

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2021



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I'm sometimes asked why there are so many ads in the magazine. The simple answer is, because our aim is to help local businesses find people like you who need local goods and services. Each ad represents a local person, organisation or business service. The Aire Valley Mag is a trusted source for linking buyers and sellers or service providers. This month there are over 70 businesses, organisations and services included in our pages. For example, you will find information about educational courses and events at Keighley College & Shipley College, a soft furnishing Open Workshop with Pauline Keenoy, and What's on at Glusburn Community & Arts Centre, as well as Bolton Abbey. Visit Bradford have put together suggestions for ways to enjoy the best Bradford has to offer. Other contributors include the social prescribing service, Treacle.me, a really helpful resource for health and wellness based locally. On behalf of all of our advertisers, thank you for supporting local life!



Liz Barker, Editor

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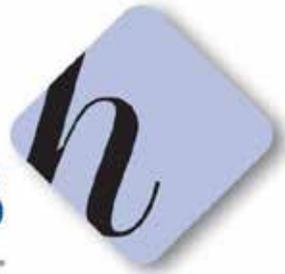
Christmas at Glusburn Community & Arts Centre

<h3>Christmas Fair and Makers Market</h3> <p>Sunday 21 November 10 am - 4 pm</p> <p>FREE ENTRY</p> <p>With three halls of independent traders offering art, craft and Christmas gifts. Why not stay for a drink and a bite to eat at our festive pop-up café!</p>	<h3>Family Film and Santa's Grotto</h3> <p>Friday 10 December from 5 pm</p> <p>Adult £7.50 Child £6 Family £24</p> <p>Booking essential</p> <p>Includes a visit to Santa's Grotto and gift for children, mulled wine and a mince pie for adults</p>
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Glusburn Community & Arts Centre Your local cinema, theatre and live music venue
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One of the main things I have learnt from listening to attendees of the **It's Worth Talking About** peer support groups is that we must try to be kind to ourselves during the grieving process.

Grief is a unique, individual and unpredictable process. Whilst peer support and talking enables us to learn from others experiences, we must not compare our feelings and emotions to others.

Person by person grief is different based on the context of its importance, and whilst being kind to ourselves is essential, it is not a prescription that will cure you. It is more of a mechanism to get you through what is often a lifelong process.

Many of people I've met struggled with being compassionate to themselves, often beating themselves up emotionally, mentally and sometimes physically because they've tried to 'be strong', hiding any emotion, refusing help, trying to 'move on' and not allowing sufficient time to adequately heal. Being able to accept the variety of emotions, ask for help and give yourself time are important parts of the self-care grieving process and yet so many people hold the typically British 'firm upper lip' and 'carry on regardless'.

Being kind to yourself, just doing what you can day by day is enough, you don't need to rush it and you don't need to forget the bereaved just because they are no longer here. Embrace them like they are if you need to, speak about them, even to them



Ryan Anderton from Keighley founded *It's Worth Talking About* support groups.

and remember the good and bad times. Most importantly do not be apologetic about how you deal with how a loss affects you because in the end it's yours and nobody else's.

Please do not suffer alone. Along with information on **Its Worth Talking About**, there are 14 different support services linked to bereavement on **treacle.me**, the local social prescribing resource created by Advanced Nurse Practitioner, Helen O'Connell.

Simply look under the bereavement arrow in the yellow section of the support wheel on the website. Treacle covers situations ranging from specific support for bereaved parents or children, to support for families after suicide or for people who are widowed at an early age.

If you need help, then be kind to yourself and try Treacle today.

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

This month's prize is donated by
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Family ticket

Email your answer including your
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The winner will be selected from all correct answers received by 20th November 2021

Last month's location was Oxford Tyres in Keighley.
The winner was Jessica Fox from Keighley.

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Ingredients

100g/3½oz butter, plus extra for greasing
 100g/3½oz plain flour
 1 tsp Dijon mustard
 1.2 litres/2 pints full-fat milk
 75ml/2½fl oz double cream
 1 bay leaf
 400g/14oz mature cheddar, grated
 pinch freshly grated nutmeg
 500g/1lb 2oz dried macaroni
 100g/3½oz chopped smoked bacon or smoked pancetta cubes
 60g/2¼oz white breadcrumbs
 50g/1¾oz Parmesan, grated
 salt and freshly ground black pepper

Method

Preheat the oven to 200C/180C Fan/Gas 6 and grease a 35x20cm/14x8in ovenproof dish..

Melt the butter in a large saucepan over a

low heat. Stir in the plain flour and cook for 1 minute. Add the mustard, take the pan off the heat and gradually whisk in the milk and cream. Add the bay leaf.

Put the pan back over the heat, stirring constantly, until it boils and thickens. Take the pan off the heat again, remove the bay leaf and add the cheddar. Stir until the cheese has melted. Season with lots of black pepper and some nutmeg.

Bring a large pan of salted water to the boil and stir in the macaroni. Cook for 10 minutes, or until al dente, drain well and add to the sauce.

Fry the bacon in a frying pan until crisp. Stir into the macaroni cheese and pour the mixture into the ovenproof dish.

Mix the breadcrumbs with the Parmesan and scatter over the top. Bake for 25–30 minutes, or until golden-brown and bubbling. Serve immediately.

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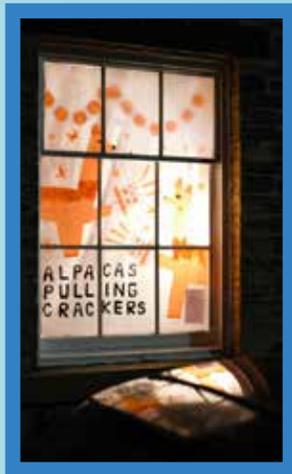
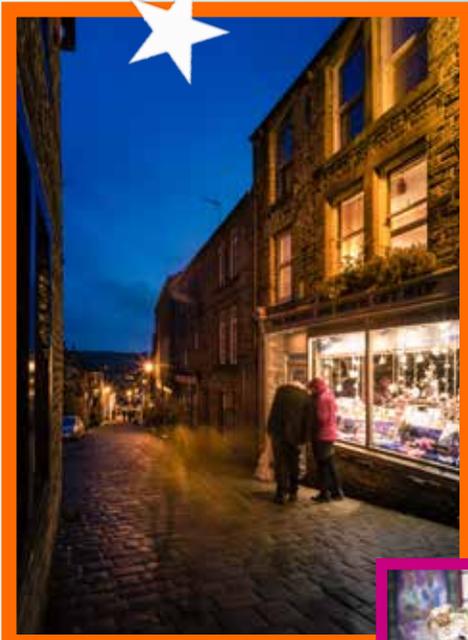
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Sparkling Bradford Winter



It's a wonderful time of year to go exploring in Bradford and district. Take full advantage of these autumn winter activities and create some great seasonal memories.

Explore Bradford district parks and woodlands while taking in nature and the seasons. Judy Woods and St. Ives Estate in Bingley are two beautiful places to visit, with the crisp leaves underfoot and the trees at their vibrant coloured best. Experience some lovely weekends at NT East Riddlesden Hall, where the welcoming gardens and intimate house provide a haven at this busy time of year.

If you're looking for a dazzling season of live entertainment visit Bradford Theatres. Brilliant new musicals, top comedy and superb drama and of course the legendary Pantomime are among the highlights of the season. This year sees Billy Pearce joined by Dr Ranj in *Sleeping Beauty*, a theatre

experience not to be missed! Christmas lights will illuminate our high streets from November, adding a little sparkle to your shopping days. Bradford's Christmas lights will be switched on with a flourish on Saturday 13th November. Twinkling lights, beautifully decorated festive shop windows and four weekends of festivities will take place around Haworth, beginning on 27th November with the magical Light Up Haworth weekend. With the festive season just around the corner events are returning, look out for the magical Saltaire Living Advent Calendar, lighting up windows across the

village from 1st December, and a new interactive virtual trail in Ilkley, perfect for keeping the kids entertained as you explore the stylish shops and inviting eateries. As autumn turns to winter and you crave comfort foods, you'll find delicious and seasonal fare in the district's exciting restaurants and cafés. Whether it's a pumpkin-spice latte, a hearty stew, or a warm slice of gingerbread, there's something to please everyone. To create your home-made favourites, pick up fresh seasonal vegetables at the Farmers Markets in Bingley and Baildon, as well as

at Real Food Ilkley, and prepare some tasty delights like a warm soup or a scrumptious cake.

Stay cosy and relax for a few hours on the comfortable settees of the independent Ilkley Cinema and watch a great film. Go to the National Science and Media Museum's IMAX or the Pictureville Cinema, the only remaining UK facility that can show 3-strip Cinerama, for a completely immersive movie experience.

Get creative at a variety of fun arts and craft workshops for beginners and confident makers. Visit Bingley's Craft House for weaving and stitching inspiration, Saltaire's People Powered Press for large-scale letterpress works, Salt Pots and Cobbles and Clay for friendly family

focused pottery painting sessions, or Mrs Duttons Wondrous Workshops in the heart of Ilkley to learn a new skill or polish an existing one.

For more great seasonal ideas, go to www.sparklingbradford.info



Winter Negroni: La Dolce Vita!



INGREDIENTS

- 195g caster sugar
- 1 orange, cut into 5mm slices, plus juice of 2 oranges
- 1 tbs juniper berries (optional)
- Ice cubes, to serve
- 250ml Gin
- 250ml Red vermouth
- 250ml Campari

METHOD

1. Place 110g sugar in a shallow bowl. Dip both sides of orange slices in sugar. Grease a large non-stick frypan and place over medium heat. Add orange slices and cook, turning once, for 2-3 minutes each side or until dark and caramelised. Transfer to a tray lined with baking paper and cool completely.
2. Place juniper, orange juice and remaining 85g caster sugar in a small saucepan over medium-low heat and stir to dissolve sugar. Bring to a simmer and cook for 5 minutes or until thickened.
3. Fill serving glasses with ice cubes. Combine gin, vermouth and Campari in a large jug. Divide among glasses, top with warm syrup and caramelised orange, and serve immediately.

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As the UK's largest Roller Garage Door installers, Garolla are taking the nation by storm with their high-quality products and unmatched customer service. Combining premium roller garage doors with skilled local installers, Garolla have made it easier than ever before to completely transform your home's exteriors and with their **new Keighley branch just opening**, Garolla are now more local than ever!

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With a no-nonsense approach to pricing, it couldn't be easier to cost up a new Garage Door with Garolla. Based on your measurements, colour and slat choice a quote from Garolla is inclusive of measuring, fitting and VAT. This lets you buy with confidence as there are no hidden charges – just upfront, honest prices.

For a free, no-strings-attached quote head over to **www.garolla.co.uk** or call their friendly customer care team on **01535 810 075** for more information.

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Sudoku

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

‘Have a Go Fortnight’ FREE taster sessions at Keighley College



Keighley College has arranged a fortnight of free taster sessions for adults in the area as part of the Festival of Learning.

The ‘Have a Go Fortnight’ will be running from 1 to 12 November, and hopes to encourage adults within the community to engage with learning and discover the college’s varied curriculum areas.

A national initiative, the Festival of Learning is the Learning and Work Institute’s flagship campaign in England which celebrates the benefits of lifelong learning.

Throughout this year, Keighley College has worked in partnership with local organisations and education providers, including Bradford Council, to champion the festival by supporting adults in the region to re-engage with education following the challenges of the pandemic.

Jo Rusden, Programme Manager at Keighley College, said: “As a college that sits in the heart of the community, we’re dedicated to working with local adults to provide fantastic learning opportunities. Our Have a

Go Fortnight gives them the opportunity to discover a talent, pursue their passion and meet new people by participating in a range of hands-on activities which reflects our diverse range of subjects.

“Adults have been amongst some of the hardest hit by the pandemic, but our large support network is on hand to offer advice, guidance and a wealth of learning opportunities. We want to create a central hub where adults can boost wellbeing, learn something new and improve their employability through our strong links with employers.”

The ‘Have a Go’ sessions include fitness



testing, removing a radiator, checking a wheel and changing tire pressure, first aid, joinery, hair and makeup and discovering your personality type.

Adults can book the sessions by visiting www.eventbrite.co.uk/e/keighley-college-festival-of-learning-taster-sessions-november-2021-tickets-193404236277. Find out more about the Festival of Learning by visiting keighleycollege.ac.uk/festival-of-learning

Pour yourself a cuppa. get your gel pens or pencils out and enjoy a moment of calm while colouring this doodle...



Did you know? Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

COMMUNITY PAGE

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

St Peter's Methodist Church 2-3pm, Main Street, Crosshills first Tuesday of a month is **Goldies Sing & Smile Sing along**. All Welcome.

Every Tuesday 1:30 - 3:30 pm. Games Club at Glusburn Institute. £2.50 per session. A social group playing table tennis, board games and cards.

Every Tuesday 4 to 6 pm (term-time). **Art Star Art & Craft** at Glusburn Institute. Group for young people aged 10 - 17. £30 per 6-week block. Book online gicac.org.uk/courses. Contact 01535 630223.

Every Wednesday 10:30am to 11:30am Gentle Seated Exercise to Music at Glusburn Institute. £4 per session. Contact Janet 07787 180202.

Every Wednesday 12 noon. Luncheon Club at Glusburn Institute. £5 for a hot 2-course meal. Contact Pauline 07436 113748.

Every Thursday 6:30 - 8:30 pm. Glusburn Youth Club at Glusburn Institute. Age 11 - 18. 50p per session. Contact rachel@nyy.org.uk.

Keighley Mens' Forum Thursday mornings from 10.00 until 11.30, October till April, at the Keighley Playhouse, entrance on the corner of Devonshire Street and Scott Street. Annual sub is £5 with £2 a week to cover coffee, biscuits, a speaker and great company. For further details please contact Martin 07581 575749.

Every Friday 10 am - 12 noon. Digital Drop-In at Glusburn Institute. Informal session with coffee, computers and chat and all things online. £3 per session.

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

Weds 10th Nov 7 - 9.30pm Small Business Christmas Fayre at Silsden AFC.

Sun 21st Nov Glusburn Institute Christmas Fair open 10 am - 4 pm. Free Entry

Thurs 25th Nov 5 - 7 pm Keighley Christmas Lights Switch on Market Street Car Park

Fri 26th Nov 7.30pm Glusburn and Cross Hills Gardening Society 'Right Plant Right Place' – a talk by Sarah Hopps at Glusburn Institute

Sat 27th, Sun 28th Nov and every weekend in Dec is **Santa at Bolton Abbey** (also 20th until 23rd Dec) Book your tickets online.

Sat 27th & Sun 28th Nov Light Up Haworth Weekend

Sun 28th Nov I am Santa Fun Run & Skipton Christmas Light Switch on Following on through the afternoon, the Christmas Market and live entertainment, all building to the arrival of Santa to switch on the Christmas lights at 5pm.

Sat 4th & Sun 5th Dec Haworth by Torchlight Weekend

BEHIND THE SCENES AT THE MUSEUM

Mondays and Tuesdays, when we close to the public, are often just as busy as the rest of the week. We use these days to conduct private tours - exploring the Parsonage in the company of our Principal Curator is a very special treat for Brontë fans - but in recent months we have also welcomed a significant number of production crews making a wide range of content for film and tv. We are looking forward to The

Return of the Railway Children and a new film about the life of Emily Brontë in the spring, but you can also look out for the Parsonage and some of its cast in programmes including The Brontës' Yorkshire with Mariella Frostrup, Escape to the Country and Our Great

Yorkshire Life with Christa Ackroyd. The Brontës have long been a source of inspiration for the screen. Following the success of Wuthering Heights with Laurence Olivier and Merle Oberon in 1939, and Jane Eyre with Orson Welles and Joan Fontaine in 1943, studios decided to turn the cameras around and focus on the lives of the Brontës themselves. The result was Devotion, released in 1946. It is a romantic, sweeping bodice-ripper of a movie, in which Haworth is a village of half-timbered and thatched cottages, the Brontë girls wander on the moors in their nightgowns, Emily's fierce bull mastiff Keeper becomes an Old English sheepdog,



Haworth Main Street dressed for filming Sally Wainwright's 'To Walk Invisible.' (photo by John Sargent)

and a love triangle is invented between Charlotte, Arthur Bell Nicholls, and Emily. Truth, fact and biography did not have starring roles!

Seventy years later, in 2016, Sally Wainwright made her own Brontë biopic, To Walk Invisible. It was as down-to-earth gritty Yorkshire as Devotion was Hollywood glamour. Many readers of this magazine will remember how Haworth

Main Street was 'dressed' with muck, slurry and snow, and the recreation of the Parsonage on Penistone Hill which, that spring, attracted almost as many visitors as the Museum! Parsonage staff were invited to the first cast read-through at

Manchester's Granada Studios and were also offered a cameo appearance in the final scenes, something which was exciting to see for the first time at the Bafta press preview.

We were reminded of that busy and exciting time just last week, when actor Luke Newberry, who starred in To Walk Invisible as Charlotte's publisher George Smith, visited the Museum. He signed our VIV (Very Important Visitors) book, adding his name to a list which includes Gemma Arterton, Colin Firth, Vanessa Redgrave and Joanna Lumley.

Rebecca Yorke~ Brontë Parsonage Museum



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amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

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