

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2025



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Welcome to the February edition of the community magazine.

With so much change in the air, from erratic weather to rapid technological advances, we hope to bring you a moment of calm and plenty of practical support for daily life. Whether you need a trusted local tradesperson, or help finding a therapist for a nagging pain, our pages are full of solutions to everyday challenges. Many featured businesses are long-established, locally-run, and well-trusted. This month, several health surgeries are hosting drop-in sessions to help residents navigate their services, we've highlighted the details to keep you informed. For a lighter touch, you'll find cheerful stories and Sudoku puzzles to engage your mind and lift your spirits. So, why not take 25 minutes, grab your favorite cuppa, and enjoy catching up on the local scene, offline and in real time? Thank you for supporting the magazine and the wonderful community it represents.



Liz Barker, Editor

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STARTER

King prawn, bay scallops & sea trout gratin, creamy white wine sauce, parmesan crumb top (£5 supplement)
Black pudding bon bons, creamy mustard sauce, apple & cider compote
Bruchetta of mozzarella, roasted cherry tomatoes, Serrano ham & basil pesto served warm on oil brushed toasted ciabatta (can be vegan/vegetarian)
Smoked mackerel salad with apple, beetroot & fennel, creamy maple dressing

MAIN

Beef steak & stout pie, slow cooked beef steak, rich gravy of beef stock, stout, onions e-carrots, short pastry top, skin on fries
Chicken supreme, crispy skin, creamy rosemary & Dijon sauce, lyonnaise potatoes, mixed wilted buttery greens, crispy parsnips
Homemade sweet potato gnocchi, pan fried in butter, with wilted spinach, roast red pepper & garlic sauce, Parmesan shavings, crispy parsnips & sage (can be vegan)
Sea bream fillets, garlic lyonnaise potatoes, lemon, chive & clam butter sauce, peppered purple sprouting broccoli

DESSERT

Vanilla Panna cotta with raspberry & prosecco compote
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Drop-in Advice Sessions: Get Online with NHS App, GP Services, and Social Prescribing

Are you feeling left behind with new online health services? Many people worry about using smartphones or making mistakes, but with a little guidance, you can discover how online systems can work for you. Over the past year, free drop-in sessions hosted by Modality AWC have helped people gain confidence in navigating these services.

Why Online GP Services?

The NHS has evolved significantly, now offering a broad range of services through healthcare professionals working alongside GPs. With increasing demand, online systems help manage GP appointments more efficiently. Submitting an online form allows your request to be triaged immediately. Urgent cases are prioritised, and routine appointments scheduled accordingly—sometimes saving you weeks of waiting. For example, some patients attending drop-in sessions have reported getting a GP appointment or being referred to a specialist within an hour of completing an online form. Others have been directed to healthcare professionals like physiotherapists, had blood tests arranged in advance, or received guidance from Social Prescribers on resolving health-related social issues.

What If I Can't Go Online?

Not everyone finds online systems suitable, and that's okay. You can still call or walk into your GP surgery, where staff can complete the online form for you. However, the more people who choose these traditional options, the longer the queues may become.

More Than GP Access

The NHS App provides convenient features like accessing your consultation records, test results, and hospital letters, as well as ordering



medications in seconds. Other apps, such as Holly Health, can support mental health, prompt medication reminders, and assist with weight loss.

If you're unsure about starting, visit a free drop-in session to get personalized guidance. With just a bit of help, you can unlock the benefits of these services and feel more in control of your healthcare journey.

Martin Gourley
Freelance Training Volunteer

Drop-in advice sessions. Getting online, NHS App, GP and other on-line health services, and learn about Social Prescribing.

February 2025 10am – 12:30pm

Tuesday 4th Feb Steeton Surgery BD20 6NU

Tuesday 11th Feb Crosshills Group Practice BD20 7LG

Wednesday 12th Feb Fisher Medical Centre, Skipton BD23 1EU

March 2025 10am – 12:30pm

Tuesday 4th Mar Fisher Medical Centre, Skipton BD23 1EU

Wednesday 5th Mar Crosshills Group Practice BD20 7LG

Tuesday 11th Mar Silsden Surgery BD20 0DG

Wednesday 12th Mar Fairfield Group Practice, Keighley BD21 2LD

Tuesday 18th Mar Holycroft Surgery, Keighley BD21 1SA

Tuesday 25th Mar Kilmeny Medical Centre, Keighley BD21 1LA

Wednesday 26th Mar Haworth Haworth Medical Centre BD22 8DH



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Haworth Cricket Club (HCC) is on West Lane, tucked behind a row of houses. We are a friendly and sociable cricket club with two senior sides and a junior section with teams at Under 9, 11, 13 & 15. We are very proud of our picturesque ground set amongst farm fields with wonderful views and we welcome everyone who wishes to join us, whether it be to play or spectate. We just want everyone to enjoy the views, the sport, and the club!

HCC is a community club and we are keen to work with local primary schools, churches and other organisations as our facilities can be used all year round. We are contributing to a green environment by having solar panels fitted to our clubhouse roof and hope to be able to extend the changing and clubhouse facilities within the next year, to improve accessibility and inclusivity. Our real ale bar is open on Saturday throughout the season and throughout the winter you will receive a warm welcome and warm fire.

We host a variety of village, sporting, and family events throughout the year, many for charitable donations. Last season we hosted a cricket tournament in memory of a past player who sadly passed away in 2024. We raised £1,300 for each of the two benefitting charities, Sue Ryder, and Brain Tumour Trust. We hope to make this an annual event as a fitting tribute.



We formed in 1887 as Haworth Wesleyans CC, with the first match against Lees Albion on September 14, 1889. The first games were played in a Haworth field at 'Long Bridge,' then at Cooke Gate (just off West Lane) until the present ground at West Lane was opened on Saturday 9th June 1951. From 1893, the club played in the Keighley section of the Craven Senior and Junior Cricket Leagues before being admitted to the West Bradford League. The 1940s was the club's most successful period, winning the League 1944-1948 and completing the double by adding the Keighley cup in 1944-1946. In 1984 HCC joined the Craven and District Cricket League, which the club last won in 2021.



We have several qualified coaches, to cater for all standard of skills and abilities, which help people participate in junior or senior club cricket. Our season starts in April, but indoor winter training starts in February. If you want to learn or return to play cricket, to volunteer, or you'd just like to join a welcoming club and enjoy the friendly social side with fantastic views, then please do contact us using haworthcricketclub@gmail.com

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Couples' Compatibility Quiz: How Well Do You Know Each Other?

Put your relationship to the test with this light-hearted quiz! Answer the questions below without showing your partner, then compare your answers to see how well you really know each other. Keep it fun, and remember, there are no wrong answers (just amusing ones)!

1. What is your partner's go-to comfort food?

Your Answer:
Partner's Actual Answer:

2. If they could instantly master a skill, what would it be?

Your Answer:
Partner's Actual Answer:

3. What's a household chore they secretly (or not-so-secretly) hate doing?

Your Answer:
Partner's Actual Answer:

4. What's their favourite TV show or film to watch repeatedly?

Your Answer:
Partner's Actual Answer:

5. What's their dream holiday destination?

Your Answer:
Partner's Actual Answer:

6. Who takes longer to get ready for a night out?

Your Answer:
Partner's Actual Answer:

7. What's one thing they absolutely can't leave the house without?

Your Answer:
Partner's Actual Answer:

Scoring:

1–2 matches: Room for improvement, but plenty of laughs ahead!
3–5 matches: Solid effort! You know each other pretty well.
6–7 matches: You're practically psychic. True love goals!

Bonus Tip:

For any mismatched answers, use them as a conversation starter. You might discover something new about your partner and share a laugh in the process.

Have fun testing your love ~ and don't forget, it's all about enjoying the journey, not acing the quiz.



True Love:

Seeing the Best Despite the Flaws

Ah, love. That miraculous force that renders us giddy, blinds us to reason, and inspires countless poetic verses. But while the romantics may extol its virtues, the true art of love lies not in seeing perfection but in embracing imperfection. To love someone deeply is to recognise their flaws and say, "Yes, I see you, and I'll stick around anyway."



Consider Only Fools and Horses, a staple of British television and a treasure trove of life lessons disguised as comedy. Del Boy and Raquel, while

not your conventional romantic leads, embody the reality of love in all its messy, imperfect glory. Del, with his grandiose schemes and boundless optimism, and Raquel, with her practicality and patience, are a reminder that love is about acceptance and partnership. Raquel doesn't demand that Del become someone he's not; instead, she meets him where he is, nagging gently but never trying to extinguish his spark.

And perhaps Del and Raquel are onto something. Research by Dr. John Gottman, an acclaimed relationship psychologist, reveals that successful relationships thrive not on grand gestures but on the small, consistent acts of love and acceptance. A British study conducted at the University of Bath found that couples who actively practice gratitude and acknowledge their partner's positive traits ~ despite glaring faults like their inability to load a dishwasher correctly ~ tend to have longer, happier relationships. As the saying goes, love may be blind, but gratitude wears bifocals. Yet, it's not all sunshine and romantic comedies. To truly accept someone is an art that requires patience, a sense of humour, and the ability to



let go of perfection. A survey by Relate, the UK's leading relationship charity, found that a key predictor of relationship satisfaction is the capacity to forgive and adapt. Translation: learning to live with someone's peculiar insistence on talking through every television programme is more important than romantic candlelit dinners; but don't forget the candlelit dinners!

British humour, naturally, offers a way to cope with these irritations. Oscar Wilde quipped, "To love oneself is the beginning of a lifelong romance," but perhaps it's loving someone else's annoying habits that truly tests our mettle. After all, who among us hasn't wanted to throttle a beloved for leaving tea bags in the sink? The trick, dear reader, is to see the tea bags as endearing evidence of their charming disarray. True love is not blind in the sense of ignorance; rather, it sees clearly but chooses to look beyond. It's about supporting your partner in the here and now, celebrating their victories while standing by them through failures. Love, at its finest, says: "I see the worst of you, but I also see your best, and both are enough for me." So, whether you're living your own Only Fools and Horses saga or simply learning to endure the quirks of a significant other, remember this: love is less about grand passion and more about sticking together, laughing through the absurdities, and perhaps even growing fond of those tea bags in the sink. After all, who needs perfection when you have a perfectly imperfect partner to share it all with? ~ Liz Barker

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As the snow finally melts, it seems odd to be talking about the summer, but what a summer we are looking forward to... First, back to the here and now... The first couple of weeks of the new year saw our volunteers and staff out clearing the point work and platforms so that we could provide the only service up the valley when the snow was at its worst. We have been reflecting on our 50+ years of operation and concluded that there have only been a handful of days when we have been unable to run any service due to the weather, which has more recently been caused by flooding around Haworth rather than snowfall. It is thanks to the commitment and tenacity of our team that we provide such a dependable service.

Moving back to warmer climes... we are turning our attention to our 2025 programme of events, which is dominated by our support for the Bradford 2025 City of Culture: we are hosting a production of The Railway Children, which runs from 16 July to 7 September, and we hope it will bring many visitors to the home of the Railway Children to enjoy the production. Tickets are available via the Bradford2025 website rather than directly from us. It will be great to see so much attention on the film that cemented the Railway's future when Oakworth was the central location for the 1970 production and which generated so much interest all these years later. We are just completing phase 2 of our development work at Oakworth, which will open more areas for visitors so you can marvel at the innards of the Oakworth Goods Shed, which has been closed for viewing until now and is

a wonderfully preserved time capsule from when the Railways were at the heart of the nation's freight distribution network. As well as the summer's production, we are still offering our regular programme of events, with trains running during half term (15-23 February), the Steam Gala returning 20-23 March, and the Diesel-focused Gala 19-22 June, with trains operating every weekend too. More details of the events and latest developments on the Railway can be found on our website.

As well as the year's events, we are also turning our attention to the next round of maintenance and overhaul activities, and we are planning a programme of track renewals, work on our buildings and all the other things needed to keep a 150+-year-old railway running reliably and regularly. It's a never-ending task and is costly both financially and in terms of time spent. It takes months of planning and preparation to deliver the range of projects necessary to keep the wheels turning, most notably last year with the replacement of the bridge near the entrance to Haworth Yard, which has been shortlisted for the Heritage Railway Associations "Infrastructure Project of the Year" award, such was the scale and excellence of the work.

If you have the skills and time to support our varied work, we would be happy to welcome you into our volunteer family, and we are always keen to welcome you on board.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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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).

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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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Loose or ill-fitting dentures?
Afraid to smile?*

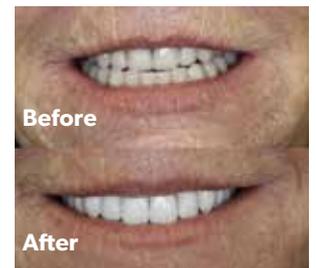


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Every Monday 10am - noon
The Drop-In at St James' Hall Cross Roads. Entrance on Albion Street. Offering a warm, safe space with refreshments & chat.

Every first Monday of a month 1.30 - 3.30pm **The Welcome Drop-In** at Oakworth Methodist Church Share refreshments and chat.

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

First Tuesday of a month 2pm **Worth Valley Branch of the Y.C.A** meet at Oxenhope Methodist Church

First Tuesday of the month 1.30pm **Mothers' Union at Christ Church Oakworth.** Contact branch leader Sharon on 07521 318983.

Every Tuesday 1-3pm **Coffee Afternoon at Hall Green Chapel, Haworth** (downstairs). Free refreshments and friendly chat. Hall Green BookPoint .

Last Tuesday of the month 2pm **Living With Loss Social Group at Christ Church Oakworth.** Supportive chat informally over a cuppa with others who are walking the difficult path of life

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 (in term-time) 8.45am - 10.15am, **ABC 'Adults, Babies & Children's' Group** at Christ Church Oakworth, 20 Colne Road, BD22 7PA. For parents/carers to bring their little ones to a safe welcoming space to play whilst getting together for a chat, cuppa and toast.

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Each Wednesday 10.30am - 11.30am **Coffee Morning at Christ Church Oakworth.** All welcome to come along for chat and a cuppa and biscuits.

Every Wednesday Haworth Senior Citizens Group. 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth. New Members Welcome. Call Doreen 01535 648928

Every Wednesday 2 - 4pm **Oxenhope Community Café & Welcoming Space,** Oxenhope Methodist Church, 1 West Dr, Oxenhope, Keighley BD22 9LJ

Every Second Wednesday of a month **Worth Reading Book Club** meet at **7pm in the basement of Pavé.** No fee. Anyone wishing to join us can ring Megan on 07443 333581 to get more information.

Coffee Morning every 4th Thursday of the month 10am to 12pm at Keighley New Church, Braithwaite Road, Keighley BD22 6PX. All are welcome.

Oxenhope Pensioners Club (over 65's) meet at **Oxenhope Cricket Pavilion twice monthly, 1.00pm - 3.00pm, alternate Thursdays.** Please ring Diane on (07970) 720068 for more information.

Every Thursday 1pm - 3pm **The Shed Oakworth Village Hall.** New members welcome.

Every Thursday Tech Shed free drop in 5 pm - 7pm at Haworth Village 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

Thursdays (October - April) **Keighley Men's Forum,** Corner entrance of Keighley Playhouse, 1 Devonshire Street, Keighley Refreshments from 9.30am, Speaker at 10.15am Variety of speakers/ presentations £2/week inc. refreshments

Every Friday 2 - 4pm **Haworth Ladies Badminton Group** at Haworth Village Hall. Call 01535 644136.

Every Saturday 1-3pm **Hall Green BookPoint.** Hall Green Chapel Haworth (downstairs). Free

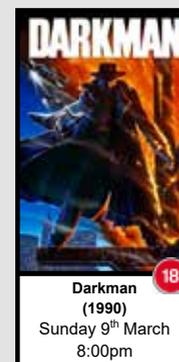
Sat 1st Feb & 1st March 10am - 11.30am Lees Methodist Church **FREE Coffee Morning**

Fri 7th Feb, 2pm **Beetle Drive** at **Cross Roads and Lees Church and Chapel Ladies Group,** St James' Church, Cross Roads.

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Fri Feb 14th, 7:30pm **Haworth Cinema** presents *Fallen Leaves* at West Lane Baptist Church. Adults £5 Students £3.

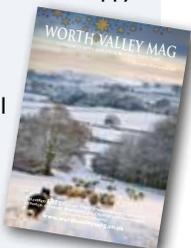
Sat 15th to Sun 23rd Feb **Keighley & Worth Valley Railway Half Term Happiness Train Services.**

Sat 1st & Sun 2nd March 10am **Haworth & Yorkshire Creatives Market** at Haworth Bronte Old School Rooms, Church Street, Haworth.

Fri Feb 28th, 7:30pm **Haworth Cinema** presents *Capitano* at West Lane Baptist Church. Adults £5 Students £3.

Cover Chat (Yes, we're listening!)

Following last month's experiment using AI to create our cover, we were delighted to hear from so many of you. It's clear that you feel passionately about showcasing real, local photography. We've listened, and we're happy to embrace your feedback. Moving forward, we invite you to submit your images for our magazine covers. We'll credit all photographers whose work is selected.



We're looking for bright, impactful, and seasonal images that celebrate the beauty of our local area. Suitable subjects include landscape, wildlife, pets, flower, and fauna.

- Please ensure submissions are:
- ◆ High resolution (JPEG or PNG format),
 - ◆ Portrait-oriented,
 - ◆ With consideration of the placement of our masthead ("Worth Valley Mag") without obscuring the photo.
 - ◆ Send to: mail@worthvalleymag.co.uk

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Peatlands vs. Wind Farms: A Battle for Conservation

The **Worth Valley Against Walshaw Wind Farm** campaign is gaining momentum. Proposed in September 2023 as England's largest onshore wind farm, the project includes 65 turbines, each up to 200m high, spanning 2,352 hectares (over 9,000 football pitches) across moorland between Top Withens, Pecket Well, and Widdop. The developers now plan to submit revised proposals to the Planning Inspectorate this spring, bypassing Calderdale Council.

The site lies within the South Pennine Moors SSSI, the largest area of unenclosed moorland in West Yorkshire. It is a Special Protection Area for birds, including red-listed curlews, skylarks, lapwings, golden plovers, merlins, and twites. Additionally, it's designated as a Special Area of Conservation for its priority-protected blanket bog, peatland habitats, and associated wildlife and plants. These protections, rooted in UK law, highlight the moor's ecological importance.

While we support clean energy, wind farms on peatlands fail to deliver the desired benefits. Peatlands store carbon and sustain biodiversity, but wind farm construction on peat releases stored carbon and damages fragile habitats. In a recent government consultation, 90% of respondents called for stronger protections for peat soils.

Our campaign seeks a ban on wind farms on protected peatland. A petition to Parliament is pending approval, so stay tuned for updates via our website and social

media. Meanwhile, we urge constituents to contact Robbie Moore MP, asking him to lobby Ed Miliband for a ban.

Tips on what to write here: <https://bit.ly/3BoChFI>, or use QRcode: 
Contact Robbie Moore MP:
Email: robbie.moore.mp@parliament.uk
Post: Shan House, 80-86 North Street, Keighley BD21 3AG

Include your full name and address to confirm your constituency. Robbie Moore MP opposes the Walshaw Moor wind farm, stating, **"I cannot see how the catastrophic environmental damage can be mitigated. The case for this location must be unequivocal."**

Our campaign is supported by Wild Justice, led by Chris Packham, Mark Avery, and Ruth Tingay. Read updates from campaigner Nick MacKinnon on Mark Avery's blog: <https://markavery.info/blog/archived-blog-posts/walshaw-turbines/>

Follow us:
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Facebook: Worth Valley Against Walshaw Moor Wind Farm
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Sudoku

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

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

This month's prize is generously donated by The Keighley & Worth Valley Railway: (Day Rover Pass)

Email your answer along with your name & address to:

mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Feb 16, 2025.



The location of last month's competition was Cross Roads Fish Shop and the winner was Johnny Morrall from Norfolk.



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BEHIND THE SCENES AT THE MUSEUM

Happy New Year from everyone at the Brontë Parsonage Museum! 2025 is set to be an incredible year for all of us in the Bradford area, as we celebrate City of Culture right on our doorsteps. Keep

a lookout for events and opportunities throughout the next twelve months – some of which are happening right here in Haworth. Now the new year is underway, we're excited to reveal the theme of our special 2025 exhibition, which opens in February. This one has a particularly local focus.

From Haworth to Eternity: The Enduring Legacy of

the Brontës charts the rise of Brontëmania, especially on film and TV, putting Haworth's role centre stage. Highlights of the exhibition include early souvenirs from the Parsonage and props from Sally Wainwright's 2016 film, *To Walk Invisible*. Particularly tantalising is the production script from the first, silent film adaptation of *Wuthering Heights* in 1920, which will also be on display. The script details all the instructions for producing the film – but the film itself has never been found.

Haworth's history is entwined with the story of the three sisters, and many of

the precious items we have in our care have come to us from local families and friends of the Brontës. We're continuing our local history theme with a talk which digs into the murky world of sanitation

in the nineteenth century, lifting the lid on hygiene at the time of the Brontës. Happily, this coincides with the opening of our brand-new (squeaky-clean!) visitor and **Changing Places** facilities. Our new exhibition, the opening of our visitor facilities, and our sanitation talk all take place on **Saturday 1 February**, and we'd love to see you there!

The talk is free for local residents (and with entry to the Museum) – and if you're lucky, you might just spot a couple of friendly, talking flowerpot men outside the visitor facilities, a sure sign that spring is on the horizon. Find out more about the new season at the Museum over on our 'What's on' page. Just head to our recently refreshed website, bronte.org.uk. Remember, local residents enjoy concessionary prices, children go free, and you can return time and again on your ticket for twelve months at the Museum – including admission to our 'free with entry' events!



The first film adaptation of *Wuthering Heights* in 1920 was shot in and around Haworth. ©The Brontë Society


Brontë Parsonage
MUSEUM

Haworth, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk

Reg Charity: 529952 Reg Company: 73855

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Leftovers Chicken and Vegetable Stew with Dumplings



~ Martin Lingard

This is a great dish for winter as it is hearty, warming, tasty and healthy, plus very economical. It makes good use of leftovers and any veg you may have hanging about in the fridge, freezer or store cupboard. It does take a few hours to make, but most of this time is just the stock simmering slowly, leaving you free to crack on with other stuff... Feeds 4 well.

Ingredients

For the stock:

- Leftover roast chicken carcass
- 1 medium onion, peeled
- 1 large leek, thickly sliced
- 2 carrots, cut into chunks
- 2 celery ribs roughly chopped (plus leaves)
- A thumb sized bit of ginger root, peeled & sliced
- 2 or 3 garlic cloves
- a dozen or so peppercorns
- a bunch of herbs (parsley, sage, bay, thyme etc)

For the stew:

- 4 tbsp pearl barley
- 2 tbsp soy sauce
- 4 carrots, peeled and diced
- 2 medium potatoes, peeled and diced
- Mixed green veg' - whatever you have to hand (frozen peas, green beans, bag of spinach etc)

Leftover roast chicken

For the dumplings:

- 75g suet
- 150g self-raising flour
- ½ tsp salt & pepper

Method

Take your chicken carcass, remove all the remaining meat and set to one side in a bowl. Break up the remaining carcass and wings, legs & thighs and place in a large stockpot, skin, bones, jelly & all. Chuck all your other ingredients into your pot too, you can also add spices such as a few cloves, a star anise, a handful of coriander



seeds and a few chilli flakes here too if you wish. Cover with 2 to 3 litres of water and bring to the boil. Once boiling, put on the lowest possible heat setting, skim off any scum, bob on a lid and leave for 2 to 3 hours, go and watch a movie!

When time's up, drain through a colander into a large bowl or pot, discard all the bones and veg'. Clean your stockpot then strain the stock through a fine sieve back into your stockpot. Return your pot to a high heat, add your pearl barley and soy sauce. A glug of sherry works well too here if you have any left from Christmas!

Boil without a lid for 15 to 20 minutes, this is to ensure the barley is cooked and it also concentrates the flavour. Add the carrots and potatoes, turnips, swede or parsnips can be used as well or instead of here if that is what you have. Season to taste. Reduce to a simmer, bob on a lid and leave for 20 minutes while you make your dumplings.

To make the dumplings, lob the flour, salt, suet and a bit of ground pepper into a mixing bowl, mix with the back of a knife, adding one tablespoon of water at a time. After 3 to 4 tablespoons, you will have a firm springy dough. Roll into approximately 12 small (walnut) sized balls.

Now remove the lid, add the green veg' and chicken and stir well then lower your dumplings on top, spooning some liquid over them. Bring back to a simmer and cook for another 10 to 15 minutes before serving in deep bowls.

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Community Champions: Lindsay and Christine Harker's Inspiring Contribution to Bowling

Haworth Crown Green Bowling Club Triumphs on and off the Green!



Christine and Lindsay receive the Gordon Daley Trophy

At the annual presentation evening of the Worth Valley Bowling Association at Keighley RUFC on 15 November, Haworth Crown Green Bowling

Club carried off two trophies for winning Division 4 and being runners up in Division 2. The Association then made a surprise presentation of the Gordon Daley Trophy for Outstanding Achievement, awarded to those considered to have made a special contribution to the local bowling scene, to two committee members of the Club, husband and wife team, Lindsay and Christine Harker.

Lindsay and Christine have worked tirelessly rebuilding the Club, (which two

years ago was almost defunct), into a viable and respected community asset with almost a hundred members.

Their pioneering work with older people, local school children, and several different community groups has helped to introduce a whole new section of the public to the sport of bowling and has massively enhanced the reputation of the Club as an enthusiastic contributor to the social life of Haworth village.

'We love what we do and were totally overwhelmed to receive this award' said Christine. 'We could not have achieved what we have without massive support from our players, supporters and committee members' 'We hope that many more local people will come and join us this upcoming season' added Lindsay.

If you'd like to get involved contact the **Haworth Central Park Bowling Club** on Facebook. Or call in at the club: Central Park, Haworth, Butt Ln, Haworth, BD22 8QQ 07472 319043



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Light refreshments served throughout the day.

Photo and video by John Sargent, The Image Studio

Here is a video from our previous Open Day!



We are located in Haworth Village Hall, Butt Lane, Haworth BD22 8QJ



Space To Inspire aims to encourage school age children to take part in *STEM subjects using the universal fascination with the cosmos, robotics and technology.

email: more@spacetoinspire.co.uk
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*STEM is an acronym for science, technology, engineering and maths

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Sudoku Solutions

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

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

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

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

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amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

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