



# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July 2020

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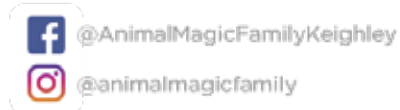
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Photo by John Sargent

Is it just me or have you also noticed there is a profusion of wild flowers growing by the roads and throughout the countryside this year? What a joy to see; the butterflies appear to be matching the pace and adding to the show.

West Yorkshire based photographer John Sargent has been busy snapping away and capturing the beauty on our doorsteps; the cover this month is one of his photos. You can follow John on social media @Jackharrybill and see more of his work.

It has been heart-warming to witness how people have found ways to support one another over these past months in lockdown; in true Yorkshire style, a certain determination underpinned with humour has come to the fore.



Local businesses have had to work extra hard to respond to the challenges of the pandemic and many are still facing difficult decisions. Your patience and support will be very much appreciated. Phone ahead to make an appointment or avoid being disappointed. Things are still in flux.

Whilst I know it is so easy to use Amazon or other large multinational companies for purchases, please consider opting for local shops to spend your pounds. All of the businesses and organisations in these pages are truly local and provide services and employment in the Worth and Aire valleys.

I'm grateful to be back working at the magazine and out and about with due caution!



Editor Liz Barker

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July 2020  
**A VERITABLE FEAST!** by Lee Senior

Many gardens and allotments are at their peak now and we should all try and spend as much time outdoors as we can to enjoy them.

Getting enough water to our plants in summer is a perennial problem. Water butts are a boon but they soon run dry with sustained use. Some crops are more susceptible to dryness at the roots than others. Runner beans need lots and lots of water. Do try to keep them moist at the roots to aid flower setting. If the plants suffer from drought the flowers will fall off, dramatically reducing yield.

Courgettes are another plant that need plenty of water to give of their best. Spot watering with a watering can is very effective during hot, dry weather.

In the greenhouse it is a hive of activity. Continue to remove side shoots from cordon (indeterminate) tomato varieties. This will increase cropping while making the plant easier to train upwards. Bush grown tomatoes (determinate), which are ideal for tubs and baskets, do not need side shoots removing at this stage. Remember to gently tap your tomato flowers regularly, or give them a gentle shake. This will increase pollination and therefore fruit setting. Feed the plants once per week with a high potash tomato fertiliser.

Back outdoors there are still plenty of seeds to sow; small, stump rooted, fast maturing carrots are a great example

They are ideal for window boxes to harvest before winter arrives. Fat maturing salad leaves, mini 'little gem' lettuce, radish and spring onion are all ideal to be sown now too.

With one eye on next spring, this is also the time to sow any 'spring' cabbage seed with a view to planting them out in their final growing positions during late August. They will be ready to eat next April and May.



I'd like to finish this month by focusing on the sheer range of tasty

home-grown food now ready to pick. Nothing can beat the flavour of those first succulent peas or broad beans. Or what about that wonderful new potato taste from our early potatoes or indeed those warm sun-ripened juicy strawberries, picked straight from the plant.

There is no escaping it does take quite a bit of time to grow your own food, but every minute is time well-spent.

Lee Senior is a horticultural consultant. He offers affordable mentoring and support for members of the public, businesses, voluntary groups and local authorities. Lee is a former green spaces and allotments manager and established writer for the gardening press. Lee is also an RHS Regional judge and 'Yorkshire In Bloom' specialist. Lee has written the local walking book 'Walking in the Aire' which is available to purchase via Facebook.

Email Lee at: allotmentsguru@gmail.com  
 or for more information his website is:  
<https://allotmentsandgreenspaces.wordpress.com/>

# Classic Waldorf Salad



According to the American Century Cookbook, the first Waldorf Salad was created in New York City in 1893, by Oscar Tschirky, the maître d'hôtel of the Waldorf Astoria.

## INGREDIENTS

6 Tbsp mayonnaise (or plain yogurt)  
 1 Tbsp lemon juice  
 1/2 teaspoon salt  
 Pinch of freshly ground black pepper  
 2 sweet apples, cored and chopped  
 1 cup red seedless grapes, sliced in half (or 1/4 cup of raisins)  
 1 cup celery, thinly sliced  
 1 cup chopped, slightly toasted walnuts  
 Lettuce

## METHOD

In a medium sized bowl, whisk together the mayonnaise (or yogurt), lemon juice, salt and pepper. Stir in the apple, celery, grapes, and walnuts. Serve on a bed of fresh lettuce.



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## Keighley Healthy Living - update

Despite having to close the building on March 13th due to the COVID-19 pandemic, Keighley Healthy Living have been working hard to stay in touch with all of their clients and continue to offer courses, activities and support to the local community.

A number of our groups have moved online including; art classes, different types of exercise and dance. To find about these groups take a look at our website where you can see our **online activity list:** [www.khl.org.uk](http://www.khl.org.uk)

We have also set up a new **KHL You Tube Channel** that you can find by searching for Keighley Healthy Living on YouTube. Join in with our fitness instructors or try your hand at a new craft or activity. Our social groups like the **Wellbeing Cafe** and the **Drop-in** are being conducted over the telephone in what we now call the **Conversation Café** and we continue to **support young parents** through a variety of **Facebook, telephone and video call support and resources.**

We are still offering **free cooking equipment** to those who have no cooking provision and have provided 40 sets to date.

We have moved our **IT support** to the telephone and have put in place a **tablet loan scheme** to reconnect those who are isolated to the wider world. We are providing **telephone training** to enable people to access online services where appropriate.

We have been sending out an **activity newsletter** to all our clients by email and post and also distributing the newsletter through food banks and local community



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groups. As well as the newsletter we are sending out postcards and phoning clients so that they are not socially isolated even though they are in lockdown. We have set up a **resource distribution scheme** to distribute resources to families and children such as **craft material, outdoor play, sports equipment, gardening kits and well being kits.** We have been working in partnership with local food banks, community groups and schools to distribute these resources and working with community and local interest groups to source/develop the resources.

**For more information on everything we are doing at KHL, go to the website at [www.khl.org.uk](http://www.khl.org.uk) or visit our Facebook page @KeighleyHealthyLiving.**

## Where in the Aire Valley? COMPETITION

Where is the **red x** located in the photo to the right?

This month's prize is generously donated by Sonia's Smile the Fairtrade Shop in Haworth  
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Last month's location was Southams in Long Lee.

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Brontë Parsonage  
**BEHIND THE SCENES AT THE MUSEUM**

Our work during the last few months has all been behind the scenes, so never has the title of this article seemed so fitting!

So much has happened since we opened the Museum on 1 February, celebrating Anne Brontë's bicentenary and proudly exhibiting Charlotte's 'little book', which many of you helped us to purchase at auction last November. We were very sad to have to close the doors again on 17 March, but know that events since then have affected lives and communities everywhere in far more devastating ways. We understand that some of you will have lost loved ones and endured many difficulties. Our thoughts are with all of you.

We know that our staff, local residents and visitors from across Yorkshire and beyond are missing the Parsonage. Earlier this week, the Government announced that museums were allowed to open from 4 July. This is welcome news, but there are strict guidelines to adhere to and a lot to put in place before we can reopen the Museum safely and sustainably. When timescales are clearer, we will publicise our reopening via our website and our social media channels.

In the meantime, we're busy planning a series of online events and private tours to keep you feeling connected to the Brontës even while the museum is closed. Our online shop at [www.bronte.org.uk/bronte-shop](http://www.bronte.org.uk/bronte-shop) is also open, and as we ship all over the world, it's an ideal place to shop for gifts for loved ones you are not currently able to visit.



The Brontë Parsonage Branwell border grows quietly in the museum's garden.

Whenever we reopen, we know that recovery will be hard. The majority of our income comes from admissions, school groups and associated retail sales, and the closure of the museum during the busy spring and early summer is having, and will continue to have, a huge financial impact. We are making use of all the support available to us, and recognise that these are difficult times for everyone, but if you or someone you know may be in a position to give us some additional help at this time, here are some ways you can make a difference:

Join the the Brontë Society at [www.bronte.org.uk/support-us](http://www.bronte.org.uk/support-us) or download an application form to purchase gift subscription for a friend. Buy something from the range of books, cards and exclusive Brontë gifts available from our online shop at [www.bronte.org.uk/bronte-shop](http://www.bronte.org.uk/bronte-shop)

cont..

## Hello to our fellow residents and businesses

We are proud to be part of the community and we miss you all.

We are sorry that we remain closed but look forward to welcoming you back soon.

Until then, thank you for your understanding and support.

With love from everyone at the Brontë Parsonage Museum

**Brontë Parsonage**  
MUSEUM

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Spread the word about our reopening and encourage your friends and family to support us in the ways above.

*Thank you. We look forward to seeing you again soon. The Brontë Parsonage Museum*

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## SLOWLY GAINING STEAM

It is so sad that the Worth Valley has fallen silent and is devoid of the sound of steam trains for the first time in many years. When we closed the Keighley and Worth Valley Railway in March we were part way through the replacement of the 115+ year old bridge between Ingrow and Damems. A significant part of our reopening planning has been focused on resuming this work so that we again have a complete Railway to operate. All steam locomotives need an assessment every year, as do other "pressure vessels" on the diesel fleet as well as the boilers on our steam cranes, and the closure has impacted the planned annual inspections. The trackwork and infrastructure all needs regular and frequent inspection before the



Railway can run, and the inspections were paused during the closure. Our volunteers and staff need to ensure that they remain "competent" and suitably qualified to operate the Railway, and so we will need to ensure we can operate practice services before we can resume passenger operations.

We have had to arrange security patrols to protect the Railway's property and have had a worrying amount of trespass at several points on the line. The trespass is particularly concerning because we are now implementing our nine-phase reopening plan, which sees us moving from complete closure during lockdown, when we permitted only essential or emergency activities, right through to full reopening. As

we progress to phase three of the plan, we will be operating more non-passenger engineering and 'works' trains, which might well take the trespassers by surprise. We will shortly be recommencing work on the bridge replacement, and again, need to protect our volunteers from the threat of trespass and unwelcome incursion. **Please do contact the Police immediately if you are aware of any trespass incident (note that we are under the jurisdiction of West Yorkshire and NOT the British Transport Police).**

Of course the financial consequence of the closure has been devastating, and we are incredibly grateful to all of you who have donated to the fund-raising cause to help us through this challenging

period. We would still welcome further support as we evaluate the cost impact that social distancing restrictions are anticipated to have on our services, potentially for several months or even longer if some predictions are to be believed.

As we progress through the phases of the reopening plan and look ahead, we are hopeful that we can welcome passengers back on board later in the summer, but our priority continues to be the safety of all our people and passengers.

Please visit the website for the latest information and announcements and my thanks once again to all of you who have supported us through this very difficult period. **www.kwvr.co.uk**

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# Unlock your best life

by David Hanson of Haworth Physio

As we begin to take tentative steps out of our imposed lockdown, many of us have found that taking daily exercise has become an important part of our routine. It allowed us to get out of the house, to get some fresh air and, for most parts of lockdown, to enjoy the nice weather.

The benefits that we derive from taking regular exercise are well documented. One obvious benefit gained from taking regular exercise is the boost that it

gives to our immune system – something that has obviously been in sharp focus during the COVID-19 outbreak. Furthermore, if we exercise whilst outside in sunny conditions, our immune system is further enhanced by the vitamin D our bodies produce when our skin is directly exposed to the sun. If we then combine this type of outdoor exercise with healthy lifestyle choices such as not smoking, drinking alcohol in moderation and eating a balanced diet we give ourselves a better chance of maintaining a healthy weight, minimising stress levels and getting adequate sleep - all of which work positively on our immune system.

The latest NHS guidelines on exercise prescription ([www.nhs.uk](http://www.nhs.uk)) informs us that adults and elderly adults should aim to

be physically active every day. The aim is to do 150 minutes of moderate intensity exercise or 75 minutes of vigorous intensity exercises per week.

Moderate intensity exercise includes brisk walking, cycling and dancing. On at least 2 days a week adults and elderly adults should also include some muscle strengthening activities such as yoga, pilates or heavy gardening such as digging and shovelling.



Vigorous intensity exercise includes running or jogging, faster cycling that includes some hill ascents or climbing flights of stairs. More vigorous strengthening activities could include some weight training or some body weight exercises such as squats, press up, pull ups or sit ups.

Whether we are looking to control our blood pressure, reduce blood-sugar levels that put us at a greater risk of developing Type 2 diabetes, reduce anxiety and stress levels that help to improve our mood and mental health or to reduce the risk of developing cancer, exercise should continue to play an important part of our daily routine. The key thing to remember is that any exercise is better than none! In fact, you'll find some 5 and 10 minute workouts on the NHS website which will serve as a nice introduction if you've yet to start out on the road to improved fitness.

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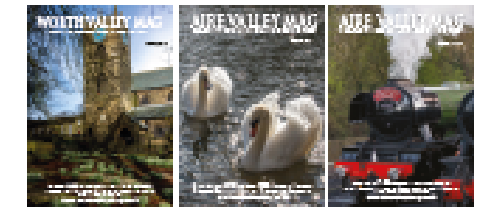
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As well as the lab people working on a vaccine, I am hoping somewhere there is an inventor in his garage about to come up with the prototype for six-foot long, social distancing hairdressing scissors. He can test them on his Yorkshire Terrier. Meanwhile, I am thinking of sneaking along to the pet shop to buy some clippers, pretending that

I have turned into Nana Cunningham's budgie. Peter used to look in his mirror and bang his head against it to make the little bell ring. I am doing the same, only without the bell.

When Macbeth passed by, I was the missing fourth one - even weirder than the other three and hiding under a rock.

Do I hear the universal cry: "What are we going to do with our beards" (and not only from the men). Those edgy young guys, commuting to Leeds with their exquisitely maintained haircuts and facial hair are now working from home in their underpants and looking like ageing folk singers, complete with dribble soup stains.



Yes. We are all in this together. But it is inspiring to have a Prime Minister who has not only bounced back from a near-death experience but who has long been a role model for those now forced to embrace the mad hair look.



I need them for my fictitious poodle.

I now have feet like a hobbit. And I worry about the long-term effect of gravity when I have spent so much more time slopping around wearing only a nightie and dressing gown. Anyone got Katie Price's surgeon's number?

We must not despair. At the bottom of Peter's cage was a funny little Kelly toy that fascinated me when I was a kid. No matter how hard you poked and prodded it, it bounced back up. What a symbol that is for us now!

Peter long ago went the way of all flesh - and feathers. Nana Cunningham left a window open and Peter seized his opportunity as did next door's cat. He never was much of a talker. All he did was give the smug little chirrups that budgies do, although Nana insisted that he had just recited the Gettysburg address, word perfect. Now, though, when I look in the mirror, I feel the ghost of Peter sitting on my shoulder saying: "Who's a pretty girl, then? Not you, love."

Beth Cunningham was brought up in Rawdon. She left Yorkshire to work for newspapers and magazines; she also wrote and performed stand-up comedy. She now lives in Haworth, is a life member of the Bronte Society and writes short stories.



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