

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2024



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October in Yorkshire is a subtle shift into quieter rhythms. The mornings hold a chill that makes lighting the fire a ritual of comfort, and woolen sweaters once stored away feel familiar again. Woodland paths invite slower, reflective walks, where conkers and penny buns hide among fallen leaves. Kitchens fill with the earthy scent of stews, (Martin has shared his favourite oxtail stew recipe on p13). The old superstition about avoiding hedgerow blackberries after September 29th adds a touch of intrigue to this season; I take my chances and inspect the fruit with care before assembling the Sunday crumble.

There's a quiet satisfaction in making early festive preparations, and getting jobs done that have been on the 'to do' list.

I hope you find your autumnal groove and have a great month.



Liz Barker, Editor

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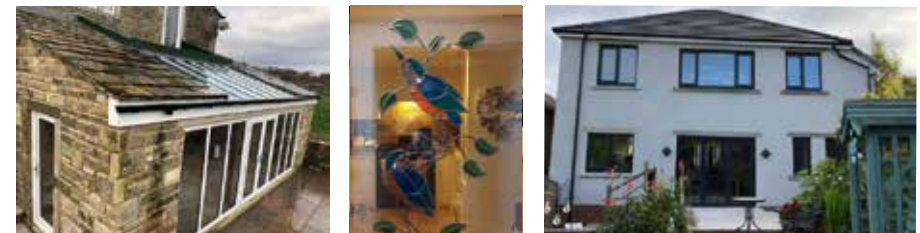
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**Song for Autumn**

Don't you imagine the leaves dream now how comfortable it will be to touch the earth instead of the nothingness of the air and the endless freshets of wind? And don't you think the trees, especially those with mossy hollows, are beginning to look for the birds that will come — six, a dozen — to sleep inside their bodies? And don't you hear the goldenrod whispering goodbye, the everlasting being crowned with the first tuffets of snow? The pond stiffens and the white field over which the fox runs so quickly brings out its long blue shadows. The wind wags its many tails. And in the evening the piled firewood shifts a little, longing to be on its way.

~ Mary Oliver

# Wills: Don't put it off!

*We don't like to think about wills and death, and we don't like to talk about it to our parents or our children either, but these are conversations that you might need to think about.*



Musician Bob Marley died in 1981. He had not made a will. His £20 million estate was claimed by 11-13 children, his widow, members of the Wailers, grandchildren, and business associates. It was finally settled in 2014!

Our lives might not be as complicated as a rock star, but we may have Granny living on her own, and we may have grandchildren around the corner. We might have a new relationship, and there could be children from an earlier marriage. **It is important to think about what you want to happen, and take steps to make it happen.**

- You might want to make sure that all your children get a share ~ *make a will*
- You might want to make sure that your new partner is looked after ~ *make a will*
- You might want to mitigate the impact of care fees ~ *make a will*
- You might want to remember friends and charities ~ *make a will*
- You might want to save tax ~ *make a will*

And we can also talk to you about **Powers of Attorney**. If you were unable to look after your own affairs, who would you trust with your bank account? If you don't choose, it might end up being the brother whom you haven't seen for twenty years. And we can also talk about **Deeds of Variation**. Imagine you are going to inherit some cash from your father, but you don't really need it, and you would far rather help your granddaughter who is about to go to university. You can make a Deed of Variation, so that the money goes straight to her, and doesn't cause you any tax complications at all. Come and see us if you want a fresh and expert look at your wills. We will listen to you, and make sure your wishes are met.

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## Nipping at the heels? - plantar fasciitis explained

by David Hanson, Haworth Physio

The human foot is quite an invention! Made up of 26 bones, 33 joints, 107 ligaments, 19 muscles and numerous tendons, it is both complicated and simple. Complicated in design but simple in performance, it balances our body weight as we walk, run or stand. Your feet are in constant communication with your brain. The foot is the major sensory organ of the proprioceptive system and each foot is packed with around 200,000 nerve endings. These nerve endings make our feet incredibly responsive and relay detailed information to our brain about everything from pressure to temperature, which is then translated into skilful and effective movement.

Various conditions and types of injury can affect our feet and due to the amount of nerve endings in our feet they are often very painful and debilitating. One such painful condition is plantar fasciitis. As a medical term, the suffix 'itis' simply means 'inflammation of'. Therefore, the term plantar fasciitis simply describes inflammation of the plantar fascia.

The plantar fascia is a thick, weblike ligament that connects your heel to the front of your foot. It acts as a shock absorber and supports the arch of your foot. The plantar fascia experiences a lot of wear and tear and increased pressure and strain on the ligament can cause damage. The plantar fascia becomes inflamed and the inflammation causes heel pain and stiffness.



Plantar fascia pain tends to increase gradually and is typically felt near the heel. Sometimes the pain can be sudden, occurring after missing a step or jumping from a height. The pain tends to be worse in the morning when you get out of bed and take your first few steps, or after other periods of inactivity.

It is not always obvious what has caused this onset of pain in your plantar fascia. However, some of the known risk factors for developing this problem are:

- if you are aged 40 to 60
- if you recently started exercising on hard surfaces
- if you exercise with tight calves or stiff Achilles tendons
- if you have started doing a lot more walking, running or standing up than normal
- if you wear shoes with poor cushioning or support i.e high heels, flip-flops, plimsolls
- if you are very overweight.

To help reduce your pain you should apply ice to the affected area to reduce the inflammation, stretch the plantar fascia, Achilles tendon and your calf muscles and wear shoes with good arch support and a cushioned sole to minimise the stress on the plantar fascia. You may also find that the anti-inflammatory effect of Ibuprofen can help to reduce your symptoms. Contact your GP or Physical Therapist if symptoms persist. 27

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## Oxtail Stew ~by Martin Lingard



As the nights are drawing in, this dish is real autumnal comfort food. If you find oxtail difficult to source or are put off by the bones, substitute beef shin or stewing steak. If you do this, it's important it's in thick slices rather than diced. At least one of the big three national supermarkets in Keighley regularly sells oxtail, as do a lot of the local farm shops. It's very good value. This takes a few hours to simmer and is best cooked the night before eating.

### Ingredients (serves 4)

2 oxtails, jointed (about 1.5kg if buying pre jointed) or 1kg beef shin OR stewing steak  
Salt  
Black pepper  
2 heaped tablespoons of plain flour,  
4 tablespoons of sunflower oil  
4 garlic cloves, sliced  
1 large onion, roughly chopped  
2 large carrots, sliced  
2 leeks, sliced  
2 celery sticks, sliced  
1 litre beef stock (a couple of stock cubes dissolved in hot water is fine)  
2 bay leaves  
Small bunch of thyme  
Small bunch of parsley

### Method

Season the oxtail pieces or beef slices well with salt and black pepper then coat with the flour. This is best done by tipping the flour into a large bowl, lobbing the beef into the bowl and giving it a good old mix with your hands. Put half your oil in a large stovetop casserole dish and place on a high heat. When hot, fry the oxtail

pieces in batches until well browned, remove onto a clean plate and repeat until all your pieces are browned. Add the rest of the oil and chuck in the garlic, onions, carrots, celery and leeks. Lower the heat and fry until the vegetables are softening and browning, stirring frequently. Now tip in the flour you have left from coating your beef and stir well to mix before gradually pouring in your beef stock, stirring as you go. Bring the liquid to the boil then reduce to a gentle simmer before gently returning your beef to the pot. Add the herbs and season with salt and pepper to taste. Cover with a well fitting lid and cook very gently on the lowest heat possible for 3 hours. If cooking the night before, after 3 hours turn off the heat then leave to cool before covering and refrigerating. Remove the layer of fat before reheating gently back to a slow simmer. Now carefully remove the pieces of meat to a clean bowl with a slotted spoon, remove the herbs and discard. Now using a hand blender (or a potato masher!) blend the sauce until it becomes a thick, uniform gravy or sauce. Return the meat to the pot to heat through before serving. I like to serve this with plain boiled potatoes and kale or savoy cabbage.

# Windows That Last:

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As our reputation grew, so did we. Moving to larger premises on South Street and eventually settling back on Marley Street, our current location is now a familiar and trusted fixture in Keighley. With a team of 27 permanent staff – no subcontractors – we ensure consistent quality in every project.

### What We Do

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### Our Commitment to You

At David Brunskill Windows Ltd, we value our community and our customers. We focus on local advertising, and much of our business comes from word-of-mouth referrals and repeat customers – a testament to the trust we've built over nearly three decades.

Our support for local clubs and events like the Keighley Rugby Union, Bronte Gathering, and Keighley Show is our way of giving back to the community that has supported us throughout the years. As we enter our 29th year of trading, we remain committed to serving our customers with the same dedication that has seen us grow from a small garage to one of Keighley's most reliable and respected window specialists.

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Ordinarily, at this time of year, we get to enjoy a bit of calm between the rigours of running seven days per week and before we enter our Autumn events programme. However, this year has been very different because we have been working on our most ambitious civil engineering project since we reopened the branch line back in 1968, with the replacement of "Bridge 27". The Bridge takes the main line across Bridgehouse Beck at Haworth, which is critical to the operation of the Railway. The work involved removing the old bridge and the abutment under it and then craning the new bridge into place. Our sincerest thanks to Wyedean Weaving for permitting us to use their car park for the lifting operation and to the local residents during the project, particularly when roads had to be closed whilst the crane and bridge structure made their way through the village. Regarding funding, we are very grateful to the Government's Community Ownership Fund's award of £1m toward the work and to the Friends of the Keighley & Worth Valley Railway for a grant supporting the replacement. There has been a team of volunteers working for months and months on the preparation and planning for replacement, and you will have seen them hard at work in recent weeks whilst the replacement work has been ongoing. The meticulous planning was proven so worthwhile when the bridge was lifted into place on time and budget, exactly in accordance with the plan, thanks to the leadership of our Chief Civil Engineer, James Barlow. It's been a mighty team effort that helped secure the future of the railway thanks to this investment.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

After all that, you might think we deserve a break... but it's only a matter of weeks until our ever-popular Beer & Music Festival that runs from 17th-20th October. This year, we are thrilled to announce a series of Halloween-themed events with the Spooky Express from the 29th to the 31st of October and the full-on Scare Train on the evening of the 31st of October. We can't wait to share these thrilling experiences with you. Ride with us if you dare...

Another new event is an Autumn Steam Up, 4th-6th October, when we welcome a visiting engine to the line to help us celebrate the success of the bridge replacement project and help make up for the few weekends during the work when we were unable to run a steam-hauled service.

I can't forget Christmas... Our Elf Explorer and Festive Flyer services are proving very popular, so please visit the website to book your tickets to avoid disappointment. Also, check out our brand new event, 'A Christmas Carol'!

I am incredibly proud of what we have achieved with the replacement of Bridge 27, and I do hope that you will join us on board soon to recognise the success of the project team.

# DATES FOR YOUR DIARY

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17<sup>TH</sup> - 20<sup>TH</sup> OCTOBER



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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).

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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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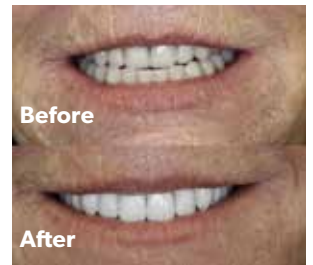
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# BEHIND THE SCENES AT THE MUSEUM

After the busy summer period, school holidays, and the Brontë Festival of Women's Writing, here at the Museum we can hardly believe how quickly autumn has come around! This is a season Haworth wears well. The fiery leaves bordering the cobbles and churchyard... the bright, autumnal decorations popping up in windows along Main Street... and the wuthering weather which brings the moors to life.



Traditionally, this is the time of year when we begin to hunker down. As the nights drew in, generations gone by would while away colder, darker evenings with storytelling and music – and it's this spirit that we're bringing to the Parsonage over October half-term.

We're welcoming our **Storyteller in Residence, Sophia Hatfield**, back to the Servants' Room on **Thursday 31 October**. Along with her violin, accordion, and assortment of household props, Sophia will transport you to a time of boggarts, witches, and trickster fairies, drawing inspiration from the folktales the Brontës were told as children.

Things will get atmospheric in the churchyard on **Friday 1 November**, when our expert guide, Stuart, will let you in on a few **secrets of Haworth's past**. Local beliefs, customs, and stories all played a part in bringing communities together in these cooler months, so join us to get in the autumnal mood. Throughout the week, we'll also have **activities, trails, and crafting**

for children (and adults!) in and around the Museum. It's part of the **Bradford Family Learning Festival**, taking place across half-term all over the district. Take a look at [itsoninbradford.co.uk](http://itsoninbradford.co.uk) to see what else is happening nearby. **Local residents always enjoy concessionary prices on Museum tickets – and children 11 and under go free!** Once you have your ticket, it's valid for a whole 12 months, giving you access to all our 'free with entry' activities and talks throughout the year. Keep an eye on our website – [bronte.org.uk](http://bronte.org.uk) – for more information, dates, and times. We hope to see you here to welcome in the new season!

Brontë Parsonage  
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR  
01535 642323 [www.bronte.org.uk](http://www.bronte.org.uk)   
Reg Charity: 529952 Reg Company: 73855

## Half-term at the Museum

Autumn trail and crafts

Guided walk in the churchyard

Live storytelling and music

All included with entry; and don't forget – local residents enjoy discounted tickets and children go free!

...part of the Bradford Family Learning Festival

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# COMMUNITY PAGES

**Every Monday 7 -9 pm Andy's Man Mondays 1 - 3pm Keighley Tea Dance** at the Civic Hall

**Every Wednesday Dementia Glusburn and Crosshills WI** meet at **7.30 pm on the first Tuesday of the month at Glusburn Community & Arts Centre.** A friendly group for local women.

**Sutton in Craven WI** meet 1.30pm **every second Monday of the month** Sutton in Craven Cricket Pavilion all local ladies welcome. See us on Facebook.

**Wellbeing Café** at Glusburn Institute **Every Monday** 10 am to 12 noon.. Contact 01535 630223 for more details.

**First Tuesday of a month Silsden Bereavement Group 10.30 am - 12.30pm** at **Silsden Methodist Church** Safe and welcoming space to share your journey free to attend.

**Last Tuesday of a month is Afternoon Coffee, chat & cake at Steeton Methodist Church 2.30pm - 4pm** with The Salvation Army food bank collection point. Also Steeton Pharmacy will be there holding a wellness check including blood pressure and diabetes checks.

**First Tuesday of a month Crosshills Goldies Sing & Smile** – St Peters Methodist Church 2 -3pm singalong to the popular hits of the 50s onwards, chat and laugh. £3 donation to attend, no need to book.

**Games Club Every Tuesday** 1:30 - 3:30 pm. at Glusburn Institute. £2.50 per session.

**Every Tuesday Rethinking Pain at The Hive** , Elliott Street. Silsden **3pm - 4pm** A Group for people living in pain.

**Silsden Singers Community Choir** **Every Tuesday 7pm – 8.30pm** at **The Hive**, 53 – 55 Elliot Street, Silsden. £5 per session, term times. For more information contact Janet Russell on 07941340261 [www.silsdensingers.co.uk](http://www.silsdensingers.co.uk)

**Third Tuesday of a month at Steeton Methodist Church 2-3pm**

**Goldies Sing & Smile** – sing-along to the popular hits of the 50s onwards, chat and laugh. £3 donation to attend, no need to book.

**Steeton Bobbins WI** 7pm meet on the **first Tuesday of a month** at St Stephen's Church Hall

**Every Weds Glusburn Lunch club** at **11.45am Glusburn Institute** for a two course, home cooked meal, for £5.00 and company. If you are a pensioner and interested, please contact Pauline on **The Buzz Youth Club, The Hive Silsden 8-12 year old FREE Entry 10.30am - 12.30pm** alternative Saturdays & every Wednesday **3.30pm - 6pm.**

**Every Weds 1 - 2.30pm Ladies Dance Exercise**, Civic Centre, Keighley. Meet new friends/Socialise & Keep Fit **First Wednesday of a month 2 - 2.45pm It's Story Time** at **Silsden Community Library** for under fives.

**Every Thursday at the Hub in Steeton 10am. - 1pm Patchwork.** A friendly group of like- minded ladies who like to create patchwork throws, bags, cushions and hold-alls. Often donated to Women's Aid and the Baby unit at Airedale Hospital. Plus tea/coffee and socialising . There is car-parking at the Hub

**Silsden Methodist Church Thursday Club** 2.30pm - 4pm weekly Music, Games, Quizes, friendly chatter & refreshments.

**Every Thurs at 12.00 - 2.30pm Craven Craft and Mosaic Social Group at Sutton Sutton Cricket Club** (wheelchair access is good and there is plenty of parking space). The cost is £2 and covers two cuppas and biscuits and we usually put the world to right and have lots of laughs as we draw, sew, knit, crochet. **Coffee morning every Saturday morning** from **9.30am at the Village Centre, Crosshills.** Everyone welcome for a drink & a chat.

**First Tuesday of each month Walk & Wheel Group 1.30pm meeting at Keighley Leisure Centre** outside the main entrance. The session will last approx 60 mins and will be at a relaxing pace.

**Thurs 3rd Oct 10am - 12.30pm Silsden Town Hall Health & Wellbeing in the Community** Meet representatives from Age Well Elderly Advice, Ilkley & District Good Neighbours, Carers Resource and more.

**Fri 4th - Sat 5th Oct Beer & Gin Festival** at Glusburn Institute **Community & Arts Centre** **Sun 6th Oct & 3rd Nov 10am - 4pm Skipton Artisan Market** Coach Street Skipton

**Sun 13th Oct 10 am - 5pm Vintage Bus Running Day** at Coach Street Car Park Skipton. An array of vintage buses. Great event for all the family.

**Thurs 10th Oct Lunch Club 11.00am- 1.00pm Methodist Church, Steeton** Bingo, homemade soup & cake, donation

**Fri 11th - Sun 13th Oct Haworth Steampunk Weekend** FREE ENTRY TO THE MARKETS with free weekend entertainment throughout the village.

**Sat 12th Oct Sue Ryders Starlight Hike Walk** 5K or 10K enjoy fantastic entertainment on the Starlight Express train ride whilst raising funds for Sue Ryder

**Mon 14th - 19th Oct A Touch of Danger** at The Keighley Playhouse **Thurs 17th - Sun 20th Oct Keighley & Worth Valley Beer Festival**

**Sat 19th Oct Silsden Energy Helpdesk & Repair Cafe** at Silsden Methodist from 9.30am to 12pm

**Sun 20th Oct Eco Trail 2.30pm- 4.00pm** St Stephen's Church Hall, Steeton, Children's activities, story, refreshments

**Sun 20th Oct Train rides for all the family. Miniature trains running at Marley sports field approx. 12:30 until approx. 17:00.** Steam and electric trains providing trips for all ages.

**Sat 26th Oct Coffee Morning in aid of Martin House Children's Hospice 10.00am- 12.00 noon** St Stephen's Church Hall, Steeton, BD20 6SB

**Sat 26th -30 Oct Half Term Pumpkin Trail** at East Riddlesden Hall

**Sat 26th Oct The Gin Train** on the Keighley & Worth Valley Railway **Sat 26th Oct - 3rd Nov Half Term Happiness** on the Keighley & Worth Valley Railway.

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## Sudoku

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