall ahead. Go through the gate bearing slightly to the left between the discarded farm equipment the short distance to join a concrete farm access track. Turn right down the track keeping to the left hand side to avoid the GUARD DOG which will noisily come out to greet you from its kennel on the right as you meander between the buildings to the centre of the farm yard at Heights Farm. From here take the right hand of the two gates which face you to leave the farmyard on an often muddy field track walking straight ahead following the wall on your left eventually reaching and going through another field gate. Through the gate continue to follow the track (which has now become less visible) and the wall on the left

which changes to a wooden fence as you start to bear right around the edge of the field heading for the buildings of Rivock Farm (disused) which can be seen ahead. On reaching the farm do not enter the farm yard but turn right down the obvious farm track walking with the rear of the farm building on your left. At the end of the building where the track enters the top end of a field the footpath is straight ahead steeply downhill following the line of mature trees and a stream on your right, eventually passing an old stone gate stoop on your left as you continue down a second field to a field gate. Through the gate the footpath follows the rough access track downhill soon bearing left between the houses and in front of Ilkley Road Methodist Church to join Ilkley Road. Cross Ilkley Road turning right on the opposite side to walk the 100yds/91mts downhill to rejoin the footpath by turning left off Ilkley road down a few stone steps (WARNING THESE STEPS BECOME VERY SLIPPERY WHEN WET) to join a narrow setted path leading down to Banks Lane. Cross Banks Lane straight ahead to continue by going down a second flight of stone steps to follow the stone setted path down onto Scott Lane. Cross Scott Lane turning left on the opposite side before taking the first right down Bar Lane to find the canal bridge from where you started your walk.  
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 www.bradford.gov.uk/countryside**

# Less Stress with Yoga



If you feel stressed, fatigued or you are dealing with a difficult situation Yoga can help you to understand how to work with your own body,

breath and mind to feel more energised, calmer and to improve your sense of well-being. The combined benefits of gentle movement, relaxation, breath awareness and meditation techniques help give a sense of control in difficult situations.

Yoga can provide different ways of seeing yourself and your place in the general scheme of things. Seeing things from new perspectives can rejuvenate the way you relate to yourself, to others and to situations that formerly have seemed insurmountable.

Many people who experience long periods of stress notice the impact on their physical health. Research suggests that Yoga techniques can help you de-stress your life are shown below.

## High Blood Pressure and Heart Disease

Yoga is recognised as providing muscle strength which is instrumental in regulating blood sugar and blood pressure, both integral to maintaining a healthy heart.

## Insomnia

Relaxation training aims to reduce tension or minimise intrusive thoughts that may be interfering with sleep.

## Anxiety and Depression

Yoga can be an activity you enjoy with other people. Both exercise and group activities

have recognised benefits for improving mood states. Breathing, relaxation and meditation techniques can also help.

## Digestion and IBS

The combined techniques of Yoga have been shown to help cope with the underlying impact of intense emotional states such as stress and anxiety which can trigger chemical changes that interfere with the normal workings of the digestive system.

## Asthma

Sometimes asthma is associated with stress. Certain types of yoga breathing exercises are recognised as helping some people with asthma.

## Aches and Pains

Gentle exercises, like Yoga, along with controlled breathing are used in programmes to help people deal with pain and the stress caused by pain. Practising relaxation techniques regularly can also help to reduce persistent pain and headaches.

## Postnatal

The combined methods of relaxation, breath awareness, relaxation and meditation can help support coping with postnatal sleeplessness, anxiety and mood state. Gentle movement helps to get the body back in shape.

**Information source: NHS Choices:**  
[www.nhs.uk/pages/home.aspx](http://www.nhs.uk/pages/home.aspx)

Shelley Robinson has taught Yoga for over 25 years. In her work with the NHS she set up and delivered the Cancer Information Centre at BRI and is also a qualified Senior Health Promotion Specialist, more recently working on a freelance basis. She is a British Wheel of Yoga qualified teacher further qualified with Mandala Yoga Ashram - an internationally recognised centre, teaching the integral practices of Yoga. Ring Shelley on 07957488639 or visit [www.shellyyoga.com](http://www.shellyyoga.com) for more information.

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