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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July/August 2022

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Welcome to the summer edition of the community magazine.

There is no shortage of things to do in and around the Worth Valley as well as in the Aire Valley. Walks, talks, exhibitions, fundraisers, and a free Summer Event at Haworth Tennis Club, are just some of the opportunities featured in our pages. The long anticipated release of film 'The Railway Children Return' has sparked renewed interest and enthusiasm from visitors to the Keighley and Worth Valley Railway as well as the wider region. You can share in the joy by taking part in a specially themed event August Bank holiday. See page 21 for details.

If you live in Hainworth, Oldfield or Oakworth please note the Keighley Town Parish Poll taking place July 21st on the Health & Wellbeing Hub proposed for the centre of Keighley. Exercise your right to vote and be heard. More details on page 9. Have a super summer!



Liz Barker, Editor

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We are also pleased to announce that we will be offering **Ear Wax Removal Clinics in HAWORTH** on the Last Wednesday of each month.

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KEIGHLEY & DISTRICT AGRICULTURAL SHOW

Save the date! **Saturday 3rd September 2022, 8.00 am - 5.30 pm**

Thanks to the generosity of Keighley Town Council, we are able to offer specially subsidized ticket prices for the 2022 Show: All Adults aged 16 years and over: £5 Under 16 years old accompanied by a paying adult: **Free Free Parking or Free Vintage Bus Service** provided by Keighley Bus Museum Trust running regularly between Hanover Street and the showground, via the Railway Station.

Visitors to the Show are promised a varied and exciting day. Lined up for 2022 are some exciting attractions including **Strongman John Evans - The Balance of Power!** John performs some amazing feats, balancing on his head things like a 12' flagpole; 10 full size car

tyres; 20 tables and even a driveable dirt bike!

Shane Green is an **international Chainsaw Carver** and has represented England at major competitions over the last ten years. He will be doing a number of demonstrations / speed carves during the day.

Other attractions include the return of the ever popular **Terrier Racing, Ferret Racing, and Fun Dog Show**. A wide range of **Equestrian classes** will also be running throughout the day. There will be a range of **Vintage Cars** courtesy of the Craven Old Wheels Society and a display of **Vintage Tractors**. Children from a local dance school, **ShowKids**, will be showcasing their talents.

There will also be **Children's Amusements**, a wide range of Trade Stands, a **Licensed Bar** and Catering Stands offering a variety of things to eat and drink during the day.

As well as traditional agricultural classes on show through the day - **Cattle, Sheep, Pygmy Goats, Large Fowl, Bantams, Waterfowl & Eggs**, - there are around 60 classes in the **Handicraft, Flower Arranging, Art, Photography and Baking** sections, including some for children, and over 100 classes in the **Horticulture** section for novices and experienced gardeners alike.

And last but not least, classes for **Guinea Pigs**. If you want to pick up some bargains at the end of the day, the Horticulture section auction off the exhibited produce at knock down prices about 4.30 pm. There is also the chance to bid for some beautiful flower arrangements about 4.45 pm in the Hospitality Area. For more information:

www.keighleyshow.co.uk
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Every Tues, Weds, Thurs & Saturday 9-4. **Haworth Riding for the Disabled Group**, Vale Mill Lane, Haworth. All welcome. Call: 01535 649448. Volunteers Wanted

Haworth Bowling Club Central Park learn and practice crown green bowling, equipment available to loan. Contact via The Haworth Bowling Club face book page or ring 07843048833

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

Every Thursday 1pm - 3pm The Shed Oakworth Village Hall. New members welcome. Learn, practice or share your skills. Call Carol Grice 07758 710945

Every Thursday from 1.30pm Time For Me Bereavement Support Group meet at The Golden Fleece Inn, Oakworth. A mutual support group for those who have lost someone dear, recently or a long time ago.

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall. New members welcome.

July/Aug/Sept & Oct is Welly Walk at Bolton Abbey.

2nd July to 4th Sept Pirate Ship & Pop Up Beach at Bolton Abbey.

May to 25th Sept Family Cycle Zone at Bolton Abbey 01756 718000

boltonabbey.com/book-tickets-online
3rd Sunday of a month is the Artisan Markets at Haworth Central Park

10 am - 3pm.

Sat 9th July Lees-cum-Cross Roads Annual Gala 1pm from Church of Latter Saints, Cross Roads.

10th & 17th July KWVR Vintage Steam Trains Ride in Victorian and

Edwardian Rail Carriages.

Mon 11th July Haworth & District WI 7.30pm, West Lane Baptist Church. Amanda Peters will be presenting a Vintage Fashion Show.

Sun 17th July 11am - 3pm Cliffe Castle Park & Museum Fairy & Dragon Trail. Dress up and join in with outdoor arts & crafts, dancing, face painting, stalls etc

Sun 17th July Train rides for all the family. Miniature trains running at Marley sports field approx. 13:30 until approx. 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available.

Details at www.kdmes.org.uk/trains
Sun 17th July Bronte Sportive challenging cycling event in the heart of the Bronte Country. More info www.sueryder.org/sportive.

Sat 23rd July until Sun 4th Sept 10-4pm East Riddlesden Hall

Summer Holiday Fun including free craft activities. Www.nationaltrust.org.uk/East-Riddlesden-Hall

Mon 25th July Free Entry Day at East Riddlesden Hall (see page for info)

Weds 27th July Keighley Ramblers "High Brown Knoll & Lumb Hole Waterfall" Moderate 10 miles. Meet 10.30am A6033, Oxenhope-Hebden Bridge Road, just past Wagon & Horses Pub. www.ramblers.org.uk/Keighley

Sat 30th July 11am - 4pm Emily Brontes Birthday Bash at the Bronte Parsonage

Sun 31st July Yorkshire Day, Artisan Market, Live Music children's entertainment in Keighley.

Mon 8th Aug 7.30pm Haworth & District WI West Lane Baptist Church. Fiona Robinson of The Relax Room,

Haworth will be talking about treatments – their origins and benefits.

Sat 13th Aug Quarryfest 2022 (see page 23) at The New Quarry House, Bingley Road, Cross Roads BD21 5QE All day music event in support of Airedale Neo Natal Clinic £10 adults under 15's free Outside bar, bbq, bouncy castle, stalls, face painting and more!

Sat 27th Aug 2.30pm Wuthering Heights Outdoor Theatre (see page 10) at the Bronte Parsonage.

Sun 28th Aug Haworth Veg & Flower Show Haworth Village Hall Butt Lane (see page 22)

Sat 3rd Sept Keighley & District Agricultural Show (see pages 6&7 for full information). Marley Playing Fields, Keighley.

Have your say



A Parish Poll is to be held on **Thursday 21st July, 2022.**

Polling at all the usual Poll Stations across Keighley Parish (Worth Valley: Hainworth, Oakworth & Oldfield)

Poll Stations open between

4.00 pm and 9.00 pm.

The 3 questions on the Ballot Paper are:-

- 1) Do you want a Health & Wellbeing Hub in Keighley?
- 2) Do you want a Health & Wellbeing Hub on the vacant land at the corner of North Street & Cavendish Street?
- 3) Should the vacant land at the corner of North Street & Cavendish Street be recognised as a Public Open Space?

**Behind the Scenes at the Museum –
July / August 2022**

It's warm, it's sunny, so where better to spend the summer other than in Haworth? Here at the Parsonage we can't wait to welcome you to the museum to celebrate summer in style.

On **Friday July 29** we have a special **Parsonage Unwrapped, 'To Hollywood and Back Again'**, taking a look at some of the iconic moments in film and television in which the Brontë family and legacy are bought to life.

Fancy making a weekend of it? Join us at the Parsonage the next day to celebrate the **birth of Emily Brontë**. Between **11am and 4pm on Saturday 30 July**, we'll be hosting our second

Big Brontë Clothes Swap. Following the success of our first Clothes Swap in March, the Clothes Swap will take place in the Old School Room, where there will be tables, rails and hangers ready for you to bring your unwanted clothes and accessories. Throughout the afternoon you will be able to swap, trade and donate clothes, finding treasures in another person's 'trash'. This event is free, just pop along with a smile and some clothes to swap! On the same day between **12pm and 2pm**, we're hosting a **lino carving and printing workshop** where you can carve and create your very own linocut design inspired by the work of Emily Brontë and print onto pages of 'Wuthering Heights'. (The workshop costs £10 – please book in



advance online!) You can also catch a **free talk on Emily Brontë at 2.30pm**. It will be a full day of birthday fun to celebrate our wild Brontë sister, we hope to see you there.

Whether you're swapping clothes at our Clothes Swap, or visiting our **Defying Expectations exhibition**, it's clear that garments and accessories are important to both the Brontës' and our own lives. Artist Hannah Lamb has been working with the Parsonage to create a piece of art inspired by the memories that people have about clothes. For her artwork titled **'Fragment of a Dress'**,

Hannah has collected visitors' stories about clothes that hold significance to them. These handwritten responses have been carefully embroidered onto a specially created transparent silk dress, and will

be exhibited in the Servants Room from the end of July to December. August is just around the corner, and we're excited to spend it outside. Join our brilliant band of volunteers gardeners on **Sunday 7 August for a plant sale**, and on **Saturday 27 August SISATA theatre company** are performing their new adaptation of **Wuthering Heights** in Parson's Field. To book tickets or find out more about any these events, have a look at our website, www.bronte.org.uk/whats-on. And if you are interested in joining our **team of volunteers** to help deliver some of these events, we'd love to hear from you! Visit our website or email Sassy Holmes at sassy.holmes@bronte.org.uk.

Summer at the Brontë Parsonage Museum

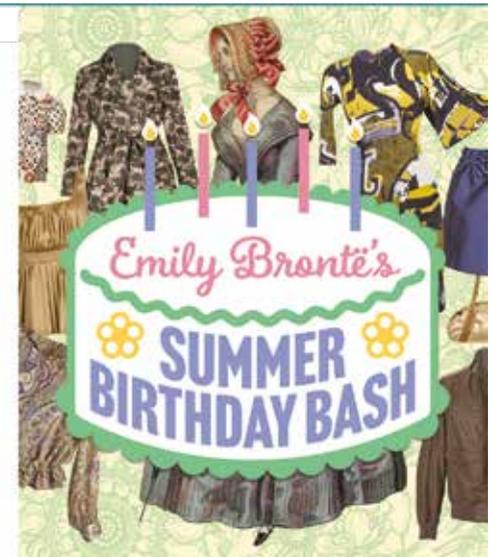
SATURDAY 30 JULY, 11-4pm

Emily Brontë's Summer Birthday Bash

SATURDAY 27 AUGUST, 2.30-4pm

Wuthering Heights – Outdoor Theatre

For details of these and other events, please visit www.bronte.org.uk/whats-on or call into the Museum.



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**Walk the Bradford District Fair Trade Way with us!
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Walk Haworth to Thornton, via Denholme. (8m)

Start: 10am. Bronte Parsonage, outside the museum shop
3.30 – 5.30pm “Chocolate Has A Name”

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<https://www.chocolatehasaname.org.uk>
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Sun 10th July

Walk Thornton to Bradford. (6m)

Start: 9.45am. St. James Church, Thornton, BD13 3AB

Walks: Strong footwear along with outdoor clothing to suit the weather is essential. Please carry sufficient drinks and food. Packed lunch is recommended. Reasonable level of fitness required: there are some steep walk sections and stiles, and some areas may be muddy. Organiser: Bradford Fairtrade Zone. Participants walk at their own risk.

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Where in the Worth Valley? COMPETITION

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

This months 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 the 20th August 2022.



The June location was Teapot Dam and the winner was Joshua Day from Oxenhope.

Robbie Moore MP




Keighley, Ilkley and the surrounding areas

For help or advice please contact:
Office of Robbie Moore MP
Shan House, 80-86 North Street
Keighley, BD21 3AG
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How muscles repair: advice on how to speed up your recovery. by David Hanson

We probably all know the feeling and the pain associated with a pulled or strained muscle - the inability to move freely and the impact it has on our function. If you enjoy exercise then a pulled muscle can be a nightmare if the affected muscle stops you from doing your workout and giving you that 'endorphin high'. If you've strained a muscle in your lower back, sitting at your work station or doing housework will be extremely painful or even impossible to do.

A tear or strain happens when the muscles have been stretched or overworked too quickly. Luckily, our bodies are remarkable in that they have the ability to regenerate and repair and damaged muscles do this very effectively. Just picture that sprinter flying down the straight in the Olympic 100 metres final only to pull up sharply clutching the back of their thigh. The pain and anguish etched all over their face tells you that they've pulled their hamstring - a group of 3 powerful muscles responsible for producing speed of movement. If you've done this you'll know just how painful and debilitating a hamstring tear is, but that sprinter will perhaps be out injured for 4 to 6 weeks before they return to sprinting as quickly as they ever have with no long term detriment to their performance.

When you tear a muscle the most important advice that I can give you is to STOP! The **RICE** principle which stands for **R**est, **I**ce, **C**ompression and **E**levation should be followed for the first 48 to 72 hours. Under no circumstance should heat in the form of a hot water bottle, wheat bag or a hot bath or shower be applied to the injured area. This will increase blood flow to the damaged area and increase bleeding, inflammation and swelling making your pain worse and increasing your recovery time. Compression of the injured area with a bandage and elevation where the affected muscle is raised

so that it is higher than the heart will further help to control swelling and inflammation.

Pain from a torn muscle should start to ease considerably within one week as the injury begins to repair. During this repair process a cell called a macrophage is introduced into the injured site and this 'eats' and 'cleans away' the dead tissue and dry blood caused by the injury. Once this is complete another cell, called a satellite cell, is released into the injured area. Satellite cells transform into myoblast cells, which group together to create new muscle fibres. However, unlike a broken bone that is repaired by regenerating only new bone, an injured muscle is not replaced with only new muscle fibres. Another cell, called a fibroblast, also produces connective tissue at the injured site. It is a combination of connective tissue and muscle fibres that repair the injured muscle. This repair phase is usually peaking at around 2 weeks after injury and it is usually at this point that you can return safely return to some light activities in which the injured area is put under some gentle loading.

Typically, static or isometric exercises where the muscle contracts but there is no movement of the joint or limb, are implemented first. Thereafter, isotonic exercises that involve joint movements are introduced. This, in combination with gentle stretching, is standard during the repair phase.

The final stage of muscle repair is the remodelling phase. During this phase the regenerating muscle fibres and connective tissue continue to mature and are being oriented into the final scar tissue. This stage is important for the manner in which the scar tissue is being layed down. The aim is to get the fibres within this new scar tissue to run in straight lines which is typical of normal muscle tissue. Poorly aligned scar tissue is likely to break down and reinjury can occur. Treatment during this stage should include some manual therapy such as massage and soft tissue mobilisation to enhance the final scar tissue formation and allow it to absorb the load of exercise as we return back to full function.

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The Railway Children film was my childhood favourite. I'm old enough to remember when you had to wait for the TV companies to decide to air a movie rather than being able to download it at will, so every Christmas I would scour the Radio Times until I found when it was on over the festive period and then would be glued to the film from start to the very finish of the credits. The film is what drew me to the Railway and I've been hooked ever since. Now there's a new chapter starting, with a sequel to the iconic family film being released in July. It's been a long time in the making, and it's over a year ago that the cast - which includes Jenny Agutter and Sheridan Smith - were on the line during the period of filming. We are very excited to see the Railway as one of the stars of the film, not least because we know how important the location was to the producer. Indeed, she checked that Jenny and we would be involved in a new film before launching the project.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chair

We will be celebrating the release of the new film during the summer and running our usual programme of special events. The website has all the details, including our regular services when you can make use of a local residents' railcard. Looking slightly further ahead, we are releasing advance tickets for the Beer and Music Festival, so do book if you want to guarantee a place at this very popular event.

Running and maintaining the 150+ year old line using increasingly elderly locomotives and carriages is a real challenge, and it will be very rewarding for our 700 volunteers to see what we have achieved when 'The Railway Children Return' film is released. As ever, we are always keen to welcome new members to our band of volunteers, so please do get in touch if you would like to join the Railway's volunteering family.



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There will be a Tombola, Raffle and Refreshments. The presentation of the trophies will be held at 4.00pm before the auction and raffle draw.

We'd like to extend a huge thank you to everybody who kindly sponsors the classes and all the people who help in any way to make the show a success. New exhibitors are always welcome and it will be great to see the regulators who come every year and make it a quality show.

Anyone who would like a schedule please contact Mrs Ruth Shepley on 01535 643437 or email haworthshow@gmail.com

The Haworth and District gardeners 102nd annual Flower Vegetable and Produce Show will take place on **Sunday the 28th of August, 2022**. We look forward to welcoming you back after a three year absence due to the pandemic. The show will be held at Haworth Village Hall, Butt Lane, Haworth. It is one of the largest shows of its kind in the area with 105 classes for Vegetable and Flower growing, Jams, Chutneys, Home baking, Handicrafts, Photography, with beginners classes for all age groups.

The subjects for the photography classes this year are 1) **Keighley and Worth Valley Railway** and 2) **A Flower**, (size not to exceed 6in x4in and no border or mounting required).




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Summer fun at East Riddlesden Hall
Free Entry Day: Monday 25 July

Come out and play at East Riddlesden Hall this summer, with something to enjoy every day during the holidays*.

Hear about the exciting summer programme and join in with special Free Entry Day events, including seed planting with the gardeners, cross stitching and wildlife discovery. Pick up your “come out and play” challenge card, with a range of activities you can come back and enjoy all summer. Have a game of hide and seek, build a den or join a regular Tuesday family yoga session. There will be different craft activities to enjoy each week too. On sunny days, deck chairs and lawn games will be out in the gardens. There’s also a new trim trail to discover, with a climbing wall, balancing logs and a bridge to clamber across.

*East Riddlesden Hall is open Saturday – Wednesday. Normal admission charges apply for entry. National Trust members and under 5's go free. There is no charge to visit on the Free Entry Day on Monday 25 July.



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