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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2018

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It is officially spring, but I have learned not to make any promises about the weather!

If you are thinking about creating an outdoor space this year, Manningham Fencing & Decking are giving Worth Valley Mag readers a 5% discount with free local deliveries included; see the adjoining page for more details.

The Haworth Festival of Holistic Health takes place on the weekend of April 14th, with taster sessions throughout the weekend. As an added bonus you will find a £10 voucher off selected therapies to redeem after the event. See page 16 for more details.

Be sure to take advantage of the Bronte Parsonage Museum FREE late night opening, Thursday, April 19th 5:30- 7:30pm. See page 13.

Have a great April! Liz



Liz Barker editor



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by a relative handful of paid staff. The event will see a mix of steam- and diesel-hauled services, as well as a special **visit from the Royal Scot locomotive, which will haul pre-booked trains on the 25th, 26th and 27th June.** Our Spring Steam Gala in early March gave a flavour of what we can expect during the summer, and I hope you enjoyed the sights and sounds of the visiting locomotives hauling trains up the valley. Full details of the 50th Anniversary event can be found on the railway's website, as well as access to the booking system for the Royal Scot trains. Between then and now, we continue to run trains every weekend and daily in school holidays, with a range of events and special trains, including the fish and chip supper 'Haworth Haddocks'. Our volunteers continue to work hard to maintain the railway's locomotives, rolling stock and infrastructure, including both the track and our buildings, which has all been made even more challenging by the terrible weather in recent weeks. With this being such a special year for the railway, I do hope that you will consider joining the volunteer team that keeps the wheels turning. We provide full training, so whatever your level of experience and whatever time you have available, please do get in touch so that we can welcome you on board. - Matt Stroh



As Spring starts, we should be enjoying longer and warmer days, saying farewell to the wintery weather... but this year has been a bit more like days of yore, with the snow falling heavily well into March. The cold weather has brought with it all the challenges that snow and ice present to running a railway, especially a heritage operation with 100+ year old steam locomotives and 60+ year old carriages. Our volunteers have battled through the snow to get to the railway and then had to deal with frozen point-work and signalling, but I am very proud to say that we have not had to cancel any operating days, although did have to run to some special timetables to help us work around the frozen conditions.

As has been the case for many a year with a cold snap, we provided the only safe route to and from Oxenhope and - at times - Haworth, helping to realise the ambitions of our founders to provide a regular transport service. Clearly over the five decades of operation, our focus has changed, not least thanks to the enduring charm of The Railway Children film, and our celebrations of our 50th Anniversary will reflect this shift.

June 29th is our 50th "birthday", because it was at 2.35pm on that date in 1968 that the first passenger train left Keighley bound for Oxenhope. To celebrate, we have a **week-long Gala planned from 24th June until 1st July** that will showcase what we have achieved with our team of over 500 volunteers supported

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SMITHY'S TECH TIPS

TV TECHNOLOGY

By Liam Smith

derivatives of LED – Light Emitting Diode, which many will be familiar with.

QLED vs OLED

There used to be the days of cathode ray tubes, liquid crystal displays, plasma and so forth. These technologies are no longer in production for mainstream consumer use. But when one door closes, another one opens, and in the eyes of the consumer this can only be a good thing. There are currently two notable television technologies that you might have already heard of, QLED and OLED which are



Quantum-dot Light Emitting Diode, is Samsung's answer to where the living room TV is headed. It uses 'quantum dots' which are tiny particles only a few nanometres in size, these particles are capable of giving off incredibly bright, vibrant,

and diverse colours with the help of a backlight. Using a backlight increases the overall brightness of the panel, but doesn't give the same levels of deeper and darker blacks. This technology can be viewed as more of a refinement to LED displays than a revolutionary advancement in picture

quality, but the improvement alone speaks for itself.

Organic Light Emitting Diode, is the direct competitor to Samsung's QLED technology. OLED involves light-emitting pixels as opposed to a backlight, which means that each individual pixel has its own light. On a 4K UHD display there's a whopping 8,294,400 pixels to illuminate! Because of this, a white pixel can be placed next to a pixel that's entirely black or a completely different colour without one impacting the other. Whilst the brightness is inferior to that of other backlighting solutions, it makes up for it with an incredible contrast ratio coupled

with deeper blacks and superior viewing angles. The biggest disadvantage to OLED, however, is the ever so present issue of image retention or 'burn-in' as some of you might know it as, which results in an after image of static content that has been left on screen for too long, like the title menu of a DVD played consecutively for hours.

All of this technical jargon can be a little cumbersome, especially if you haven't seen it for yourself. I'd recommend to anyone who is wanting to purchase a new TV to go see for themselves what all the hype is about, but if there's one thing to take away from all of this, it's that display technology is only ever getting better!

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Brontë Parsonage Museum at 90

A History of the Museum in 10 Objects



Haworth Parsonage in the mid-1850s. from an ambrotype photograph. © The Brontë Society.

3 Visitors to the Parsonage on its opening as a Museum in 1928 would have seen a building not too dissimilar from the one we see today. Reverend John Wade, who succeeded Patrick Brontë after the latter's death in 1861, began an extensive programme of alterations and additions immediately on arrival, making his own mark on a home which had already, even at that early date, become a place of pilgrimage for Brontë enthusiasts. Fortunately most of his alterations did not irrevocably change the appearance of the original house, and the Brontë Society over the decades have succeeded in a gradual process of restoration making reference to early eyewitness accounts of which several have survived. But what DID those early pilgrims see as they stood in the churchyard gazing upon those hallowed walls?

No photograph of the Parsonage when the Brontës were there was known to exist until 1990 when, amongst the memorabilia of a descendant of an old Haworth family, an image known as an ambrotype was discovered. Patented in

1854, the technique used to produce this image was already outdated by the 1860s. This pins down the period in which it was taken to the years during, or immediately after, the time when Mr Brontë, and possibly Charlotte, were still living there. Examination of the picture shows a front door believed to be that which exists today, although slightly altered now. The barely visible door knocker is now in the Museum collection. Note the single flight of scrubbed steps: a lower flight was added later when the garden was levelled. The tiny window panes, later replaced with "modern" plate glass by John Wade, were re-introduced in the 1950s. The most significant difference between the house then, and now, is the absence of Wade's taller extension built on to the Parsonage in the 1870s. See the strange-looking chimney to the rear? This was attached to the "back kitchen" (later demolished) where, Emily tells us in a diary paper of 1834, the washing was done. And speaking of washing, check out those whites drying off on the wall top! An 1857 visitor to the Parsonage described it as "grim, neglected, and wretched looking". The photograph above does little to contradict this opinion, yet ever since joining the Parsonage team as a volunteer six years ago, I have found it to be the most evocative item in the entire Museum collection. I gaze upon it regularly hoping that one day I shall see Emily or perhaps Tabby the servant at the door, maybe on their way to collect that washing....

Linda Pierson

Research volunteer, Brontë Parsonage Museum

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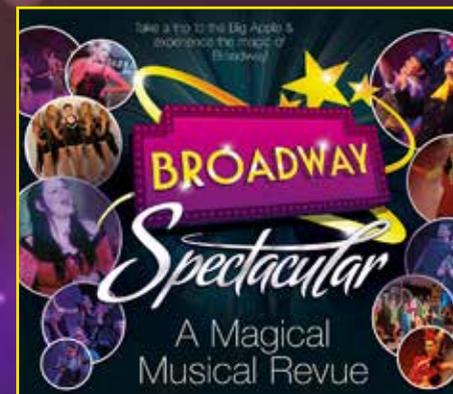
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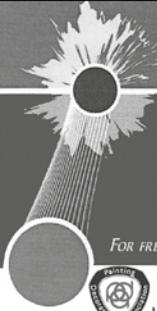


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John Grogan MP
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I wonder why...

I wonder how...

I wonder if...

I wonder what...

A great way to gain a positive and renewed outlook is to play the "I wonder" game.

Having a sense of curiosity sparks our sense of wonder and challenges us to think with new perspectives.

Leonardo da Vinci, certainly one of the most famous creatives in the history of humanity, used to notoriously challenge his students to be actively curious 100 times a day. He would implore them to wonder about everything and be curious just for curiosity's sake. It wasn't so much about figuring out all the answers as much as expanding awareness, making connections, and considering the way things worked. Observation and enquiry



were an intricate part of his daily practice, and as a consequence his creativity and imagination flourished.

Try the 'I Wonder' game for yourself and experience a shift in your view and a spark in your imagination. It's something you can do with all ages and it's a perfect activity for creating interesting conversations around the supper table. You can make up your own questions to consider but here are a few to start: **I wonder**... "Why is the sky blue?"

I wonder ... "Why do people yawn?"

I wonder ... "How do planes stay up in the air?"

I wonder ... "How do dolphins communicate?"

I wonder ... "Why is gold so precious?"

I wonder ... if plants can hear.



Oakworth Spring Beer Festival

Spring in Oakworth, like the rest of Britain, has been rather strange in 2018, but Oakworth Church aim to restore some good cheer to the season with their inaugural beer festival from the **12th to the 14th of April**. The church, on Colne Road, Oakworth, have embarked on an ambitious programme called the Christ Church Challenge to develop the church premises for community use. Parishioners have responded with various fund-raising activities – writing workshops, keep-fit sessions, murder mystery nights – and the latest one is a beer festival in the church's community space. Christ Church vicar John Rogers is looking forward to the event. 'We ran a beer festival at my previous church in

Otley,' he said, 'and it was a great success. We aim to replicate that here, welcoming visitors from far and near.' Worth Valley breweries such as Goose Eye, Wishbone, Bridgehouse and Naylor's will be among the suppliers. For full details go to www.oakworthchurch.org.uk.

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Say you saw it in the Worth Valley Mag!

Sudoku

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

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

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

1				9		4		7
					4			
2		3	1				8	9
		7					4	
	3			5			6	
	5					2		
9	2				1	7		6
			7					
7	4		2					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. See page 29 for answers.

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Where in the Worth Valley? COMPETITION

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Last month the correct answer was the Bronte Hotel. The winner was Martin Steel of Oakworth.



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COMMUNITY PAGES

Every 3rd Monday at 8pm is **Story Telling Night** at The Old Hall in Haworth.

Oakworth Young at Heart meet every Thursday 1-3pm at **Holden Hall**.

Haworth Senior Citizens meet every Wednesday 2-3pm at **West Lane Methodist Church**. Friendship, activities, speakers, outings.

Every Wednesday 10 - 1.30pm **Food For The Soul, West Lane Methodist Church, Haworth**. Contact Shona or Geoff Grange 01535 647675.

Mondays 1 pm - 3 pm **Lees Methodist Church Craft & Chat Group** in Lees Methodist Church Hall (directly opposite Lees Primary School on Haworth Road).

Every Monday 10 - 12noon **Drop in Coffee Morning** at **St James Church Hall, Cross Roads**.

Stanbury Residents Group 2pm at **St Gabriels Church, Stanbury**.

Every Tuesday 12.15pm **Oakworth Senior Citizens Luncheon Club** at **Oakworth Methodist Church, Lidget**.
Fri 30th March - Fri 13th April Easter Holiday Activities at the **Bronte Parsonage Museum**. visit www.bronte.org.uk for more details.

Sat 7th April 12 -3pm Circus Skills Workshop at **Cliffe Castle Park** - Family Drop in. Join us in Cliffe Castle Park and try your hand (middle and feet) at a range of circus skills!

Adults and children can all have a go at juggling, plate spinning, poi, flower sticks, hula hooping, pedal go, mini stilts and handheld stilts, diablo, and ribbon sticks.

Sat 7th April Songs for a Spring Evening at **West Lane Baptist Church, Haworth**

Sat 7th April Groovy Happenings at **Parkside Social Club**.

Tues 10th April Cross Roads & Lees Church & Chapel Ladies Group 7.30pm at St James' Church Hall, Cross Roads. **Stanley R Boardman**. Speaker Tim Neal of Keighley & District Local History Society. Admission £1.50. Everyone Welcome.

Thurs 12th, Fri 13th & Sat 14th April Spring Beer Festival at **Christ Church, Colne Road, Oakworth**. www.oakworthchurch.org.uk

Sat 14th April 10am - 2pm Haworth Car Boot at **The 3 Acres, Bingley Road, BD21 5QE**

Sat 14th April Nunlow's Nightcap at **Keighley & Worth Valley Railway** Bridgehouse Brewery will be taking over the bar for this event and, in the true KWVR beer related events tradition, will be brewing a one off special ale, 'Nunlow's Nightcap', to be served at this event. Of course alongside this special brew, they will be serving a selection of the brewery's regular ales! Hot food and live music can also be enjoyed at this exciting event!

Sat 14th & Sun 15th April Haworth Festival of Holistic Health at **The Old School Room, Church Street, Haworth**. **Sat. 10.30am -4.30pm**.

Sun 11am-4.30pm. Enjoy a weekend of holistic taster sessions including Angelic Reiki, Atlantean Healing, crystal healing, Indian Head massage, reflexology, Thai hand and foot massage, Body/Emotion code. Stalls selling a variety of holistic goods. Refreshments and homemade healthy cakes. Proceeds of tombola is in aid of

Sue Ryder Manorlands Hospice
Tues April 17th Haworth & Worth Valley Fire Cadets - recruiting - limited space. Contact via Facebook
Thurs 19th April 7.30pm Oxenhope Gardening Club in the **Oxenhope Community Centre, Shaw Lane, Oxenhope, BD22 9LS**. The speaker is Tom Atwood who will be giving a talk on The Restoration of Gardens. After three years at Kew, Tom became head gardener at Rydall Hall where he oversaw the restoration of the Thomas Mawson gardens.

Sat 21st April Operation Oakworth Help make the area look clean and tidy to welcome the Tour de Yorkshire. Collect your litter picking kit, and enjoy a complementary scone and cuppa between **10.00 and 10.30 am at: Christ Church, Colne Rd**. Volunteers meet back at the Church at 12.30pm for a post clean up cuppa and chat and to return equipment. Litter pickers, gloves, bags and hi-vis vests are all supplied.

Mon 23rd to Sat 28th April 7.30pm Wuthering Heights at Keighley Playhouse

Fri 27th, Sat 28th & Sun 29th April Haworth Beer Festival at The Old School Rooms in Haworth.

Sat 28th April .10am - 12 noon Exley Head Chapel is holding a **Table Top/ Coffee Morning** There will be stalls all supporting different charities and a coffee morning. All welcome.

Sat 28th April Church Green Fun Day, Keighley. Free Family Fun Day featuring Giant Inflatables.

Sun 29th April. 7.15pm Oxnop Singers Spring Concert at Oxenhope

Community Centre in Shaw Lane. Joined by the Hebden Bridge Junior Band. A selection from West Side Story and other well-known pieces such as Bridge Over Troubled Water, promising an enjoyable evening for all. Tickets are £6 and the charity benefiting Yorkshire Air Ambulance. Tickets ring Susan on 644995 or Avril on 646158.

Tues 1st May Cross Roads & Lees Church & Chapel Ladies Group 7.30pm at St James' Church Hall, Cross Roads. **Hong Kong Travels** Speaker Nadine Harker

Thurs 3rd May 7.30pm Worth Valley Branch of the Yorkshire Countrywomen's Association Occupational Therapist Lorna Kook with her canine friend. At Oxenhope Community Centre.

Fri 4th & Sat 5th May Haworth West Lane Baptist Amateur Operatic Society presents The Sound of Musicals. Tickets available from www.ticketsource.co.uk/haworth-aos or phone Ticketsource on 0333 666 3366 (Charge £1.50 per booking - including postage) Further details www.facebook.com/HaworthBaptistWestLaneAOS.

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Hot or Cold? How best to treat your pain.

Treating pain with hot or cold therapy can be extremely effective for a number of different conditions and injuries and is easily affordable. The tricky part is knowing when to heat and when to ice.

As a general rule of thumb, it's best to use ice for acute (new) pain such as a sprained ankle or pulled muscle. You should use heat to ease achy muscles or for soothing stiff joints.

Heat therapy

Heat therapy works by improving circulation and blood flow to a particular area due to the increased temperature. It can relax and soothe muscles that are in spasm, and help to heal damaged tissue. A small area of pain can be treated with a warm heat wrap such as a wheat bag or hot water bottle. Larger areas can be treated with a warm bath.



If you add heat to a fresh injury, watch out: it's going to get worse!

The golden rule is not to heat up anything that is already inflamed. The tell tale signs of inflammation are pain, redness, heat and swelling. If you apply heat on top of inflammation your pain will get worse and your recovery time will lengthen. You should use cold therapy for the first 48 – 72 hours to control the inflammation.

Heat therapy can be applied for a good amount of time, unlike cold therapy which needs to be limited. Minor stiffness or tension can often be relieved with only 15 – 20 minutes of heat therapy. Moderate to severe pain can benefit from longer sessions of heat such as a warm bath lasting for 30+ minutes.

Cold Therapy

Cold therapy works by reducing blood flow to a particular area. This can

significantly reduce the inflammation and swelling that causes pain, especially around a joint or a tendon. It also acts as a temporary analgesic by reducing nerve activity.

There are a number of ways to apply cold therapy. Treatment options include:

- Ice packs or frozen gel packs (frozen peas are a great alternative!)
- Ice massage
- Ice baths
- Game Ready

You should not use cold therapy on stiff joints, and be especially wary of icing muscle pain. For instance, you may think your back is injured but it may "just" be muscle pain. Trigger points (painfully sensitive spots) can be surprisingly intense and easily mistaken for an "iceable". But if you ice trigger points, they may ache even more acutely. This mistake is often made when treating lower back and neck pain – the very conditions people often try to treat with ice.

Applying cold therapy

Never apply a frozen item directly to the skin as it can cause damage to the skin and tissues. Apply an ice pack wrapped in a towel for 10 – 20 minutes. You could also compress and elevate an affected limb to maximise results.

Game Ready

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



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Aerials/Audio/TV

ILR p29
Pennine Plus p10/11

Animal Related

Aireworth Dogs in Need p6
Bronte Canine Services p6
Paws on Sofa p6
Worth Valley Pet Store /Smart Dog p6

Attractions/ Community /

Events

Brigantia Bushcraft p6
Broadway Spectacular p13
Bronte Parsonage p12/13
Festival of Holistic Health p16
John Grogan MP p15
KWVR p4

Spring Beer Festival p22

Beauty/Diet/Hair/ Therapy

Angelic Healing p16
Body Talk & Holistic Practitioner p16

Chillout Zone p18

Slimming World p2

Suzanne's Beauty Den p18

Building Services/Joinery/ Roofing

ADP p14
Broomhill Roofing p31
D&R Construction p25
Handyman p20
Haworth Handyman p20
MB Roofing p31
PJM One Stop Maintenance Services p20
Rightway Developments p29

Business Related

Accountax p8
Airedale Enterprise p9
Ask Andrina p8
PM Accountancy p8
Worth Accounting p8

Butcher

Leadbeaters p27

Care/Cleaning / Domestic

Adele's Ironing p20

Clean Image p18
Craven Carpet Clean p18

Catering Services

DVine p23

Chimney Sweep

Bristles p31

Chiropody

Heel2Toe p18

Computer

Computer Repairs p11
Computer Univers p15
DVD Conversion p6
Main Road Computers p11

Counselling/Therapy

Kay Austerberry p16
Vivien Wallwork p18

Electrician

AA Electrical p20
JS Electrical p20

Fencing/Decking

Manningham Fencing & Decking p2
Worth Valley Fencing p31

Fuel/Heating

Anchor Logs p31
Green & Tidy p19
Worth Valley Logs p31

Funeral and related

Lyndon Leeson p11
Richard Wine p11

Gardening/Trees

Blooming Can p19
Green & Tidy p19
P & L Corcoran p19
SAS Landscape & Gardening Services p19

Worth Valley Trees p19

Hearing Aid

Digital Hearing Care p25

Holidays/Travel

Steel's of Addingham p18

Knitting & Sewing

Material Worth p19
Wildfell Alterations p19

Mobility/Driving

Driving Miss Daisy p17

Fenetic Wellbeing p19

Painting & Decorating

Andy Beattie p14
Art Decor p14
Jacques Balson p14
R.P. Decorating p14

Pest Control

Red Dog p31

Photography

Image Studio p22

Physio

Haworth Physio p28/29

Plumbing /Tiling

A Butterfield p20
A R Carling p21
DSM p21

JSC Plumbing p21

Steve Spence p21

S. Thompson p20

Property for Sale

Oates & Wiles p17

Restaurants/Cafe's/Pubs

Chaplins p23

Newsholme Manor p23

The Buffet Car Cafe p23

Removals/Van Hire

Apex p14

Retail

Afghan Rugs p8
Office Furniture Outlet p14
Queensbury Kitchens p32
United Carpets & Beds p7

Taxis

Bronte Taxis p31

Tuition/Children/Education

Brigantia Bushcraft p6
Keighley College p5
Oxenhope Pre-School p5
Piano & Singing Tuition p18

Wills

In Home Wills p32

Windows

Bob Beattie p29
Bingley Windows p3
Cloudy2Clear p7

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