

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

June 2015

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As the longest day of the year approaches and the end of the term is in sight, we are reminded of the rhythms and cycles that give shape to our lives and the communities to which we belong.

With the weather warming up, June signals the perfect time to get out in the countryside with friends and family. We feature a fantastic walk in the Aire Valley. You can pull out the centre spread to use as your guide.

Here at the Aire Valley Mag we are looking at what we do in the community and how we connect with local people and businesses. We are hosting informal feedback sessions over the next few months (with tea & cake served) to gain a better understanding of what our readers like and dislike in our publications. This will help us change and incorporate new ideas. If you are interested in taking part please contact us on 01535 642227, or mail@worthvalleymag.co.uk. Have a lovely June!



Liz Barker, editor

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Say you saw it in the Aire Valley Mag!

COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



The first cooking experience I really remember was squatting at the knee of Mrs. Ganga, absorbing

the fabulous aromas of the spices, garlic and ginger, as she was grinding on the large flat stone mortar & pestle. I looked adoringly at her and longingly at the spices and wanted to know more... That is how I learnt my spices in Nepali.

Mrs Ganga died a few years ago, but the last time I saw her in Nepal, I cooked with her and this curry recipe is what we made. More recently, my kitchen has been filled with these familiar pungent African aromas as I have been fundraising following the tragic earthquakes that shook the country in which I spent so much of my childhood. June 7th I will be giving an African cooking demonstration at Saint James church hall, Silsden. Please contact me for more info. 01535 652278 Enjoy!

Ingredients:

2 Tablespoons oil, ½ teaspoon fenugreek seeds (Methi),
1 onion, ½ Teaspoon turmeric, ½ -1 teaspoon salt,
500g Chicken thigh or breast meat, diced
1-5 Garlic cloves, 1 inch ginger, 2 chopped tomatoes
1-2 Tablespoons chopped coriander leaf
1 Teaspoon cumin powder, 2 teaspoons coriander powder

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. Contact Cath at www.facebook.com/foragercathyorkshire

MRS GANGA'S NEPALI CHICKEN CURRY



Instructions:

Heat the oil, add ½ teaspoon fenugreek & brown for a few seconds

Add the onion, thinly sliced, cook on high heat until brown 'dots' on onions (i.e. do not brown but catch them just before this point!)

Add ½ teaspoon turmeric & ½ -1 teaspoon salt.

Add the chicken, turn heat down to medium, regularly stirring.

Make a paste of the garlic & ginger, add to pot.

Add tomatoes, a little water & simmer gently.

Add the chopped coriander leaves, the cumin powder & the coriander powder

Add about half a cup of water & simmer until chicken is cooked (breast will be cooked quickly, the chicken leg meat will need to be simmered very gently for longer, up to an hour even, just keep testing & tasting it!). Taste for seasoning. Serve with rice & dahl



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Scouting - Join in the Adventure

Scouting is the UK's biggest mixed youth organisation. It changes lives by offering 6 to 25-year-olds fun and challenging activities, unique experiences, everyday adventure and the chance to help others making a positive impact in communities. Scouting is totally inclusive irrespective of ability, gender, race, religious beliefs or social background.

Scouting helps children and young adults the opportunity to realise their full potential. Scouting helps develop skills including teamwork, time management, leadership, initiative, planning, communication, self-motivation, cultural awareness and commitment.

Scouts take part in activities as diverse as



to our adult volunteers who support Scouts in a wide range of roles from working directly with young people, to helping manage a Group, to being a charity Trustee. We help volunteers



Wayne Bulpitt - UK Chief Commissioner meeting new members

kayaking, abseiling, expeditions overseas, photography, climbing and water zorbing. As a Scout you can learn survival skills, first aid, computer programming, or even how to fly a glider. There's something for every young person. It's a great way to have fun, make friends, get outdoors, express their creativity and experience the wider world. This everyday adventure is possible thanks



get the most out of their experiences at Scouts by providing opportunities for adventure, training and friendship. Having fun is not just the sole preserve of young people!

It just doesn't stop here, 'Scouting's Vision for 2018' wants to see Scouting to make

a positive impact in our community where young people embrace and contribute towards social change.

In the Keighley area, Scouts have already gone a long way to achieving this vision of the future.

The number of young people joining Scouts continues to grow. More girls are joining Scouting with girls demonstrating they are more than capable of holding their own with their male counterparts particularly when it come to the more adventurous activities!

Three new Scouts groups have been recently formed. One group based at Phoenix Special School was the first in the area catering for young people with specialist needs. Another is based at the Madinah Mosque.

Scouts in Keighley help support a large number of organisations and charities in the area whether this be helping the Keighley Lions with their 'Santa Appeal' each Christmas, or raising money for the Candle-lighters and the Air Ambulance,

Interested in joining, contact me direct on ddc@keighleyscouts.org.uk
Derek Wild (Deputy District Commissioner - Keighley)



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Sudoku Puzzles

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

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

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

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

Classic Sudoku: Based on these 9x9 grids with several given numbers, the object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

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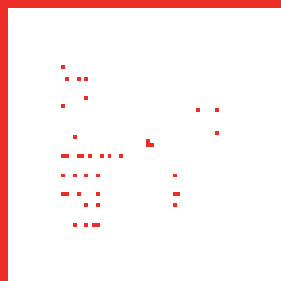


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HOWARTH FESTIVAL MUSIC - ART - COMEDY

18 - 29 June 2015

Howarth Festival is back again from the 18 - 29 June with some great music, art and attractions.

This year there will be music in local pubs and cafes as well as events in the Old School Room. Come along and have a great time.

Ticket hotline for all events:
07890 214131.

Thursday 18

Open Mic session at Cobble and Clay, Howarth Main St., hosted by Andy Wood. 7.30pm.

Friday 19

Live music with the Eclectic Wizards of the Black Bull, Howarth Main St. 8.00pm.

Saturday 20

Making Fabric Mosaics with little Dragon Crafts Cobble and Clay, Main St. 10am - 12 noon.

Howarth Primary School pupils singing on Howarth Church steps at 2pm

Local Artists show their work in the Old School Room on Church St.

The Rhythmic Palms at The Old Sun Inn, West Lane.

Black Horse Fairy at The Black Bull, Howarth Main St. 8.00pm

Brad Dear Music in The Fleece, Main St. 9.00pm



Sunday 21

A selection of popular Gilbert and Sullivan choruses from 3.00pm the Bandstand in Howarth Central Park.

An evening of Blues and Roots music at the Black Bull, Main St with Felka, Sleepy Jake Segrave and Michael Beadle 7.30pm.

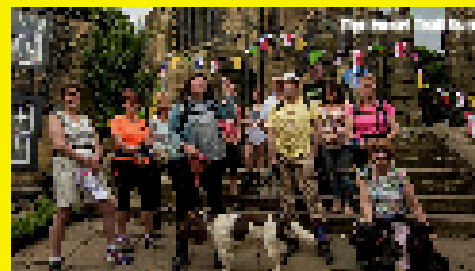
Monday 22

Tam Un and other Tales of Transformation. Father and daughter duo Adam and Emily Sargent will be providing an evening of enchantment with traditional tales of transformation and ballads of bewitchment. At the Old Hall Inn from 7.30pm.



Tuesday 23

The Heart Trail Run - After the success of last year's run we are doing it again! This is a social run, open to all, with the ethos that no one gets left behind. Meet on the church steps in front of the Post Office at the top of Howarth Main Street. Trail shoes recommended... probably muddy in places! More info: 07980 214131



Wednesday 24

Patrick Monahan - The Disco Years. A brand new show from the multi award winning stand-up comedian. Patrick returns with his 11th funniest hour, which includes more dancing, hugging and disco shapes. 7.30pm The Old School Room, Church St. £7 from the website or 07890 214131.

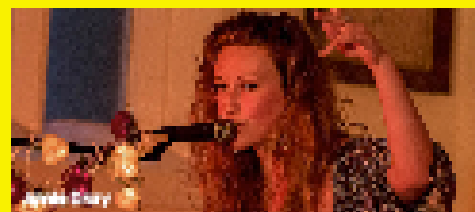


Thursday 25

Open Mic evening at the Black Bull Main St., Howarth featuring local talent 8.00pm.

Friday 26

The Dissolution of Percy, the story of the final few years in the life of Bronwell Brontë at Cobble and Clay, Main Street, Howarth 8.00pm. Joe and Annie Drury in concert at Cobble and Clay, Main Street, Howarth 7.30pm.



Saturday 27

Howarth Ukulele Group Extravaganza, HUGE 2015

Saturday 27th June - Old School Rooms, Church Street, Howarth
11.30am Doors open
12.00 - 1.30pm Workshops - Singing, Beginners, Strumming, Playing to Performance Standard (£3 workshops)
2.00pm Welcome to HUGE! - local uke groups do their stuff and in between we'll be playing songs from the HUGE 2015 songbook.
5.00pm Mass Ukulele Strum - HUGE 2015 songbook
7.00 - 10.30 P.M. Luau - Hawaiian Beach Party £3 Open to all festival supporters - ukes not essential but there will be chances to join in.

Sunday 28

Ukulele Steam Train Special on the Keighley & Worth Valley Railway. 2 carriages reserved on the 11.06am from Howarth Station for the round trip. Tickets must be bought from the station before boarding the train so please allow plenty of time. Storytelling by Kala Sangam at Cobble and Clay, Main Street, Howarth 11.30am and 2.30pm. Julian Socha at the Black Bull, Main Street, Howarth 7.30pm.

Monday 29

Folk in the Hall 7.30pm The Old Hall Inn. Come along, join in or just enjoy!



More events are being planned so keep an eye on www.howarthfestival.org.uk for full details.



WELCOME SUMMER

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 G R P H U L A H O O P S I J I J J A W K P H O L
 M O D N A O F L O P G Q J R N S K N O T F U P V
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 V R G U H I D E R T H J K V L O H S B T S D R G
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 A R S N A D F G H A J M K L L Z C X C V S B N S
 M Q W E L R T U C T I I O P K A H S D A A F G C
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 R T Y E E U V I O P A G S D I F G G H J P A J N
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Where in the Aire Valley? COMPETITION

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

This months prize is generously donated by
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Day Rover Pass

Email your answer to:
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The winner will be selected from all correct
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Last month's location was Steeton Bowling
 Green. The winner was David Gledhill from
 Steeton
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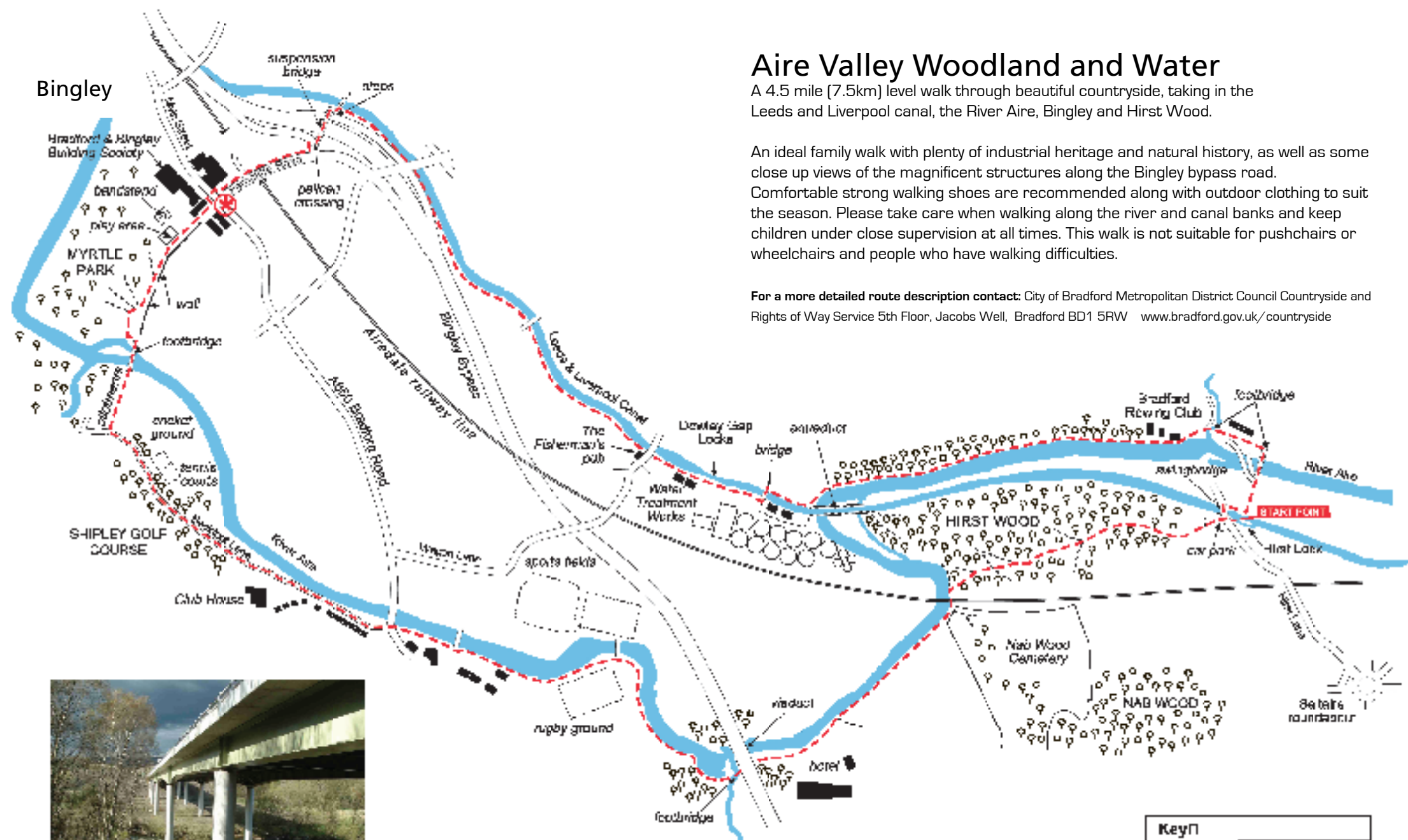
Bingley

Aire Valley Woodland and Water

A 4.5 mile [7.5km] level walk through beautiful countryside, taking in the Leeds and Liverpool canal, the River Aire, Bingley and Hirst Wood.

An ideal family walk with plenty of industrial heritage and natural history, as well as some close up views of the magnificent structures along the Bingley bypass road. Comfortable strong walking shoes are recommended along with outdoor clothing to suit the season. Please take care when walking along the river and canal banks and keep children under close supervision at all times. This walk is not suitable for pushchairs or wheelchairs and people who have walking difficulties.

For a more detailed route description contact: City of Bradford Metropolitan District Council Countryside and Rights of Way Service 5th Floor, Jacobs Well, Bradford BD1 5RW www.bradford.gov.uk/countryside



Bingley Bypass Viaduct spanning the River Aire

Key	
	Route
	Other Paths
	Alternative Start point

Aire Valley Woodland and Water Walk cont.

Points of Interest Along the Way

Leeds and Liverpool Canal

At 127 miles in length it is the longest man made waterway in Britain and forms part of a through route between the Irish and North Seas. Work on the canal started circa 1770 and took 40 years to link Leeds and Liverpool at a cost of £1.25m. The section between Hirst Lock and Bingley, which our route follows, opened in 1774;



however, the canal did not reach Leeds until 1776. Between Leeds and Liverpool there are 53 swing bridges and 91 staircase type locks. The lock gates are made of English Oak and have to withstand the thrust of 90,000 gallons of water; they have an expected life span of 50 years. Bradford was linked to the Leeds and Liverpool Canal via the 31/2 mile long Bradford Canal (closed in the 1920's). The route ran parallel with Canal Road between Shipley and the city. A small section of the canal remains and can be seen running through the Boars Well Nature Reserve, which is situated off Kings Road along the bottom of the hillside behind the Audi and

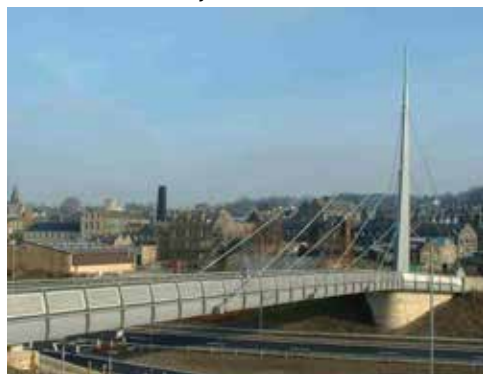
VW car dealership. For further information about the canal and other inland waterways check out the website: www.britishwaterways.co.uk or telephone them on: 0113 281 6800.

The River Aire

Rising above Malham in the Yorkshire Dales, the 76 mile long river, which forms the southern boundary of the dales, enters the Bradford District to the west, between Kildwick and Silsden. Its 15 mile journey through the district takes in Keighley, Bingley, Saltaire and Shipley before leaving at Apperley Bridge in the east. Continuing its journey to the North Sea via Leeds, Castleford and Ferrybridge to join the River Ouse and the Humber, near Goole. The recent return of the otter to parts of the river indicates the continuing improvement in water quality.

Bingley Relief Road

After many decades of planning, deliberation, procrastination and protests, the 2 1/2 mile road opened on Monday 22nd December 2003 at a cost of £47.9m. Views of the bypass can be seen along our walk route, which goes over and under two of the roads main structures. It is estimated that 30,000 vehicles will use the road each day.



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Blood building juice recipe

"Let food be thy medicine, thy medicine shall be thy food."
Hippocrates

This is a favourite juice recipe that is both sweet and spicy, especially if fresh turmeric is included in the blend. With beetroot as the main ingredient this drink has a very strengthening quality, particularly on the blood, helping to both build and cleanse it. Beetroot gently warms the body. It is also particularly beneficial for the liver and kidneys. Carrots, apples and celery increase nutritional value and give the juice a further gentle cleansing action. Ginger and turmeric (optional) more strongly warm and invigorate and give a further strengthening quality being particularly supportive for the digestive system, intestines and immune system. You will need a juicer to extract all the goodness from the fruit and vegetables. Buy the best quality equipment you can afford as it is an investment in your health and wellbeing. Follow the manufacturer's instructions for use and juice the following ingredients:



- Beetroot 2- 3 medium / large
- 3-4 medium apples
- 2 large carrots, 2 sticks of celery
- 1/2 thumb sized piece of root ginger
- Optional ingredients:
- small piece of turmeric root. I use about 1/2 my little

finger sized piece. (Fresh turmeric root is available from Shans Supermarket in Keighley)

This recipe is attributed to Dr Kate James MBBS integrative medical practice, www.drkatejames.com

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June sees the start of our period of operation for seven days per week, so we know that summer has definitely arrived (whatever the weather!).

Over the years we have tried to adapt out operation to suit passengers' requirements, so we have changed the summer weekday timetable to mean that the first steam train will now leave Oxenhope at 10am and Keighley at 10.40am. Whilst the timetable change results in our last trains of the day also being earlier (leaving Oxenhope at 3pm and Keighley at 3.45pm), it means that we can now offer a steam service before lunchtime from Keighley. It also means a very, very early start to light the engines, with at least one volunteer having to be on duty from well before 5am...

This early morning start is just one example of how we are striving to keep The Railway Children's Railway up to date and relevant, bringing the history of the steam railway to life for a new generation of passengers. This is especially relevant as we near 2018, which will mark our 50th year since the branch line reopened for services in June 1968.

With each year that passes, we are further from the era when passengers and volunteers are able to remember first-hand the era of steam travel on the main line, so to continue to attract visitors and to respond to today's passenger demands requires us to keep developing and improving the Railway's passenger facilities. Plans are well-advanced for a new café at Oxenhope, to refurbish the water tower and washroom facilities at Keighley, and we have ambitious plans for our engineering facilities at Haworth. All this is going on whilst our volunteers continue to restore 50+ year old steam locomotives and maintain a fleet of historic carriages to keep the core service operating.



What these plans mean is that whilst we continue to welcome volunteers to operational and commercial roles, such as those that wish to train as footplate crew or to help staff the shops, we urgently need more volunteers to help us manage and help coordinate the numerous initiatives that we need to progress. Please do get in touch if you have relevant skills and experience and would be willing to help us prepare the Railway for its next 50 years of operation.

Say you saw it in the Aire Valley Mag!

Say you saw it in the Aire Valley Mag!

Reading Group at Crosshills Library
Meet second Monday of the month
6pm - 7pm 01535 534502.

Over 50s Rug making group - 1st
Wednesday morning every month in
Keighley Shared Church Hall. £2 per
session. For more info phone Amy
Baldwin & Michael Trott on 01535
669605.

Weekly Mondays Fun FREE Cookery
Classes at Airedale Church Centre,
North St, Keighley, BD21 3AF.
Coffee at 9.30am and the class will
start at **10am until Midday** when
you can eat and enjoy what you have
cooked. Everyone welcome. **Free**
Creche. More info contact Forager
Cath Bromwich 01535 652278.

Sun 7th June at 3 pm There will be a
circuit missions service **ST.PETER'S**
CHURCH CROSSHILLS, led by
Deacon Maggie Patchett, followed by
afternoon tea. Everyone Welcome.
Do join us. The collection will be for
Belize.

Sun 7th June Keighley Gala Full day
of entertainment down at Victoria
Park, Keighley.

Sun 7th June Nepali cooking
fundraising - cooking and eating
together event. **St James's church**
Hall, Silsden. 3.30pm to cook. Eat
around 5.30pm. Contact Cath on
01535 652278 or just turn up.
Please donate what you feel able to at
the event. 'just eaters' welcome with
advanced warning!

Thurs 11th June Carers Week Open
Day (for Carers & Professionals living
and working in Bradford, Airedale,
Wharfedale & Craven) **10am-12pm**
at Carer's Resource, Unit 15 Park
View Court, Shipley, BD18 3DZ.

Please support local trade



www.carersresource.org or 01274
449660.

Sat 13th June Skipton Gala The
parade travels through Skipton
and ends up in Aireville Park
where a variety of activities and
games take place through the
afternoon. Musicians provide a
lively accompaniment to the events
with entertainment continuing into
the evening and finishing with a
fireworks display.

Sat 13th June Craven Ramblers
AYSGARTH SURPRISE Meet 10.00
a.m. West Burton Village Green
GR SE 016 866 10 miles (M/S)
Leaders Spencer & Tracey Tel
01535 635989

Sun 14th June at ST.PETER'S
CHURCH CROSSHILLS.
Anniversary Sunday (39 years) this
will be led by Roger Walton, Chair
of the West Yorkshire District &
followed by Lunch at £6 per head.
Everyone Welcome.

Sun 14th June. Train rides for
all the family. Miniature trains
running at Marley sports field
approx. 1.30pm - 5pm. Steam and
electric trains providing trips for all
ages. Great family afternoon out.
Refreshments available. Details at
www.kdmes.org.uk/trains.htm

Weds 17th June 2.00pm-4.30pm
Crosshills Library Drop - in Craft
Taster Session Check out all kinds
of crafts including; wood turning
and knitting FREE event Tel 01609

534502 e-mail: crosshills.library@northyorks.gov.uk

Sun 21st June Keighley Armed
Forces Day 10am Town Hall Square,
Keighley & 11am in Victoria Park.

Sun 21st June Sutton Funday
Procession sets off at **12noon**
through the Village then into the
Park Where there is a Fun Fair,
Assortment Local Craft, Plant &
Fundraising Stalls, Owls, Dog Show,
Performance Arena, Refreshment
Marquee Serving Cream Teas and
Cakes, Hot Food outlets, Ice Creams.
To Enter the Procession or Book a
Pitch on the Field Please Contact
Christine on (01535) 636639 or
07879 492752 www.facebook.com/SuttonVillageCommittee

Sun 5th June will see **Sheep Day**
on Skipton's famous High Street
between 10am and 4pm. A day
of fun for all the family. The festival
celebrates Skipton's heritage, its
Anglo Saxon name being 'Sceap Tun',
meaning Sheep Town. You will be
treated to an entertaining day with
sheep racing along the High street,
sheep shearing demonstrations,
rare breeds to see and much more .
www.sheepday.co.uk.

Sat 20th & Sun 21st June Midnight
or Bust Ride in Aid of Sue Ryder
Manorlands Hospice. An exciting new
format sportive. Starting and finishing
at Manorlands Hospice see www.sueryder.org/midnightorbust
Mon 22nd until Sat 27th June

Wedding of the Year (Comedy) at
Keighley Playhouse. Box office 07599
890769 or book at Keighley Civic
Centre, North Street.

Thurs 25th June 7.30pm
Crosshills Library 'Riding the
Boundary of the Old Township of
Sutton in Craven' Local author Robin
Longbottom will talk about this book he
has written with Chris Riley. Proceeds
from the sale of the book go to
Manorlands Hospice. Tickets £2.00
including refreshments. Tel 01609
534502 or e-mail: Crosshills.library@northyorks.gov.uk to reserve tickets.

Fri 26th June Manorlands Jailbreak,
starting in the cells at the Keighley
Police Museum. Participants have 36
hours to get as far from Keighley as
they can without spending money. see
www.sueryder.org/jailbreak.

Thurs 2nd July Skipton Cycle Races
Website: skiptoncyclerraces.co.uk.
Skipton Town Centre from 6pm.

This event will see cyclists riding a
1 km route around the town centre
over several laps. There will be family
activities to run alongside the main
event.

Sat 18th July 2015 - 7.00pm.
Proms on the Farm at Sycamore
Farm, Brunthwaite, Silsden. Music
by The Skelmanthorpe Brass Band
playing favourites from "The Last
Night of the Proms" with soloist Sarah
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CONTACT the elderly



Contact the Elderly, a charity which aims to combat loneliness and isolation felt by people over 75, is appealing for more volunteers in Keighley and surrounding areas. Sunday tea parties are organised once a month for older guests living alone who need a helping hand to get out and socialise. Volunteer drivers pick up older guests from their home and escort them safely to the home of a volunteer host. The host provides tea, cake and, of course, lots of friendly conversation. The groups are small, around six to eight older guests, so people can make friends locally. The tea parties are a real lifeline for older people who suffer from loneliness and often cannot leave home unaided. Drivers volunteer once a month and hosts volunteer once or twice a year. For more information visit contact-the-elderly.org.uk or contact Yorkshire Officer Kath Lloyd on 01535 280 002 or email kath.lloyd@contact-the-elderly.org.uk

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Haworth turns back the clock...70 years!

After a year in the planning, it was delightful to see the sun shining on us throughout the three days for the Haworth 1940s weekend. In excess of 40,000 people descended upon our wonderful village from all over the globe.

This year was a very special event as we celebrated our 20th anniversary, SSAFA's (Soldier, Sailor, Airman and Families Association) 130th anniversary and the 70th anniversary of VE Day; hence our theme, 'Victory.'

It was joyous to see so many visitors and local people joining in and contributing to the event's continued success.

I am always overwhelmed by the effort that people put into their outfits, the goodwill from those who volunteer their time and the community spirit that abounds.

Our thanks go to all those who were involved in the weekend or supported it in any way. We are very grateful for the donations received for the Haworth 1940s weekend chosen charity, SSAFA. Monies are still coming in and to date we can confidently announce that this year's event has raised over £21,000 in support of our Forces and their families in time of need. Special thanks go to our main sponsors The Green Deal Factory Ltd.

Event Organiser - Nikki Carroll

Save the date -

Next year the Haworth 1940s weekend will be held May 13th - 15th 2016

P.S. You can still purchase the Haworth Picture Post magazine or the specially commissioned limited edition print signed by Dame Vera Lynn; proceeds go to SSAFA. Contact Nikki for more details: 01535 643800





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Aerials/Audio/TV

ADI p22

Digi-man Aerials p22

ILR p22

Air Conditioning

Smile p27

Attractions/Groups/Events

Haworth 1940's p28/29

Haworth Festival p12/13

Keighley Playhouse p21

KWVR p23

Octagon p15

Scouting p 8

Broadband

Superfast Broadband p6

Building Services/Joinery/Repairs

Cobbydale p3

J Wood Joinery p27

Shaws Garage Doors p27

Chiropody

Chiropody to your Door p21

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Arkwrights Cleaning p21

Adele's Ironing p21

Craven Carpet Cleaning p11

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DVD Conversion p21

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Gardening

Garden Maintenance p9

Health & Mobility

Fenetic Wellbeing p9

Holidays

Upwood Holiday Park p27

Locksmiths

Absolute Locks p27

Opticians

Airedale Opticians p32

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Plumbing /Tiling/ Kitchens

Queensbury Kitchens p2

Adrian Butterfield p26

Cobbydale p3

GB Plumbing p26

Whiterose Bathrooms

p11

Photography

You in Frame p21

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Elliot May Apartments p6

Hayfield Robinson p11

Whitegates p11

Retail

Elliot May p5

Office Furniture Outlet p22

Whiterose Bathrooms

p11

Restaurants/Food

Dukey's Steakhouse p19

Goats Head p3

May's Tea Room p5

Roofing

Micks Roofing p9

Skipton Roofing p9

Solicitors

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