

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2021



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Whether it is joining a choir, attending an event, booking a class, getting back to church, or rocking up to the local table tennis club, we notice things are opening up and people are gathering again. The popular Monday afternoon Tea Dance, for example, is resuming in the Keighley Civic Centre this month. It is still sensible to be cautious and go at your own pace, and if in doubt, wear a face mask for protection; most importantly, have fun! The Aire Valley Mag is pleased to be a champion of local businesses and services in the community. We have been creating a network of care and trust since 2006. Each page spotlights up to eight local businesses and we often represent in the region of two hundred every month. We continue with the theme of supporting these local enterprises as they get back up to speed. Thank you for your loyal custom. Have a great September!



Liz Barker, Editor



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UK's most sought-after David Bowie Tribute

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David before Bowie, the creation of Ziggy Stardust

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Cinema: Dream Horse

Fri 05 Nov | 7pm | £6

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The Ragdolls

Sat 13 Nov | 7:30pm | £16

UK's No1 Frankie Valli & The Four Seasons Tribute

Australian Ballet: Sleeping Beauty

Sat 27 Nov | 7:30pm | £10

On the big screen, filmed live in Melbourne

The Soul Train Experience

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Financial Wellbeing – Do you have it?

Money on its own may not make us happy, but to do a lot of the things we want to do in life and live the life we want to live both now and, in the future, means we need money to do so.

Every individual has a different version of financial wellbeing and what it means to them. Some need more money than others, so it is not about how much money you have compared to others but how much you need to live a satisfied and fulfilled life doing the things you and your families enjoy.

As financial planners we help you identify your current and future goals and what you need to do to get you there. We help you understand how to plan and how to have control over your finances that leads to

your ideal future self.

Life does not always go to plan however, so we also help you to protect against the unexpected such as illness or a death, and how this would affect you and your loved ones. And of course, the impact of such an event on your future goals.

Financial planning is not just about saving tax and investing money to make as much as possible, it is about so much more.

Ensuring our clients can enjoy their own financial wellbeing is one of our key priorities!

Diane Broadhead APFS
Chartered Financial Planner
07772 387758
diane@haworthsfs.co.uk



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I'm Andrina Bealey-Kay. I set up my business - Ask Andrina in May of 2010 after 20 years in Corporate Finance and Accountancy. I have a wealth of experience in accountancy and bookkeeping, as well as cashflow-forecasting, budgeting, credit control and payroll.

I am a Xero Certified Advisor and I'm also Sage 50 Certified. Not only do I use these accountancy packages, but in

addition, I offer smaller clients a manual spreadsheet system too.

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6 week courses:

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Cooking Club - learn new skills in the kitchen from our qualified nutritionist and chef whilst meeting new people and having fun! (this course has a charge of £3 per session - If you think you may struggle with this please have a discreet word with the course leader)

Slimming Club - Our nutritionist will give you all the tips and information you need to lose weight - for the long term! Set your target and get support from the group as you start your weight loss journey. Once the 6 weeks are over there will be continued drop in sessions where you can get weighed, share your food diary and talk to our nutritionist.

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Keighley Healthy Living

To advertise call Karen or Liz on 01535 642227

Sudoku

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

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

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

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.

To advertise call Karen or Liz on 01535 642227

Where in the Aire Valley? COMPETITION

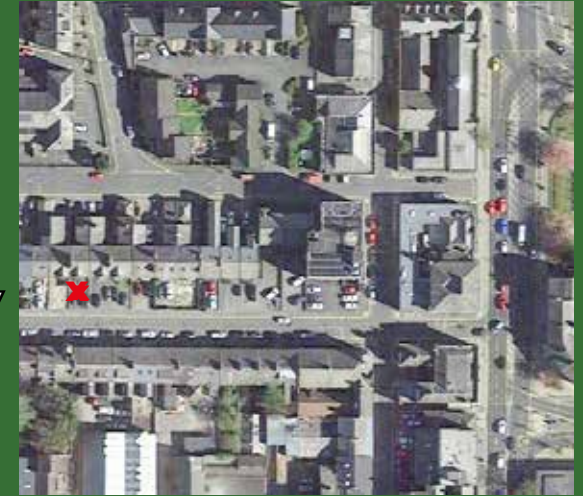
Where is the red X located in the photo to the right?

This month's prize is donated by Keighley Picture House:

Family ticket

Email your answer including your name & address to:

mail@worthvalleymag.co.uk



The winner will be selected from all correct answers received by 20th September 2021

Last month's location was the Old Parcel Office, Keighley. The winner is Jeff Hoslett from Crosshills.

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Ingredients

- 2 Tbsp olive, melted coconut, or avocado oil
- 2 small sweet potatoes (halved)
- 2 big handfuls kale (larger stems removed)
- 1/4 tsp each salt + pepper

- 1 (15-ounce) can chickpeas (drained, rinsed + patted dry)
- 1 tsp cumin
- 3/4 tsp chili powder
- 3/4 tsp garlic powder
- 1/4 tsp each salt + pepper
- 1/2 tsp tsp oregano (optional)
- 1/4 tsp turmeric (optional)

TAHINI SAUCE (OPTIONAL)

- 1/4 cup tahini
- 1 Tbsp maple syrup
- 1/2 medium lemon (juiced)
- 2-4 Tbsp hot water (to thin)

Instructions

Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes on a bare baking sheet. Drizzle with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet. Bake for 25 minutes, then remove from oven flip sweet potatoes and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 15 minutes or until the sweetpotato and kale looks done. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings. Once skillet is hot, add 1 Tbsp oil and the seasoned chickpeas and sauté, stirring frequently. Once the chickpeas are browned remove from heat and set aside. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Serve all together as displayed in photo. (Serves two)



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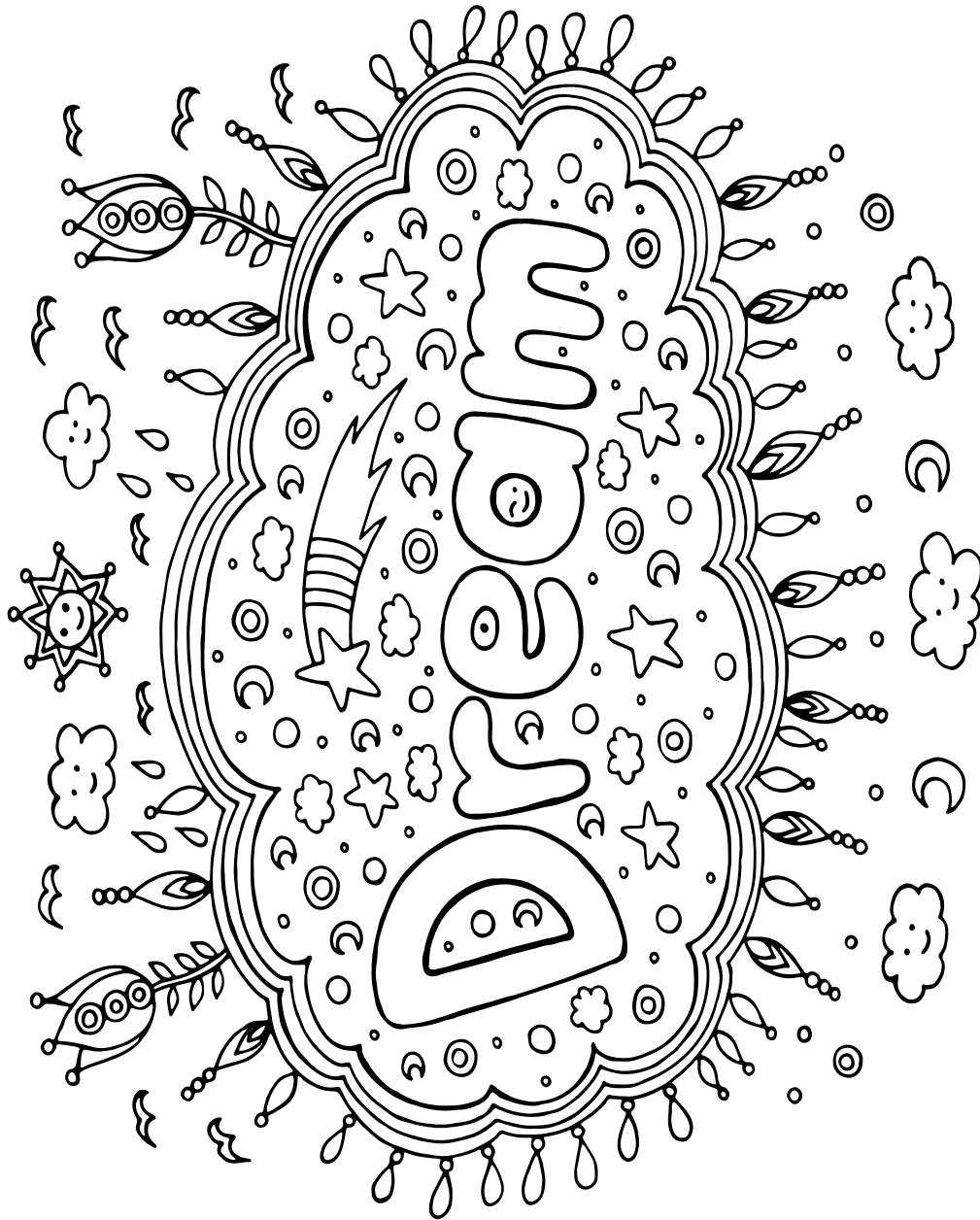





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7	9	5	3	6	8	1	4	2
4	1	2	5	9	7	3	6	8
3	6	8	1	2	4	7	9	5

BEHIND THE SCENES AT THE MUSEUM

Principal Curator Ann Dinsdale tells us about The Honresfield Library

There have been several articles in the media recently about the Honresfield Library, an extensive collection of books, manuscripts and drawings by many of the great names in literature including the Brontës, Walter Scott, Robert Burns and Jane Austen. This collection was created by Sir William Law (1836-1901), who lived at Honresfield, a spacious house at Littleborough, near Rochdale.

At the heart of the library is a collection of manuscripts by the Brontës. Honresfield is only twenty miles from Haworth, and William made frequent visits, purchasing artefacts from Tabitha Ratcliffe, sister of Martha Brown, and devoting time and money to securing additions to his collection. When the first Brontë museum opened in 1895, William Law donated an oil painting by Branwell Brontë, and further items were offered as loans to the fledgling Brontë Society. He lived a retiring life amongst his treasures, which at his death, passed briefly to his brother Alfred (1838-1913), before becoming the property of their nephew, Alfred J. Law, who also inherited Honresfield. Like his uncles, Alfred never married, and for more than eighty years since his death, the location of the Law collection has remained shrouded in mystery. Over the years I've worked at the Parsonage, I have frequently been asked which missing Brontë treasures I would most like to see returned to Haworth, and my response has always been, 'the Law Collection'. When Sotheby's announced that they had been instructed to sell the entire collection over three auctions, it seemed almost certain that a library which has remained intact for a hundred years, would be broken up and

dispersed into private collections around the world. In the months since the announcement there have been exciting developments. The Brontë Society has joined forces to save the collection for the nation, becoming part of a consortium spear-headed by the Friends of the National Libraries. A few weeks ago, I was able to view all of the Brontë material from the collection, spread out on a table at Sotheby's. It was an overwhelming and unforgettable experience. Placed before us was a collection of letters and early manuscripts by Charlotte, including the missing little book, which completes the second series of The Young Men's Magazine, and her Visits in Verrreopolis, contained in two tiny volumes with covers made from an Epsom Salts wrapper, stamped 'J. West, Chemist and Druggist, Keighley'.

There were poetry manuscripts by Emily and Anne, along with diary papers by both sisters, written on Emily's birthday in 1841. One of the most moving items for me was the family's two-volume edition of Bewick's History of British Birds, annotated throughout by Patrick, and containing doodles and markings by his children. These were the volumes from which the Brontë siblings made pencil copies of the woodcut illustrations and which Charlotte referenced in Jane Eyre. There was Emily's copy of Poems, first editions of the novels, inscribed by Patrick to Martha Brown, and letters by Branwell.

We have been given a reprieve to fundraise and place this world-class library in public ownership. There is a long way to go, but we are committed to doing all we can to ensure the collection remains intact and will be accessible to future generations. We will let you know how we get on. ~ Ann Dinsdale



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Acupuncture & Stress

I think it's safe to assume that we have all been affected by Covid in one way or another this past 18 months. We have experienced a phenomenon that has challenged the way we live on such a deep and fundamental level.

There is no doubt the pandemic has created stress in everybody's lives; having coped with lockdowns and isolations, losing your job, being furloughed, working from home? Home schooling? How may it have affected not only our physical health with being unable to see your GP, but also our relationships?

We can identify different causes of stress which are primarily related to a situation or event and how a person deals or responds to that situation. The signs of stress can therefore differ from one person to the next and may manifest in the form of conditions such as IBS, anxiety, migraines, insomnia, depression, back pain, or fatigue. Those suffering from stress symptoms use several coping mechanisms with many people finding traditional acupuncture effective in not only helping relieve symptoms but to also identify and treat the root cause of stress.

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Stress, or any intense emotion, acts like a traffic jam, blocking the free flow of energy (Qi) in the body - when under a lot of stress, the body releases stress hormones which can have an adverse effect and can cause muscles to tighten which reduces blood flow and provision of nutrients and oxygen to the tissues*.

Through traditional acupuncture, these energy blockages can be addressed. Acupuncture aims to treat each person individually and I recognise that everyone will have a unique experience of their problem. I apply several different diagnostic processes to gain a picture of the health of your body such as feeling pulses and looking at your tongue to help identify imbalance in Qi, the body's motivating energy.

Any imbalances are addressed by inserting ultra fine needles into specific points in the body to restore the balance of Qi. With regards to stress an acupuncturist will aim to identify what imbalances are causing the symptoms of stress, rather than treating the condition in isolation.

So, if you feel stress now, please do get in touch to see how I can help you. Taking time out and having someone listen can make all the difference.

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Photos of Sir Peter Hendy, chairman of Network Rail (Centre) meeting KWVR civil engineering leads, Joe Curtis and James Barlow.

This month we have been celebrating the efforts that go on largely unnoticed by our passengers. Keeping a 150+ year old railway operational requires a huge maintenance effort, looking after all the bridges, embankments, and cuttings. In addition, restoring and running a fleet of historic steam locomotives and carriages is a constant challenge, and we have been concerned for many years about the need to pass on the necessary skills and expertise to a new generation of engineers to help ensure that we can continue operating the line for decades to come. We hosted a visit by the Chairman of Network Rail, Sir Peter Hendy, who was awarding certificates to our latest cohort of apprentices who have been working with us in conjunction with the 'Boiler and Engineering Skills Training Trust' (BESTT). The Trust has been supported by the National Heritage Lottery Fund, and their regional deputy chair, Sir Ron Cooke, also joined in the celebrations of the success of the scheme. The work of BESTT will help secure the future of heritage railways by providing training on boiler repair and the maintenance and mechanical overhaul of steam engines. It is vital work and we are very pleased to be one of the founding partners and supporters of their work.

During the visit, we were able to take our guests on a tour of the bridge that we replaced last year, which involved using a steam crane to help manoeuvre the bridge beams into place and was our largest civil maintenance project we have ever undertaken. Aside from the delays caused by the lockdowns, the project was both completed on time and within budget, which is testimony to the months and months of planning and careful project management of the work, led by some of our younger volunteers who are taking on more leadership roles in the organisation. As well as everything going on behind the scenes, we continue to provide a daily service until the beginning of September, when we revert to weekend operation, but we have a packed programme of events and special services, including cream teas, the return of the dinosaurs (25-29 October), the Beer & Music Festival (14/17 October) and of course Santa joins us on the Elf Express specials – please visit the website for all the details and booking information. We look forward to welcoming you on board soon, and please do take a minute to spare a thought for all that behind-the-scenes activity that keeps the wheels turning. ~ Matt Stroh, KWVR

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Family Farming in the Valley

For over twenty years myself, Gretta, with my husband, Richard, and our family have grown our farm here in Oxenhope for three generations. We had just twelve hens at the very beginning and we are so proud that our grandchildren are following in our footsteps. In early July we added to our flock with sixty chickens. Bella and Oliver, our grandchildren, have worked really hard to get their new hen hunt ready for the new hens who are now laying around forty five eggs a day.

Back in the early 2000's we started our plant nursery growing hardy herbaceous perennials and bedding plants. Not long after that our first Oxford Sandy and Black pigs arrived. Since then we have continued to grow our Farm with Highland cattle and other native breeds, Boer goats and free range chickens, to provide the community with locally reared, high quality produce which we sell on farmers markets and in our farm shop.

This summer it has been a busy one for Marsh Top Farm Shop with lots of lovely locals and holiday makers popping up to the farm who got to see all the new additions.

We started off the summer with thirty one piglets from our Oxford Sandy and Black, Tamworth and Saddleback pigs which can be seen in our pig field. Our three sows have done a great job nursing their piglets who are enjoying rooting up the field.

During the winter months it is important we keep our cattle in our buildings, as the land gets very wet and it is easy to feed the cattle with bales of silage. Just before summer we turn the cows into our fields. When they have eaten up all the grass we move them around many fields in the Worth Valley area. This can be a tiring and mucky job as we have to round the cows up from the fields and load them up into the trailer to get them moved. You may see our cows across the Worth Valley area, or if you visit the farm you may have caught a glimpse of one of our calves; Kipper. He is a very friendly calf who enjoys playing with our nanny goats and kids. It doesn't slow down for us at Marsh Top Farm Shop, there are always piglets, kids, calves and chicks about the farm as well as running our butchery side. Pop up to see our animals and see what we have to offer, we can't wait to see you.

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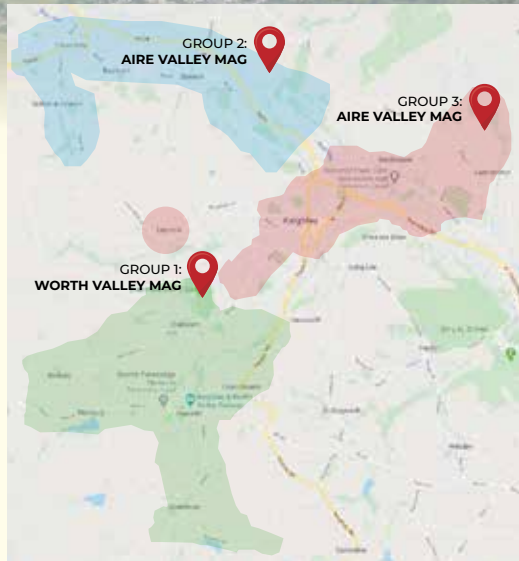
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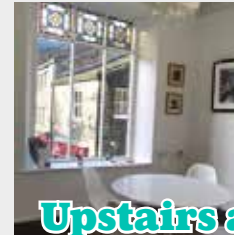
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Upstairs at Pennybank, our fabulous meeting and events space in beautiful Haworth is up and running again! Since lockdown restrictions ended, we have hosted Jane from Upwood Healing's two-day Reiki course, Charlotte from Baby Calm's Baby massage classes, a Team Building Day for a corporate client and Jill from Moorland Meditation will be running Menopause Yoga classes in our beautiful space in September and October.

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