



AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2024

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Hello and welcome to your community magazine and directory for local services. We are focussed on finding reliable and trusted companies to feature in our pages each month as well as events and happenings in the Aire and Worth valleys.

With Mother's Day and Easter on the horizon, we have a few suggestions for you to consider: A Mystery Getaway organised by local travel experts, Steels (p27), Afternoon Tea or the Gin Train on the Keighley and Worth Valley Railway (p17), and check out the community pages for family friendly ideas for Easter, like the Easter Egg Hunt at East Riddlesden Hall (pp24-25).



Have a lovely March, Liz
Liz Barker, Editor

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Our product range is always growing as we source from local suppliers trying new things like stock and sauces in a can which have proven very popular, difference cheeses and inventing new ideas for our happy meals and pies, as well as continuing all our regular home reared hearty meats.



We are hoping to continue to grow our family farm and provide our community with the best Marsh Top produce. In our new shop we also aren't too far away from our pesky pigs and baby goats if they decide to escape which seems to be a regular occurrence at the moment, the cheeky monkeys. Our animals are doing great, they are currently inside for the

winter as it is too wet for them to be out in the field. With them being inside we have to make sure they have a warm comfy bed throughout the week, this includes the pigs, goats and cows so I'm sure you can imagine the amount of straw and silage we get through! As it gets warmer, usually in springtime our livestock will be out in the fields of the worth valley for you all to see.

It is never a quiet day for us at the farm, from looking after our animals, prepping for the farm shop and our markets. We go to lots of markets around the area including Hebden Bridge, Ilkley, Baildon, Mytholmroyd, a new market in Saltaire starting this month and one in Headingley. Its always



lovely to see your lovely faces and have a chat, so be sure to pop down to the farm shop or the markets for a natter. Stay warm. Many thanks, Georgina

Marsh Top Farm Shop
Marsh Lane Oxenhope
BD229RN

It has been a busy few months at **Marsh Top Farm Shop** with markets starting up again for the year, goats that are kidding, and our cattle being inside for the winter. We have had a bit of a move around at the farm shop, we are in a bigger building whilst our new shop is being built which has more space, it's all under cover and we have a great set up of fresh fruit and vegetables.

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It's been a different start to the year for the Railway, with our access to Keighley station limited by the significant refurbishment work that's being undertaken on behalf of Network Rail. It will improve massively the station for its users, so we've been very keen to support the project, but it has meant that our trains have started their journey to Oxenhope from Ingrow and we've been running a vintage bus service to get passengers to and from Keighley. As we move into March, we will be able to run the full length of the line once again which means that our events programme can begin in earnest.

We will be relaunching our Afternoon Tea services in March on which you enjoy a tradition that dates back to the 19th Century and makes for a very enjoyable and relaxing accompaniment to a trip on a steam-hauled train in our dining carriages. March also sees the first steam gala of the year, to which we invite visiting steam locomotives and run an intensive service that includes special express trains, double headers and demonstration goods operations, so it's definitely worth a visit to see the Railway at its very best. Making another welcome return this year is The Gin Train, which continues to operate with Kath Thornton and a team of "The Burnt Bear" fame. You will learn about the history of the gins that you are tasting, all served with appropriate and carefully selected mixers to make for a very special experience. Full details of these services and all our events are available on the website.

To prepare the Railway for such events requires a very intensive programme of maintenance, none more so than this year as we prepare for the replacement of the main line bridge just outside Haworth Yard, "Bridge 27" as we know it. This is a very significant undertaking and has taken years of planning by our expert volunteers and typifies the amount of effort expended all year round by our team of around 800 volunteers to keep the wheels turning. Despite the amount of volunteer input, materials and specialist contractor involvement means that it's still a very significant cost, and we are very grateful to the government's Community Ownership Fund for a £1m grant toward the cost.

As well as the Bridge project, we are finalising plans for a facility to maintain and store our fleet of heritage diesel units; improvements to signalling at Keighley stations; and developments at Oxenhope; all to improve the operational flexibility of the Railway. We are very grateful for a Levelling Up Fund grant that has been provisionally awarded to help fund these works.

This year will see the completion of the visitor centre in the water tower at Keighley, which will open a new space for passengers, complementing the tea hut at Oakworth with guided tours on selected dates of the very impressive Midland Railway goods shed.

With so much to see, and so much happening,

I do hope that we will get to welcome you on board soon.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

AFTERNOON TEA

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Who are we?

Our Keighley Denture Expert is Matthew Varley (Dip CDT RCS)

Matthew Varley is the partner and Managing Director of My Denture

Clinics, here he works as a Clinical Dental Technician (Dip CDT RCS).

Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental Institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

Matt also returned to university to further his dental knowledge and become a Clinical Dental Technician, receiving the prestigious royal college of surgeons (Dip CDT RCS).

How can we help you?

Technology has moved on massively over the last few years as far as dentures are concerned. The fact is, **you don't have to suffer badly designed or ill fitting dentures anymore.**

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Matt creates dentures which can offer the dual effect of restoring your smile and correcting the proportions of your face.

He can add volume to your lower face and upper lip region to achieve a more natural, youthful look. Everyone is different, so your dentures are influenced by your age, personality and gender to ensure they look perfectly natural. Matt will discuss your individual needs and the best choices available before providing you with the information you require to determine what is right for you.

The smallest alteration can make the biggest change and Matt is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

Matt's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

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Sudoku

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

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

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

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

Where in the Aire Valley? COMPETITION

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

This month's prize is donated
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Email your answer including your
name & address to:

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Last month's competition location was HAB Hearing in
Silsden and the winner was Anne Nixon from Keighley.



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COMMUNITY PAGES

Every Monday 7 -9 pm Andy's Man Club Project 6, Devonshire Street, Keighley

Fun, friendship and exercise on offer at Haworth Central Park Bowling Club. Qualified coaching team are available to offer supportive sessions. Equipment and refreshments always available. Come and see us or contact us via our FB Page

Every Monday 10am - noon The Drop-In at St James' Hall Cross Roads. Entrance on Albion Street. Offering a warm, safe space with refreshments & chat. Why not pop along & meet us. Unsure? Call Marion 01535 642028 or 07986762921.

Every Monday to Friday Dementia Friendly Keighley 10am – 4 pm

Open for drop-in anytime for coffee and chat for people living with dementia and their carers and families. 6 College Walk, Airedale Shopping Centre, Keighley.

Every Tuesday 10.30am -12 Dominoes Club at Keighley Civil Centre, Keighley, BD21 3RZ no need to book simply show up and enjoy the game.

Every Tuesday Dementia Friendly Keighley 10am – 12.30 pm Games Morning, for people/carers living with dementia Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every Wednesday Dementia Friendly Keighley 1.30 pm – 3.30 pm Peer Support Coffee Club for people/carers living with dementia Airedale Shopping Centre, Keighley.

Every Thurs 11am Age UK Friendship Group meet new friends over a cuppa In the Community Room by the cafe in store at **Morrisons,**

Keighley more info email info@ageukbd.org.uk

Every Thursday Dementia Friendly Keighley 1.30 pm – 3.30 pm Crafty Friends, creative session, Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every Thursday 10.am - 11.45 am Games Cafe at KHL 13 Scott Streety, Keighley

Every first Friday of the month Dementia Friendly Keighley 2 pm – 3.30 pm The Singing Teapot, a singing group for people/carers living with dementia, Airedale Shopping Centre, Keighley.

Every second Saturday of a month 10 - 1pm Riddlesden Green Connection Community Cafe St Mary's Meeting Room, Banks Lane BD20 5PA . Eco liquid refills, book swap and cafe every time.

The Shed Cliffe Castle, Keighley every Tues, Weds & Thurs 10am - 4pm.

Morton WI every second Tuesday evening each month. Social evening with refreshments at **The Institute in East Morton 7:20 pm.**

Every Tuesday 7 - 9pm Men's Peer Support Group Free Safe & Friendly environment for men to share, chat & laugh. Airedale Enterprise Services, Sunderland Street, Keighley, BD21 5LE

Every Wednesday 10 - 12 Coffee Morning at Laycock Village Hall.

Every Weds 1 - 2.30pm Ladies Dance Exercise at the Civic Centre, Keighley. Meet new friends & Keep Fit

Every Weds Morton Meet and Tiny feet café 2.15-4.15 pm (term time)

in the Morton Memorial Village Institute. Anyone wishing to help volunteer, contact Helen at hells62@live.co.uk

Every Weds 1pm - 3pm Knit & Knatter at Keighley Library All Welcome.

Mondays 1 - 3pm Keighley Tea Dance at the Civic Hall
Every Thursday from 1.30pm Time For Me Bereavement Support Group meet at The Three Horses, Fell Lane, Keighley, BD22 6BZ. A mutual support group for those who have lost someone dear, recently or a long time ago.

Further info contact helen.timeforme@gmail.com

Every Thursday 10am - 11.45am Games Cafe at KHL, Scott Street, Keighley. No booking required everyone welcome.

Every Thursday 1pm TaiChi Classes free trial sessions at **Laycock Village Hall.** Everyone Welcome

Thursday & Fridays 10.30am to 3 pm The Drop-In at The Civic Centre, Keighley. A great place to meet new people, play board games or dabble in arts & crafts.

The Bradford Choral are interested in inviting new singers to come and join a friendly and experienced choir. **Meet at 7.30pm on Tuesday evenings** at Northcliffe Bradford Road Shipley. If you wish to join us please e-mail e.f.bennett@btinternet.com or lynnedennison@btinternet.com

1st Feb A New Exhibition at the **Bronte Parsonage Museum "The Brontes Web of Childhood"**

Sun 3rd March: The East Colne Way. 5 miles, moderate walk. Meet for 10.30am start. **Ball Grove** nature reserve car park (free). www.ramblers.org.uk/keighley

Thurs 7th & 21st March 10am - 12 **Stitching**

Workshops at The Bronte Parsonage FREE

Fri 8th March 11am - 1pm International Women's Day Event at Keighley College

Sat 9th March 10 am - 4pm World Book Day Swap at East Riddlesden Hall bring in a book you love and trade it for another pre loved volume of your choice.

All genres are welcome and there will be an adult and a children's section available.

Sun 10th March Keighley 5K & 10K run Victoria Park, Keighley.

Mon 11th - Sat 16th March 7.30pm Yes Prime Minister at the Keighley Playhouse

Sun 17th March 2pm Music at the Museum Cliffe Castle, Keighley Bradford Accordion Band

Sun 17th March Haworth Artisan Markets Haworth Central Park

Thurs 21st to Sun 24th March Steam Gala Special on the Keighley & Worth Valley Railway trains from all stations more info www.kwvr.co.uk

Sat 23rd March until 7th April Easter Egg Hunt at East Riddlesden Hall
Sun 24th March 10 am - 4 pm Aire Valley Railway Modellers Club Open Day at Melbourne House, Dalton Lane, Keighley

Monday 25th March 2 pm - 7pm Business Support Drop- in at Keighley Library.

Weds 3rd April 10.45 am Keighley U3A The King's Nephews, Life after Death illustrated talk by Graham Mitchell at **Temple Street, Keighley**



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Silsden Singers, a community choir, have been meeting for over 25 years and are led by Janet Russell.

Silsden Singers are an informal choir, no experience necessary, and no requirement to read music as Janet teaches by ear, though the written music is available. It's fun, joyful and uplifting to sing together. They sing a variety of styles in four-part harmony; folk, world, pop, rounds, and sometimes some silly songs! They mainly sing for the fun of singing together, but from time to time will do performances.

The choir meet each Tuesday at The Hive, Elliot Street, Silsden

from 7pm to 8.30pm, during term times. The cost is £5.00 per session, but everyone gets a free taster session to see if it's for them.

Each week they have between 18 and 25 attending, though membership is a bit higher than that.

"We're always happy to welcome anyone new, we're a friendly group. So why not come and have a sing with us."

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BEHIND THE SCENES AT THE MUSEUM

Stitching Workshops with the Museum

This month, we hear from Diane Fare, our Outreach Officer at the Brontë Parsonage Museum:

I'm really excited about a new project we're running – **a series of informal stitching workshops open to all.** Textile artist, Claire Wellesley-Smith, will lead the workshops. I've joined Claire before on textile projects; she has over twenty years' experience working with different community groups. Claire will provide her own examples: a daily stitch journal completed over ten years; another created over a year; and a collaborative community project made by thirty local women during the first Covid-19 lockdown and exhibited internationally. There's no pressure to produce a final piece though – everyone's welcome to learn new techniques or develop existing skills. I struggle to sew on a button, so I'm looking forward to practising some new stitches! We have samplers in the collection made by the young Brontë sisters, and we can look to these for inspiration – but in the Brontës' time, samplers were educational exercises, teaching obedience and patience, so it's worth considering how stitching can be employed for more radical purposes, or as a simple storytelling tool. The Brontës are famous for their 'little books' – there's an opportunity here to create a little book of stitches!

Claire will provide materials, although people are welcome to bring their own equipment (particularly after the first session) and the work is designed to be portable, so people can take their work home to stitch between sessions if they like!



There's no assumption of familiarity with the Museum, or the Brontës for that matter. The workshops will take place in the Old School Room across from the Museum, so toilet facilities are available and coffee, tea, and biscuits will be provided.

There's no need to book – just turn up whenever you feel like it and stay as long as you like. The dates will be advertised seasonally on our website and on flyers around Haworth, but they'll normally run every other Thursday (depending on school holiday dates, so always check ahead).

Sessions are from 10am to 12 noon and are FREE. The next dates are 7 and 21 March, and 11 and 25 April.

With wellbeing and connection in mind, I hope people will see the workshops as not only an opportunity to develop their skills, but to enjoy some company. *I really hope to meet some of you there! If you have any questions, call me on 01535 640192 or email diane.fare@bronte.org.uk.*

Easter at the Museum

- 🌐 Wild Wednesdays crafting
- 🌐 Treasure hunts around the Museum
- 🌐 Dressing up like a Victorian
- 🌐 ...and more!

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Brontë Parsonage
MUSEUM

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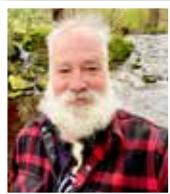
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Boiled Bacon with Chickpeas *Cocido Gallego*



Hopefully by the time this goes to print, spring will be in sight. This is a good winter warmer from Galicia in Northern Spain that should sustain you to the end of winter.

You can use dried or tinned chickpeas.

The beauty of this dish is you can mix and match the ham / bacon joints depending on what you can find; I like to use a ham hock and a bacon collar joint but you could use bacon ribs, a joint of streaky bacon or a small gammon joint. I use spring cabbage but savoy cabbage can also be used.

Ingredients (serves 6)

- 1kg bacon collar joint
- 1ham hock
- 4 bay leaves
- 1 whole garlic bulb, halved
- 600g dried chickpeas (or 2 x 400g tins)
- 2 onions, peeled
- 8 cloves
- 1tsp black peppercorns
- 2 large carrots, peeled and cut into chunks
- 2 celery stalks, cut into chunks
- 6 medium potatoes, peeled and cut into chunks
- 6 small chorizo sausages
- 1 black pudding
- Spring cabbage (or savoy), thick stalks removed, roughly sliced

Method

You need your largest stovetop pot for this recipe, I use a big stockpot. The night before you plan to eat put your bacon / ham / gammon in your pot, if using dried chickpeas, chuck those in too, cover with cold water and leave to soak overnight. The following day, fish out your meat, and tip the water away (remembering to drain the chickpeas into a colander).



Put the meat back into your pot, cover with fresh water and bring to the boil. Drain again, cover with fresh water and return to the heat. Stud yer onions with the cloves and chuck into the pot, along with garlic, onions, studded with cloves, bay leaves, peppercorns and chickpeas (if using dried). Bring to a gentle simmer and cook for 90 minutes.

Now lob in your potatoes, carrots, celery, chickpeas (if using tinned), chorizo and black pudding. Return to a gentle simmer and cook for another 20 minutes until the carrots and potatoes are cooked. Now turn off the heat, measure 500ml of the broth into a separate pan, bring to a rolling boil, add your cabbage and cook for 5 minutes. Turn off the heat.

To serve, fish out the meat, sausage and black pudding, carve the meat and transfer onto a large warmed serving plate.

Similarly, fish out the potatoes, carrots and onto a warmed dish. Drain the cabbage and serve separately in another warmed dish.

Finally, drain your pot into a colander over a bowl, discard the onion and garlic and serve the chickpeas in a small bowl. Now ladle some of the broth into a gravy jug and bring everything to the table so your guests can dig in! ~ Martin Lingard

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Yorkshire Loft Ladders p31

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Installations p32

Keybury p3

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