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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2020



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This month give some love to our featured local community interest company, Thornwood Alpacas and Care Farm in Oxenhope and charities Keighley Furniture Project, Keighley Healthy Living, Bronte Parsonage and Keighley & Worth Valley Railway. They all provide unique professional services and experiences to enhance and support the quality of life in our communities.

Our newly elected MP, Robbie Moore, hits the ground running as he takes on the job of representing Keighley and Ilkley in Parliament and setting up his local office in the constituency (more on pages 18,19.)

As the Bronte Parsonage celebrates the 200th anniversary of the birth of Anne Bronte this year be sure to cut out and save the voucher for free admission to the museum valid until December 31st.

Have a lovely February. Did you know it's a leap year?



Editor Liz Barker

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Brontë Parsonage

BEHIND THE SCENES AT THE MUSEUM

2020 is all about Anne

This year we are celebrating the bicentenary of Anne Brontë, the youngest of all the Brontë siblings, who was born in Thornton on 17 January 1820. Although it doesn't seem a moment since we started to plan for Brontë200 - our five-year festival to mark the bicentenaries of the births of Charlotte, Branwell, Emily and Anne, together with a tribute to their father Patrick - here we are in the final year of celebrations. Time has flown! There's definitely no sense of 'last' meaning 'least' this year. Traditionally, Anne's life and work have been



eclipsed by the novels and successes of her older sisters and the 200th anniversary of her birth offers the perfect opportunity to bring her out of the shadows. Our new exhibition, Anne Brontë: 'Amid the brave and strong', is the first one at the Parsonage to be dedicated entirely to Anne. It tracks the course of her life and gives an insight into her personality and motivations. Often portrayed as someone long-suffering and delicate in health, Anne also had 'grit' and perseverance and was very courageous in both her life and work. Displayed as part of the exhibition is her last letter, written to her friend Ellen Nussey on 5 April, 1849 and containing the following lines: "I wish it would please God to spare me, not only for Papas and Charlotte's sakes,

but because I long to do some good in the world before I leave it. I have many schemes in my head for future practice - humble and limited indeed - but still I should not like them all to come to nothing, and myself to have lived to so little purpose."

By the time this issue of the magazine is in your hands, the Parsonage will have reopened for the 2020 season. Celebrating Anne's bicentenary during our annual closed period was quite a challenge - as many readers will be aware, we close each January for cleaning, conservation

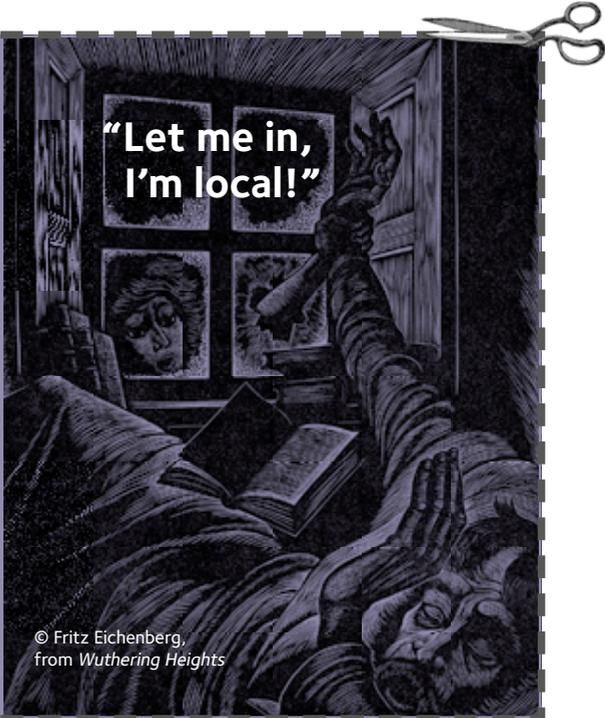
and maintenance work and to welcome people into the Museum during that time is just not possible. However, our curatorial and Front of House teams worked around the clock to prepare the Anne Brontë exhibition so that we could offer visitors a sneak preview on Friday 17 January, Anne's birthday. We were delighted to be joined by over 120 people, all of whom were offered a glass of sparkling wine and a slice of cake baked by Brontë fan and Bake Off finalist Sandy Docherty. If you missed us on 17 January, don't worry, there'll be plenty more opportunities to celebrate Anne during the year ahead. Be sure to use your 'Let me in, I'm local' voucher to come and see us soon!

We're celebrating the life and work of Anne Brontë in 2020 and we'd love to see you!

Bring this voucher to the Museum for free admission.

Voucher is for Museum entrance only and may not be used for ticketed events.
Voucher is valid 3/2/20 - 31/12/20 and may only be used once. Voucher admits one person.
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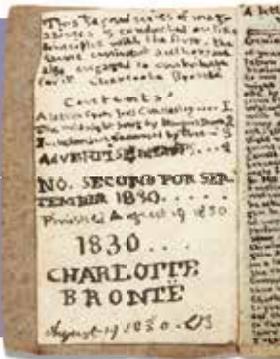
Brontë Parsonage
MUSEUM



2020 at the Brontë Parsonage Museum



Anne Brontë: 'Amid the brave and strong'
A new exhibition celebrating the life and work of Anne Brontë.



Charlotte's 'little book'
The miniature manuscript has returned to Haworth and will be on display throughout 2020.

The Museum is open daily from 10am and runs an exciting programme of events, exhibitions and family activities throughout the year. Visit www.bronte.org.uk/whats-on for details.

Brontë Parsonage
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR
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1. Your donation will help people on low-incomes unable to buy the things they need to make a house a home.
2. You will be saving space in local landfill sites, helping the environment and lowering your carbon footprint.
3. You'll be doing your bit towards local reuse and helping Bradford Council achieve their environmental targets.

Donating to Keighley Furniture Project is easy, we collect free of charge and will take most items in good condition.

What Do we Collect?

...most white goods and items of furniture including:
Fridges, Freezers if they are in full working order, Electric & Gas Cookers, Washing machines & Tumble Dryers, Electric fires & Heaters (not gas fires) Microwaves, Small appliances e.g. kettles, toasters, irons, lamps Bedroom furniture & Beds, Suites, Tables & Chairs, Bedding & Curtains.

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Donations are collected Monday to Fridays between 8-30am-3-30pm.

Who is eligible to purchase furniture or white goods from Keighly Furniture Project's warehouse shop?

Items are only available to people in receipt of benefit for their own personal use, (Universal Credit.) Proof of benefit must be shown to a staff member on every visit. Landlords are NOT eligible to obtain furniture from the project to furnish tenanted properties. It is fraud to obtain items from the Project primarily to 'sell on' to third parties. Items cannot be saved or deposits taken. Refunds or exchanges will not be given if an item does not fit. A delivery service is available at a nominal charge. If you decide to take items yourself they must be gone within 5 working days, otherwise they will be resold.

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Gluteus Medius – the magic buttock muscle

The New Year is well and truly upon us. With it, many of us have taken to the local streets, parks and hills as part of a New Year's resolution keep fit campaign. If you're one such person and have started to experience some niggling pains around your hips, knees and Achilles tendons, the solution to your pain may well lie in the strength of a pair of key muscle located in your buttocks.

The gluteus medius muscle originates from the outer surface of your ilium (the broad, wing-like upper portion of the pelvic bone) and inserts into the greater trochanter of the femur (see diagram). This muscle plays a key role in maintaining pelvic stability. In single leg standing (which is what we spend plenty of time doing when we walk or run), the gluteus medius muscle contracts strongly. This contraction prevents the opposite side of the pelvis dropping, thus keeping that side of the kinetic chain in good alignment.

Good pelvic stability limits excess rotation of the pelvis when running or walking. Without this stability these excessive rotational forces may cause damage to the joints, tendons and ligaments of the lower limbs.

To test your pelvic stability, stand on your bottom step. Now watch (or get someone to watch) what happens to your standing knee as you step down with your free leg. If the weight-bearing knee moves inwards towards your moving leg then this may well indicate that you

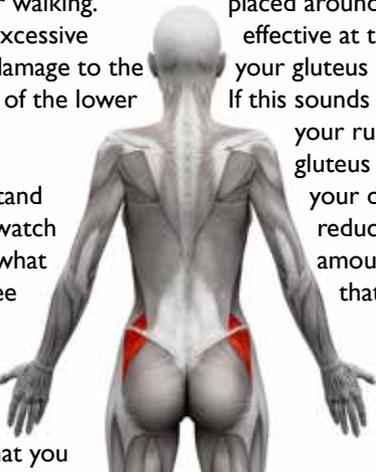
have a functionally weak gluteus medius muscle on that side. Now imagine that this inward movement (known as knee valgus) repeats every other step if your weakness is confined to one side or every single step if your weakness is on both sides. It's easy to see how over the course of a long run or walk that this faulty movement mechanic can lead to an injury.



Strengthening of the gluteus medius muscle is achieved by doing a variety of weight bearing and non-weight bearing exercises. Simple exercises like side lying clams, side lying leg raises, single leg squats, lunges and side stepping using a resistance band placed around the ankles are very effective at targeting and strengthening your gluteus medius.

If this sounds like the issues affecting your running or walking, add some gluteus medius strengthening to your daily program whilst reducing in the short-term the amount of running or walking that you undertake.

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Feel well, look well, be well in 2020

My journey started on March 2nd 2019 Weighing in at 14 stone 3 lb I'd tried fad diets but nothing worked for me. I felt very hesitant to start Slimming World as I thought it would be too embarrassing. But from the moment I walked in to my first group meeting I realised how welcoming and supportive the group actually was.

I'd donated a kidney to my father back in 2010 and every year I'd dread going to see the transplant nurse because each year I'd gained more weight, seriously putting my own health at risk.. I was determined that my 2019 check up would be different and I'd be in a healthier place.

Each week while following the programme I lost weight and my health became so much better. I was still able to eat the things I enjoyed and the pounds were coming off consistently at the weekly weight ins. I even went down 3 dress sizes (and a bra size) and surprisingly, my feet were thinner too!

September came and my visit to the hospital for the yearly check-up had arrived but this time I felt confident because I had lost weight and I had changed my eating habits. Stepping on the scales felt extremely good - I weighed in at 11 stone 5.5lb a total weight loss of 2 stone 11.5lb.

I have continued eating the Slimming World way and remaining in the group has really helped, bringing my total weight loss to 3 stone 7.5lb. My whole figure has changed,

and my confidence wearing different clothing has changed as well. Rather than just wearing something to hide behind I celebrate my new thinner legs and I'm super proud to show them off in a skirt. So for anyone thinking of joining Slimming World then please give it a go; maybe its not for everyone but unless you try you will never

Shelley from Oakworth



know. Having the support from fellow friends, colleagues and my consultant Andrea 24/7 has helped me.. I'm really so grateful. Thank you Slimming World!

(See page 2 to find a class near you!)

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f t i y



I am very pleased to report that the Keighley and Worth Valley Railway has completed the purchase of the café business at Keighley Station. Formerly known as “Choux Choux” we are reopening as the “Old Parcels Office”. In keeping with our heritage focus, we have been sympathetically refurbishing the café and have uncovered many of the original features and signs from the era when this part of the station building was used as the parcels office. The menu is going to be a little more contemporary than the 1916 signage, as will the quality of the coffee and fine ales on offer, but we are keen to theme the café around its important historical role. It’s taken many months of negotiation and planning to complete the purchase, and we are looking forward to making use of the kitchen facility that will give us a lot more flexibility when it comes to both on- and off- train dining options, so do keep an eye out for the range of foodie special events. We will continue to run the takeaway or “Express on-the-go” counter for the morning commuters, as well as the main café/restaurant area for the rest of the day. Full details of the menu as well as opening times and offers will be available shortly on the Railway’s website.

As well as dealing with the café opening, we are finalising plans for one of the most involved engineering projects we have ever undertaken as we replace one of the many bridges on the line. Bridge 11, which is between Ingrow and Damems, will be replaced in March this year after many years of planning. The bridge deck will be replaced

with a new unit that has been designed specifically to span the river that runs beneath. We will operate a special timetable during the replacement and details can be found on the website. You can also find the link for donations, which we would welcome to help with the funding for this £150k+ project.

Whilst transforming the Railway’s catering offering and undertaking the bridge replacement, we haven’t been overlooking the need to run our full programme of events, and we are slightly nervous – but excited! – about the “Jurassic Special” event 19th/20th February during which you can meet our dinosaur visitors who will be roaming around the Exhibition Shed at Oxenhope, and, if you want to get up close and really personal, you can book a special “Ranger Training” session. We also have Valentine’s ‘Steam and Sparkle’ Prosecco tasting on 15th February,; also a steam special from Oxenhope all the way to Carlisle on 22nd February, hauled by the locomotive “Bahamas”.

With so much going on, we do look forward to welcoming you on board soon!

KWVR Chairman Matt Stroh

AS SEEN ON CHANNEL 4, 5, 6, 7 & 8

WORTH VALLEY **JURASSIC SPECIALS**
19-20 FEBRUARY

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7			6		3	4		
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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.

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

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Email your answer along with your name & address to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by 15th February 2020.



Last month the correct answer was Thornwood Alpaca & Care Farm in Oxenhope and the winner was Ernie Lambert from Oxenhope.



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"As the new Keighley and Ilkley MP, I vow to work around the clock for constituents."

Robbie Moore MP



Nicola Clarke from Franklin Handbags and Robbie Moore MP in Keighley Market Hall

There is no hiding the fact that the last few years in politics have been deeply frustrating, as parliament has been snarled up, at a crossroads, and at odds with the general public. Time and time again on the doorstep in the run up to the election, people were telling me that they had become disheartened with politicians, and perhaps more worryingly, disenfranchised with democracy all together. But the year ahead looks bright and 2020 undoubtedly brings a new, fresh and revitalised start. The general election has helped bring clarity, and with it, a clear instruction that people need to be listened to and their views must be respected.



Samantha and Ann from Pass On Preloved Items (POPI) based in Keighley meeting with Robbie Moore MP

As your new MP, I am incredibly grateful to all who put their faith in me to represent our fantastic constituency and I will work around the clock to deliver on the pledges I made, but also to get stuck in and help solve issues, and provide help and support where I can. My first month has been incredibly busy and a fast learning curve. I have been getting up to speed with the workings of parliament whilst at the same time addressing the many constituent queries and requests that have been coming in. Monday to Thursday, I am your voice in Westminster dealing with policy and legislation that is passing through parliament. Friday and the weekends I spend visiting constituents, local charities, businesses and community groups to find out where I can help and explore options for solving problems. Just in the last month, amongst many other organisations I have met with The Good Shepherd Centre - a great organisation working to empower, engage and educate settled families in Keighley; POPI - a charity collecting and distributing donations of items for vulnerable families with children under 5; a new STEM project which is going to be based in Haworth; businesses in Keighley Market Hall; the Friends of Keighley Carnegie Library; the Ilkley Clean River Campaign Group, and the

mighty Keighley Cougars. I have also held open surgeries in Keighley and Ilkley where many residents have come along and asked me to get involved and help them on a full range of issues. Going forward, I will be holding regular surgeries throughout the whole constituency to make it as easy as possible for all to interact with me. As a new MP, you enter parliament with no Westminster office and no staff, but a heavy workload intake comes in daily. In addition to dealing with the new role, I have been working hard behind the scenes pulling my team together and getting my office premises sorted. Only yesterday, a month after the election, was I allocated my Westminster office, meaning I could say good-bye to the locker which I have been working out of for the past month! I hope to be fully operational by early February. For the constituents who have contacted me to date, I do thank you very much for your kind patience. I am optimistic about things ahead and as your servant, I look forward to helping problem solve, thinking big and being ambitious for our area. I will work tirelessly around the clock for all and it is with enthusiasm, energy and commitment that I am rolling up my sleeves and getting on with the job.

- Robbie Moore, Keighley & Ilkley MP



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COMMUNITY PAGES

Haworth Games Cafe The first Saturday of the month 2- 5pm at West Lane Baptist Church.

Living with Loss Social Group meet every third Tuesday in the month at 2pm, at Christ Church Oakworth.

A place to come for a friendly chat with others who know what it is like to have lost loved ones, with a cuppa and cake.

Fridays 10.30am - 11.30am at The Shed Oakworth Village Hall **Staying Steady**

An evidence based strength and balance exercise programme 6 weeks designed to help reduce the risk of falls. Costs £3 per session.

Wednesdays 10 - 11am Keighley Come Dancing Sessions at The Civic Centre. Keighley. A mix of exercise and dance. For further info and to book a place call 01535 677177.

Mondays 1 - 3 pm Tea Dance at The Civic Hall, North Street, Keighley. £2.50 inc Tea & Biscuits.

Holden Art Group meet on the First Thursday in the month at 7.30pm at Christ Church Oakworth. Regular guest artist techniques demonstrations. All welcome whatever your artistic talent. See oakworthhurch.org.uk for regular updates.

Keighley Mens' Forum meet every Thursday morning from 9.45am to about 11.30am. The Forum is open to men over retirement age and after refreshments we have a guest speaker for an hour or so. 1 Devonshire Road, Keighley (only 3 steps to manoeuvre). Weekly dues are just £2

and there is an annual membership fee of £5 per member which also includes membership of Keighley Playhouse.

Every Friday 10am to 12pm The Shed, Oakworth. Wood work and a range of handicrafts.

Laycock & District Women's Institute meet on the Third Thursday in the month at 7.30pm in Laycock Village Hall All welcome

Every Monday 11am-12pm Health Walk starting from West Lane Baptist Church. All Welcome.

Every Monday 10.30am to 12 noon at Oxenhope Bowling Club Oakworth Young at Heart meet every Thursday 1-3pm at Oakworth Village Hall

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

Every Tuesday 12.15pm Oakworth Senior Citizens Luncheon Club at Oakworth Methodist Church.

Mon to Fri 7pm, Sat & Sun 8am Step up to 10K from Marsh Methodist Church. 100 mins in total repeat circular paved walks around Oxenhope. Wear good footwear & warm high visible clothing.

Every Tuesday 2 - 5pm Roebuck, Utley is Chess Group. Sets and boards provided all levels welcome. More Info call 07458 996484

Sat 1st Feb until Jan 2021 A new exhibition for Anne Brontes bicentenary **'Amid the Brave and Strong'** at The Bronte Parsonage Museum.

Tues 4th Feb Anne Bronte An Introduction 2pm - 2.30pm at The Bronte Parsonage Museum.

Tues 4th Feb Cross Roads & Lees Church & Chapel Ladies Group St James' Church Hall, Haworth 7.30pm

Beetle Drive £1.50 admission

Sat 8th Feb 1pm - 5pm Old & New Table Top Sale at Haworth Baptist Church, West Lane.

Mon 10th Feb Haworth and District Women's Institute at West Lane Baptist Church at 7.30 pm Speaker will be Beth Cunningham giving a talk entitled "It's better than working, Journalism. Short stories and stand-up comedy "

Thurs 13th Feb Oxenhope Methodist Womens Fellowship 7.30pm at The Chapel, West Lane. A talk by Mavis & Jennifer's Fair Trade Stall.

Fri 14th Feb Haworth Cinema 7.30pm West Lane Baptist Centre Film Judy (12A)

Sat 15th Feb Sparkle & Steam on the KWVR A one of a kind experience perfect for any prosecco lover. www.kwvr.co.uk

Mon 17th until Fri 21st Feb Family Events for half term at The Bronte Parsonage Museum Talks, Walks, hands on history and lots more.

Mon 17th, 24th & Thurs 20th, 27th Feb Gingerbread Making at East Riddlesden Hall.

Mon 17th & 24th Feb Greener Gardening at East Riddlesden Hall. Meet a member of the gardening team and tap into over 50 years collective experience.

Weds 18th & Thurs 19th Feb Jurassic Specials on the Keighley & Worth Valley Railway. www.kwvr.co.uk
Thurs 20th Feb Oxenhope

Gardening Club 7.30 pm at the Oxenhope Community Centre, Shaw Lane, Oxenhope, The speaker for the evening will be Katy Merrington. Katy is the Cultural Gardener at the Hepworth Wakefield. Katy will be talking about the garden, which was designed by Tom Stuart-Smith and her role as part of the gallery's Learning Team. Seats are limited and for non-members the cost will be £5.

Sun 23rd Feb 2 - 3pm Cliffe Castle Keighley Music at the Museum The Haworth Band. FREE performance. Turn up and enjoy (arrive early as seating is limited) or enjoy the music from the balcony.

Thurs 27th Feb Oxenhope Antiques & Collectors Society 7.30pm at Oxenhope Community Centre, Shaw Lane, BS22 9LH. Speaker: Heather Millard - The Cottingley Fairies. Visitors welcome - For more information contact Christine on 07974 785489

Thurs 27th Feb Oxenhope Methodist Womens Fellowship 7.30pm at The Chapel, West Lane. Janet Armstrong My Day at Buckingham Palace.

Fri 28th Feb Haworth Cinema 7.30pm West Lane Baptist Centre Film Official Secrets (15)

Sat 29th Feb Gin & Rum Experience on the KWVR www.brontebarsevents.co.uk

Sat 7th March Haworth Artisan Food and Drink Market 11am to 4pm Free Entry. Old School Rooms, Haworth In support of Manorlands.

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Thornwood adds Therapeutic Care Farm to centre in Oxenhope

Thornwood Care Farm

Thornwood Care Farm is based in Oxenhope and has recently set up a not-for profit company in order to offer care farming provision to adults and young people with learning disabilities, Autism Spectrum Disorders and teenagers with emotional needs excluded from school. The aim of the farm is to promote wellbeing through animal assisted activities and nature-based projects as well as reducing social isolation and bringing communities together.

What is Care Farming?

The use of farming practices and animal care offers people who have a health, social or educational need the opportunity to take part in various farming activities for therapeutic benefit. Activities can range from animal husbandry and horticulture to woodland wellbeing and tree planting. Thornwood is a small working farm known locally for their alpaca trekking and outdoor learning programmes which have been established since 2015. With a herd of sixteen alpacas, they are one of the main features at the farm and although alpacas are not conventional therapy animals (dogs and horses have been much more publicised for their therapy services), alpacas have an extremely calming nature when you spend time in their company.

Some of the benefit of alpaca and animal assisted activities include:

- Combats loneliness & encourages social integration
- Promotes a sense of responsibility & empathy with others
- Encourages nurturing traits
- Promotes self-esteem, independence and self-confidence
- Reduces stress and anxiety
- Encourages mobility



Thornwood is also home to a small herd of pet sheep, a large handful of free range hens and ducks, two nosy peafowl, three lively border collies and four friendly and mostly lazy cats.



If you work with a group that would benefit from accessing Thornwood Care Farm, please contact Lucy Thornton to discuss your ideas.
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OUR FAMILY FAVOURITES

Favourite family recipes from our friends and neighbours in the beautiful Worth and Aire valleys. This month's recipe is on the top of my list. In Australia, these biscuits are called "Melting Moments." They are little round shortbread biscuits sandwiched together with buttercream. Many coffee shops and cafes in my former home town of Melbourne, Australia sold Melting Moments. They make a perfect little accompaniment to a cup of tea or coffee.

Australian Melting Moments

Biscuit Ingredients:

- 230g unsalted butter (room temperature)
- 280g plain flour
- 60g icing sugar
- 4 level tablespoons custard powder

Vanilla Buttercream Ingredients:

- 115g unsalted butter (room temp.)

- 375g icing sugar
- 1 Teaspoon vanilla extract
- 3 tablespoons milk

Method

Preheat your oven to 180 C (350 F, Gas Mark 4) and line two baking trays with baking paper.

1. Place the butter into an electric mixer and beat it for about a minute until it is creamy.

2. Add the flour, sugar and custard powder and beat it until a soft biscuit dough forms

3. Shape the biscuits: Roll about two teaspoons of dough into a round ball and place it on the baking tray. Press down gently on the biscuit with a fork to flatten it slightly. Repeat this process for the remaining biscuits. (Hint: These biscuits don't spread a lot during cooking, but I like to place them about 5 cm apart at least just to avoid any mishaps).

4. Bake for about 12 minutes then leave them to cool slightly before transferring them to a rack to cool completely

5. To make the buttercream:

Place all the ingredients into a mixer and beat until smooth and creamy.

6. To assemble the biscuits: Put the buttercream into a piping bag fitted with a large round tip. Pipe buttercream onto one biscuit. Top it with another biscuit. Repeat with the remaining biscuits. Makes 17-18 biscuits.



Tracey and her hubby Paul recently moved to Haworth from Melbourne, Australia. When she is not working as a Strategic Change Consultant, you will find her cooking up a storm in her

kitchen and creating and decorating all sorts of delicious sweets and treats.

Share your family favourite recipe with us. Email mail@worthvalleymag.co.uk.



A food bank in Haworth? In 2020? (Yes, you have read that right, and no, I can't believe it either!)

For sometime the West Lane Baptist Church community along with many other users of the church building have collected food for the ongoing work of the Salvation Army's food bank in Keighley. Once a week the full box from the church foyer has been taken

down to town and the food has gone to those in need. This has been the custom for many years. But... about 3 months ago now I was approached in Haworth Primary School playground by Helen O'Connell, the local nurse practitioner, who said that she knew of people in



Haworth that were in food poverty but who couldn't get down to Keighley. Together Helen and I worked out a plan to take food straight from our local collection point at the church directly to this local family in need. Sadly this is not an isolated incident. So.... we have started a "Worth Valley Food Bank" that we hope will be of use to anyone local to Haworth and the Worth Valley who is struggling to get enough to eat.

"I feel so fortunate to both live and work in Haworth. Feeling the strong community spirit as this project has become public has been wonderful. I echo the sentiment I keep hearing, that it is so sad that a food bank is needed here, but while there is a need, we will be here to help."

Helen O'Connell

If you are in need then please, please, get in touch. Don't leave it any longer! If you have food to spare, then please bring it to a drop off point at Haworth Spar, Haworth Medical Centre or the foyer of West Lane Baptist Church, Haworth (or bring it to the office by the side door, down Redman Garth). Especially well received products include UHT milk, breakfast cereal, tinned fish, pasta sauce, tinned fruit and toiletries.

Starting in February, Worth Valley Food Bank will be open every Tuesday and Friday 2-3pm. Everybody will be treated with utmost respect and in

the strictest confidence. If, after all this, there does not appear to be a need for such a service, we shall take any surplus food to the Keighley Salvation Army food bank, and nothing will have been lost and I for one will be very pleased!

Thanks, Chris Upton

"People through no fault of their own, having seemingly endless debt problems despite working all hours, or others surviving on benefits, leaving them with such limited resources so that fresh fruit and vegetables are not a priority/possibility. Asking for help is not easy in this situation as people are understandably proud. All this leads to a cycle of poor physical health and then poor mental health too."

Dr Jo Buckley

For any more information then please get in touch: Mrs Helen O'Connell 07970 676 357 Nurse Practitioner at Haworth Health Centre. Rev Chris Upton 07976 287117, Minister of West Lane Baptist Church, Haworth.

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Keighley Healthy Living

Lifestyle Change - Exercise

Looking to make a change? This is the first in a series of articles about lifestyle changes and focuses on exercise. Most people know that some of the main benefits of exercise are to improve energy and fitness levels, help weight loss, give stronger muscles and bones, and support better mental health, but did you know that getting fit has lots of other amazingly positive side effects too? Exercise can help you to relax and improve the quality of your sleep as well as boost your memory and even reduce the risk of chronic disease. It can also increase your self-esteem and make you feel happier. Here at Keighley Healthy Living we know that there can be lots of reasons people struggle to get going with exercise, even if they want to. Join us on our Healthy Lifestyle Change course to help find your motivation and what will work for you. Once you've decided what you're going to do, you'll need to work out how much you need to do. To stay healthy, adults aged between 19 and 64 should aim for either 75 minutes of vigorous activity or 150 minutes of moderate activity each week along with a couple of sessions of strength exercises where you work all of your muscles. Moderate activity includes things like brisk walking, pushing a lawnmower, water aerobics or vigorous housework

(like mopping the floor). Vigorous exercise includes activities such as running, football, Zumba or hill cycling. Strength exercises include exercises that use your own body weight such as push-ups and sit-ups, heavy gardening such as digging and shovelling, yoga and pilates. Most importantly, find what you like to do.

So, now you're ready to go! We understand that taking the first step can be really daunting. If you're shy or nervous about starting exercise, either for the first time or after a long break, Keighley Healthy Living want to help you. **We're holding an open event to give you a chance to meet our activity tutors and find out more about our fitness classes and our new six week Lifestyle Change course. Pop in and see us in a relaxed environment at our centre on Scott Street on February 10th from 11am to 1pm.**

We also run a range of exercise classes which you can book onto by calling us on 01535 677177:

- Wed 10am: **Keighley Come Dancing**, Keighley Civic Centre,
- Wed 11am: **Fitstart**, Keighley Leisure Centre,
- Thurs 12:15pm: **Staying Steady, Fall Prevention exercises**, KHL, 13 Scott Street.

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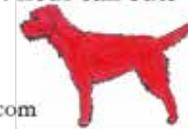
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