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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

June 2018



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Summer has well and truly arrived. Pack a picnic and head to East Riddlesden Hall; the gardens are looking fabulous. Bolton Abbey is also a sure winner; you can even bring a barbecue.

If you are wanting to catch up with friends and family online, Airedale Enterprise is offering one to one sessions on how to use Facebook. See page 6 for more details. If you have a small business, they can tailor the session to suit your needs.

We have added a children's crossword puzzle this month... Mums and Dads can enjoy a few minutes peace while thier kids are busy working out the answers.

For those considering further education, Keighley College is hosting an Open Evening, Wednesday, June 20th.

Enjoy June!

Editor Liz Barker

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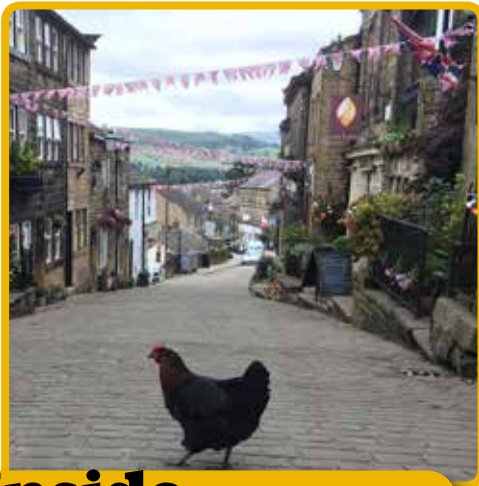
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Inside Haworth Main Street

by Antony Silson

Yes, I know that you can't actually go 'Inside a Street', but on my relentless scouring of local places that inspire and amaze I felt that Haworth Main Street was well worth a look. Nearly 100,000 people visit from all around the world every year and it's just over there up that hill.. If you feel particularly energetic you can walk up through the wooded valley bottom to it or even catch a train that is powered by steam. Imagine that!

Firstly, can we clear up the myth that Haworth was ever in a Hovis Advert. That was filmed on Gold Hill in Shaftesbury, Dorset in 1973. Secondly, it's not actually a 'cobbled' street. The correct name is 'Setts'. Setts are shaped pieces of stone which are close laid and then pointed with mortar or bitumen.

Haworth has been the gift that keeps giving to the organisers of the Tour de Yorkshire/France and has witnessed both The Railway Children collecting presents

for Mr Perks and Branwell's prolonged demise in 'To Walk Invisible'. Of course, you knew that the Bronte sisters are amongst the biggest selling authors of all time? Yes, that's the Brontes who lived just up the road from Keighley. Just remember that they were from round here and they are the Bronte's not the Brontays!

Now I feel that I am amongst friends here so can I let you into a little secret? Much as I love the 1940's weekend, the packed pubs and restaurants on a summer evening, the sheer spectacle of the Steampunk weekend and the carol singers at Christmas, I just love the Main Street when it's completely deserted. Early in the morning or late at night when it's just me, the view and all the history that has tumbled across the moors and down that famous hill; it is an experience that is both unique and familiar. I don't visit Haworth as much as I would like but maybe one night when the sun is just going down I'll call in for a pint or just stand and think about how lucky we are round here.

Events in Haworth

1960's Weekend

Sat 30th June & Sun 1st July

Haworth Festival

Fri 20th - Sun 29th July

Haworthen

Sat 27th & Sun 28th October

Steampunk

Sat 24th & Sun 25th November

photo courtesy of Simon Packham

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Cost*: £45 per person for a 3 hour session

***Discounts are available for multiple bookings**



Meet Sonia...

Sonia is the Centre Manager and Digital Marketeer here at Airedale Enterprise, she is responsible in the management and smooth running of the AES Business Centre, she ensures it is a vibrant well run facility for all tenants and visitors. She also makes herself indispensable as she supports the Business Advisers, manages the Virgin Start Up Loan Clients and turning her hand to administrating the website, social media platforms, producing our corporate literature and teaching a better understanding of Social Media through 1:1 sessions or groups. With her down to earth personality and passion about helping people Sonia delivers a top quality service to all of our clients.



Please call Sonia on **01535 607775** or email **soniapatel@airedaleenterprise.org.uk** to book a session, Sonia can also help with Twitter and Instagram both for personal or business use; please let us know how we can help you.

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Sudoku Puzzles

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

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

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

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

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. See page 31 for answers.

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 **East Riddlesden Hall**

Family Pass for East Riddlesden Hall

Email your answer including your name & address to: **mail@worthvalleymag.co.uk**

The winner will be selected from all correct answers received by 20th June 2018.



Last month's location was Saint James church in Silsden.

The winner was John Pittock from Steeton.

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Keighley Community Led Local Development (CLLD) has been successful in securing European Structural Investments funds of 2.4million to deliver a £4.8 Million programme in Keighley to stimulate economic growth and jobs.

Our Launch Event is on **Thursday June 7th at Central Hall, Keighley from 9.30am to 12.30pm** and is primarily for Organisations or Groups interested in potentially delivering one or more of the individual CLLD projects in Keighley – **please email us at enquiries@keighleyclld.org.uk to register your interest in attending this event.**

The event will provide details of the CLLD activities, how to access the Specifications, and the support available for the Application Process. Local residents and business owners interested in learning more about the CLLD programme and how it might be able to support their needs are welcome to attend the Launch but are urged to consider coming to see us at the local **Drop In events** instead which are specifically designed for that purpose. So please come along to one of our Drop In events and find out what CLLD is all about and how the funding might benefit:

- YOU
- YOUR FAMILY
- YOUR FUTURE
- YOUR COMMUNITY

The Community Led Local Development area includes Keighley East, West and Central Wards, the map above shows where we will be holding these events.

- 1 Laycock Village Hall**, Laycock Lane, Keighley on 13th June, 1pm – 3pm
 - 2 Foster Gardens Community Centre**, Broster Ave, Keighley on 14th June, 9.30am – 11.30am
 - 3 Highfield Community Centre**, 21 Drewry Road, Keighley on 19th June, 1pm – 3pm
 - 4 Sue Belcher Community Centre**, Bracken Bank Ave, Keighley on 21st June, 1pm – 3pm
 - 5 Bangladeshi Centre**, Surma Building, Kensington Street, Keighley on 27th June, 1pm-3pm
 - 6 Sangat Community Centre**, Malborough Street, Keighley on 4th July, 9.30am – 11.30am
 - 7 Hainworth Wood Community Centre**, Hainworth Wood Road, Keighley on 5th July, 1pm-3pm
- For more information or to register your interest in attending one of the Drop In events please contact Lynne Henry on **01535 607775** and check out our website **www.keighleyclld.org.uk**





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<p>ENQUIRIES Tourism Department, Estate Office, Bolton Abbey, Skipton, North Yorkshire BD23 6EX T: 01756 718009 E: tourism@boltonabbey.com</p>		



East Riddlesden Hall

Bradford Road, Riddlesden

Let your senses come alive this summer as the sweet scent of mock orange fills the air and shades of purples, pinks and blues create a cottage garden canvas. There are lots of quiet places for you to sit and enjoy summer at its best.

Call **01535 607075** for details
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Brontë Parsonage Museum at 90

A History of the Museum in 10 Objects



Wild Roses from Nature, Charlotte Brontë, 1830

The rose is my favourite flower. I think some of my earliest memories are of summer holidays spent with my grandmother, helping her tend to the rosebushes in her garden. Images of roses also decorated her house; paintings, tablecloths, tea sets and delicate china ornaments, which - since her passing - have made their way to my own home.

Maybe this is why I've been so drawn to the small watercolour Wild Roses from Nature, painted by Charlotte Brontë when aged just 14. Dated 13th July 1830 in pencil, I assumed that Charlotte had stumbled across the subject matter whilst out walking on a sunny summer day. I pictured her sat on a small rock, a sketchbook perched on her knee, mixing colours with her small watercolour set, trying to capture the beauty of the deep pink flower. The work certainly brings to mind The Country Diary of an Edwardian Lady - Charlotte, like Edith Holden,

illuminating her journals with the magical flora and fauna encountered throughout the seasons of the English countryside.

It was only when I read The Art of the Brontës that my initial assumptions were somewhat disrupted; authors Christine Alexander and Jane Sellars suggest that it was perhaps more likely that Charlotte had copied the wild roses from an illustration in one of the many flower and nature painting manuals published in the early 19th century. We know from the watercolours currently on display in Charlotte's bedroom that she did indeed copy from the works of other artists, but we also know that her own paintings were never exact replicas of the originals, adding her own special details and embellishments. Whilst Wild Roses from Nature may have been inspired by another artist's work, I like to think that Charlotte's watercolour contains flourishes unique to her own style. Before becoming the writer we know and cherish, Charlotte had initially held ambitions of becoming a painter. It is clearly evident in this work, painted at such a young age, that she had a precocious artistic talent.

My grandmother taught me how to select the perfect roses for each occasion - red for romance, white for spiritual reflection, yellow to celebrate friendship and pink to extend gratitude and admiration. When I look at this watercolour I cannot help but feel the romance of Charlotte's imagination, the incredible strength of her spirit, the wistful desire to have known her as my friend, and the gratitude and admiration for the timeless body of work she left behind.

Alice Measom - Museum Assistant



June at the Brontë Parsonage Museum

FROM FRIDAY 1 JUNE

The Brontë Sisters by Branwell Brontë

The 'pillar portrait' on loan from the National Portrait Gallery

SATURDAY 9 JUNE

The Great Who Wants To Be A Brontë Mastermind Challenge

Hosted by Lucy Mangan

For details of these and other events, please visit www.bronte.org.uk/whats-on

Left: The Brontë Sisters (Anne Brontë; Emily Brontë; Charlotte Brontë) by Patrick Branwell Brontë © National Portrait Gallery, London

Brontë Parsonage
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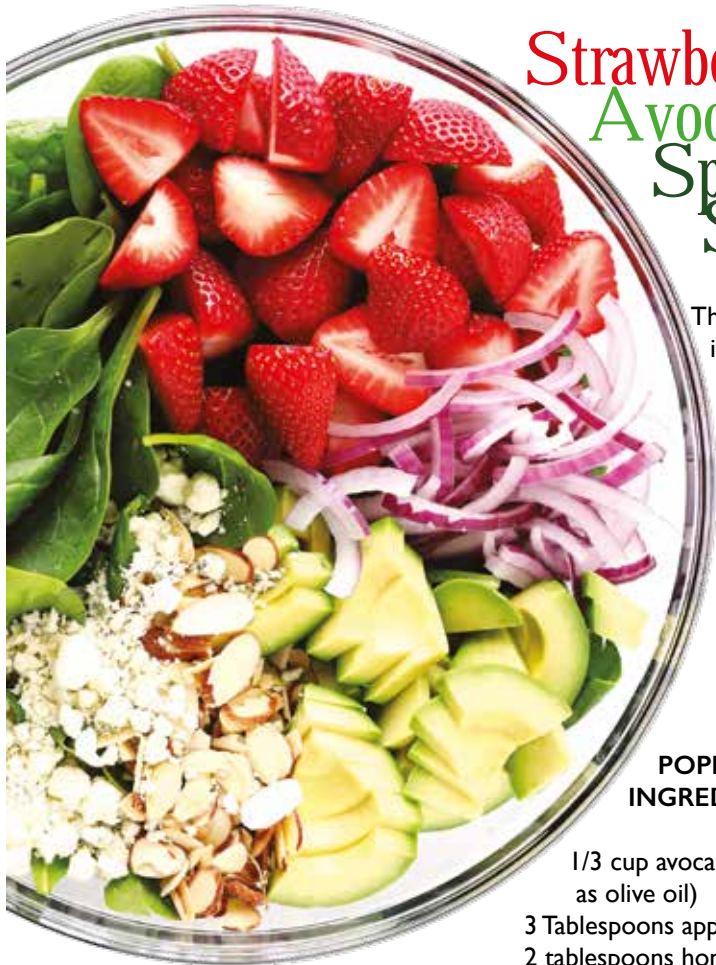
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Strawberry & Avocado Spinach Salad

This delicious salad is quick and easy to make, full of great fresh flavors, and tossed with a simple poppyseed dressing.

POPPYSEED DRESSING INGREDIENTS:

- 1/3 cup avocado oil (or any oil, such as olive oil)
- 3 Tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper

SALAD INGREDIENTS:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced
- 1 batch poppyseed dressing

Method:

- To make the salad:** Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.
- To make the poppyseed dressing:** Whisk all ingredients together until combined. Add a pinch of salt and pepper, or more to taste.

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Fifty years ago, final preparations were underway as the Railway neared a milestone that many believe would never be reached: the reopening of a complete branch line that had seen its last scheduled passenger train in national ownership over five years before. Those early volunteers had to restore the track and the buildings as well as return the rolling stock and locomotives to operational condition. They had to negotiate their way through the maze of paperwork and rules to enable the trains to run, and build a group of expert volunteers to operate the Railway.

All their effort was rewarded in June 29th, 1968, when at 23.5pm, the first train left Keighley to start the fifty year journey through preservation history. Without all those early volunteers' commitment, vision and hard graft we wouldn't get to savour the sound of the whistle and the sight of a steam locomotive powering up Keighley bank and on to Oxenhope. We wouldn't have been able to welcome Lionel Jeffries' film crew to Oakworth to produce the iconic family classic, The Railway Children, and we wouldn't be able to carry over 100,000 passengers a year on a journey back in time on our little bit of history that is kept alive thanks to the efforts of our hundreds of volunteers.

To celebrate the 50th Anniversary we have an eight day event planned, including three days between 25th and 27th June of special trains hauled by the Royal Scot. We also hope to welcome back into traffic the very locomotive that hauled the



reopening train back in 1968. And June 29th will see us recreate that opening train, as we celebrate the achievements of the Railway's founding volunteers. Full details of all the events planned for the celebration week between June 24th and July 1st, as well as pre-booking for the Royal Scot specials, is on the website.

As well as the Anniversary event, we also have the inaugural Food & Drink festival June 9th - 10th, Vintage Train Sunday's starting in July and plenty more events throughout the year.

To make all this happen, as well as prepare the Railway for another 50 years of operation, takes a huge volunteer effort. We have over 600 active volunteers, but are always keen to welcome more people to the team. We provide full training and have a wide range of roles on offer, including in operations, administration and engineering across the Railway's activities, so whatever your level of experience and whatever time you can offer, please do consider joining us in this very special year in the Railway's history. **Matt Stroh**



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are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge 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.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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Aire Valley Railway Modeller's Club, Melbourne House, Dalton Lane, KEIGHLEY, BD21 4LG. Meeting every Monday, Tuesday & Thursday night from 7.00 pm until 11.00 pm and Saturday afternoon from 1.00 pm until 5.00 pm, juniors over the age of 8 years old and accompanied by an adult, are most welcome. Entry and exit by stairway only.

Keighley LGBT support group meet every 3rd Saturday of each month. 12-2pm at Keighley Healthy Living Centre, Scott Street, Keighley (behind the Library).

Keighley Library Knit & Knatter group meets every Wednesday 1pm-3pm. Beginners and experts alike, refreshments 50p.

Hainworth Knitters meet Wednesday's at 1.30pm - 3pm at Hainworth Wood Community Centre.

Keighley Can Sing 2 - 3.30pm on second Sunday of each month (Sun 10th June & Sun 15th July) (Term time only) at Central Hall, Alice Street, Keighley BD21 3JD

A friendly singing group open for everyone - from those who believe they can't sing to those who think they can! We sing songs from around the world, all taught by call and response, so there is no need to be able to read music or have any previous singing experience

Wednesdays 10am - 12 KHL Free Gardening Club Kickstart your gardening with KHL's FREE gardening club. Would you like to learn and share gardening skills? Get outside more? Get fitter and meet new people? More information and to sign up call 01535 677177.

Morton WI meet every second

Tuesday evening each month Join us for a social evening with refreshments at the Institute in East Morton from 7.20 pm, £4 for non members. Programme at www.mortonwi.org.uk.

Every Tuesday & Thursday 10 am - 2pm Welcome Place Cafe at Shared Church Hall, Market Street, Keighley. Good food available to all. Eat Free or pay what you can. Friendship, support & information. Locally grown and donated produce cooked fresh. www.welcomeproject.org.uk.

Little Rascals Baby & Toddler Group meet every Thursday 10am - 11.30am at Trinity Church, Fell Lane Keighley.

Morton Meet 2-4pm every Thursday Come and join us for a coffee & homemade cakes in Morton Institute on the side of the park. A great area for children & a playground.

Every Wednesday 1pm to 2.30pm is Pick n Mix at Merlin Top Academy, Braithwaite Avenue, Keighley. A local club for the over 50's. Activities include trips out, relaxing over a cuppa, playing traditional games, crafts, dancing, bingo. £1.50 per person (inc refreshments). For further info call 07587 210101

Bronte Parsonage Museum - Late night Thursday's throughout Summer after 5.30pm for residents of BD20, BD21 & BD22 (please bring address proof).

Every Wednesday 10.30am Rest a while drop in Coffee Morning at Exley

Head Methodist Church, Keighley. First & third Wednesday of a month **10.30am Coffee Morning & Book Swap** at Laycock Village Hall. Entry.

June to Sun 18th Nov Keighley War at Cliffe Castle, Keighley. Photos and medals to paintings and toys, this new exhibition takes visitors on a journey.

Sat 9th June 1pm Showtime 1960's at Keighley Local Studies Library. Ian Dewhirst is the compere for the afternoon.

Sat 9th & Sun 10th June Summer Food & Drink Festival on the KWVR.

Sat 10th June 11am - 4pm Crafts at the Castle Garden Party in the Park at Cliffe Castle Museum & Park.

Tues 12th June Morton WI 7.20pm at East Morton Institute - Geoff Druett Insight into the work of the Samaritans

Sun 17th June. Train rides for all the family. Miniature trains running at Marley sports field late morning until approx. 17:00. Adjacent to Keighley Armed Forces Day event. Steam and electric trains providing trips for all ages. Refreshments available. Details at www.kdmes.org.uk/trains.htm

Sun 17 June - 3 Dales Mountain Bike Challenge - Threshfield, Nr. Grassington - Year three of this classic new MTB ride in the Dales. - www.sueryder.org/3dalesMTB.

Sun 17th June 2pm at the Museum at Cliffe Castle - Adare - pianist and local singing duo.

Thurs 21 June - Solstice Saunter - Bolton Abbey Estate - Five mile run at the beautiful Bolton Abbey - www.sueryder.org/solsticesaunter

Sat 23rd June Church Green Fun Day in Keighley. FREE family fun day featuring Giant Inflatables, face painting, balloon modelling and much more.

Fri 22nd - Sun 24th June Dragon Boat Festival at Roberts Park, Saltaire. The event promises to be a fun filled family festival with dragon boat racing on the river and landside attractions for all to enjoy including children's entertainment, charity stalls, catering stands, landside games, bar, live acts and much, much more.

Sat 23rd June Glusburn Rag Market at Glusburn Institute 10am - 5pm. Free entry. To book a table call Jenny 01535 637940

Sun 24th June 2pm & 7pm Shakespeare's "As you Like It" at Cliffe Castle Park

Sun 24th June to Sun 1st July 50th Anniversary Gala of the re-opening of the KWVR.

Sat 30th & Sun 1st July Haworth 1960's weekend - stalls, music, fun fair, food, bar & gin stalls, classic cars & scooters.

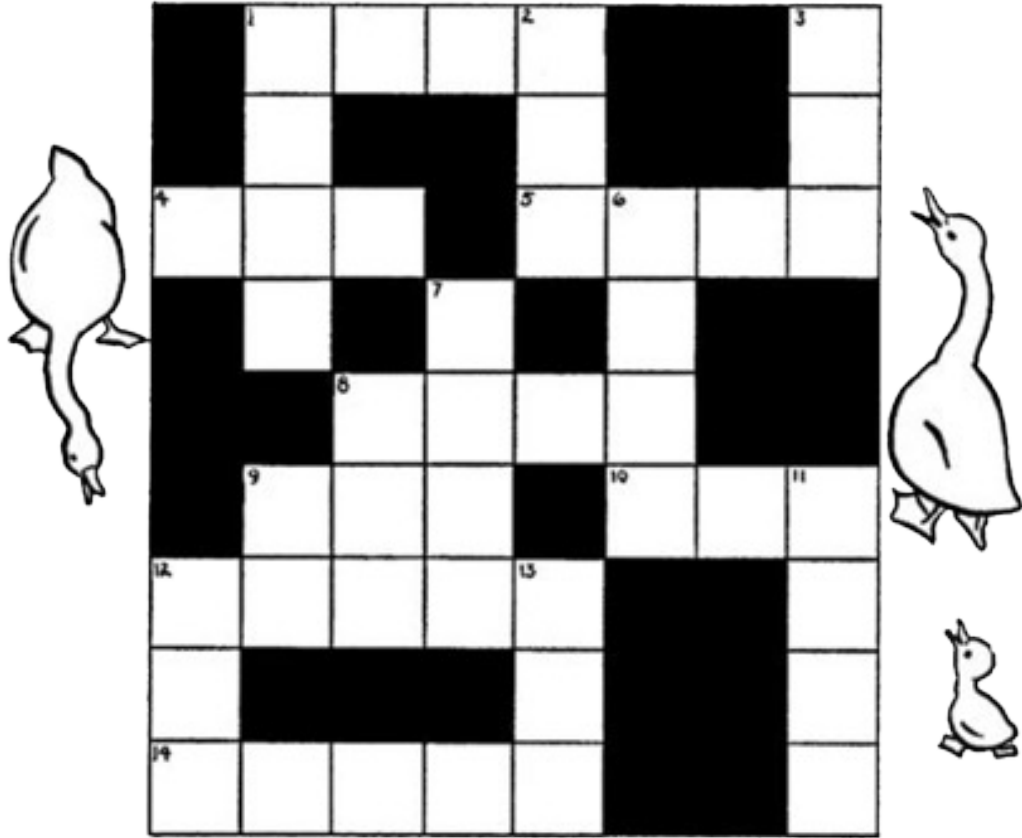
Sun 1st July Keighley Model Railway Club Summer Open Day 1pm - 4.30pm at Club Room, Knowle Mills, South Street, Keighley.

Sun 1st July 10am - 5pm Keighley Bus Museum Trust Saltaire Historic Bus Running Day. Roberts Park, Saltaire.

Mon 2nd July Scottish Scenery Film by Mr & Mrs Bill Palmer at Meeting Point at Trinity Church, Fell Lane, Keighley.

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ACROSS:

- 1. Yield of a planted field
- 4. A kind of tree, like oak
- 5. This machine digs up fields
- 8. Where animals & crops are raised
- 9. Opposite of stand
- 10. Sack to carry feed in
- 12. An animal to ride on
- 14. A long-necked bird which honks

DOWN:

- 1. A baby horse
- 2. A baby dog
- 3. An animal that gives milk
- 6. A baby sheep
- 7. Animals that chase mice
- 8. A kind of evergreen tree
- 9. Word that rhymes with go
- 11. Animal with horns
- 12. Another word for a pig
- 13. What we see with

Across: 1. crop 4. elm 5. plow 8. farm 9. sit 10. bag 12. horse 14. goose
 Down: 1. colt 2. pup 3. cow 6. lamb 7. cats 8. fir 9. so 11. goat 12. hog 13. eye

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Keeping our strength: Fighting the clock

There's no doubt about it; as you get older you naturally begin to lose your strength and your fitness. Climbing the stairs becomes a little bit more difficult; that walk in the countryside is now becoming more challenging; your legs and knees start to remind you of the previous day's exertions! This is all normal and is something that you'll accept if you want to continue to exercise and to enjoy the benefits derived from leading an active lifestyle.

"People who claim that they are too busy to find time to exercise now, will need to prepare to find time for poor health later in life!"

Exercise doesn't just have physical benefits; it boosts our endorphin levels and this in turn improves our mood and mental health. There are also many social benefits that are linked with getting out of the house to meet up with friends at a class or to go for a walk.

As 'time ticks on', we start to lose muscle strength and with it our functional strength i.e. the ability to carry out our activities of daily living. The condition sarcopenia, which is associated with muscle loss, is a common condition that can affect around 10% of adults over the age of 50. After middle age, adults with sarcopenia lose on average 3% of their muscle strength every year and as a result sarcopenia can decrease both life expectancy and quality of life. However, the good news is that there are actions that



you can take to prevent and even to reverse the condition.

Having a **healthy diet** and taking **regular exercise** can reverse sarcopenia. Furthermore, combining aerobic exercise and resistance training gives the fight a real boost. Below are 3 things that you can do that are simple to achieve and relatively cost-free.

Resistance Training

You don't have to buy expensive equipment or pay expensive gym membership fees to perform resistance training. Using your body weight against gravity (e.g. doing squats or press ups) or using a resistance band to pull or push against will strengthen muscles and improve function.



Fitness Training

Sustained exercise that raises your heart rate can also control sarcopenia. Combining fitness training with resistance and flexibility training is really effective and will further boost the fight against age-related muscle loss.

Walking

Walking can also prevent and even reverse sarcopenia and is an activity that most people can do for free wherever they live.

Summary

Sarcopenia, the loss of muscle mass and strength, becomes more common with age and can decrease lifespan and quality of life. Exercise is the most effective way to prevent and reverse sarcopenia.

David Hanson - Haworth Physio



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