

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2023



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Hello and welcome to March!
We continue with our theme of living well for less and staying positive despite the challenges we all face.

The Worth Valley Mag is filled with a number of things to enjoy this month with friends and family without feeling like you are missing out...for example, the Mother's Day Special at the Spar based Butcher, Graham Eyes, where you can enjoy 20% off beef roasting joints or take advantage of the 'Spend & Save' vouchers.

Keep your motor going...It's hard to beat the £30 MOT from AG Motors in Keighley... see page 10 for the details.

If you fancy a day out and about, Harveys of Halifax is offering a free hot drink (voucher on p7) or The Robin Hood Inn at Pecket Well has a lunch time meal deal (2 for £17).

As ever, wishing you the very best.

Liz



Liz Barker, Editor

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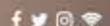
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Vegan Curry for supper

by Martin Lingard



When I first left home (a long time ago) I cooked and ate a lot of vegetarian and vegan food, not for any particular ethical reason but because it was cheap and I was on a budget; it meant I had more beer money! The three recipes below became a regular part of my repertoire. I still cook them today. We thought it would be good to share these recipes in the current economic climate, served with plain boiled rice or bread, these dishes will feed a family of six for around £2 per head. The lentils and spices will keep and can be used for other meals.

Green lentils with spinach & ginger

Ingredients (Serves 6)
 250g green lentils (£2 / kg)
 Fresh ginger root about the length of your thumb (£1- £2 for a good sized root)
 6 cloves of garlic, peeled (£1 for 4 bulbs)
 1 tsp whole cumin seeds (£2 bag)
 Vegetable oil (under £2 / litre)
 500g frozen leaf spinach (1.80 / kg)
 1 medium onion, chopped ((£1/kg)
 Salt & Freshly ground black pepper
 1 lemon, juiced (£1.50 for 4)
 ½ teaspoon of chilli powder (£0.75/100g)

Method

Rinse the lentils under plenty of cold running water then drain, put into a roomy pot and cover with roughly a litre of water. Add two slices of unpeeled ginger and two peeled cloves of garlic to your pot, put on a direct heat and bring to the boil, skimming any scum from the surface. Reduce the heat and simmer your lentils gently for approximately an hour or so until tender. Fish out the slices of ginger and set the pot to one side. Meanwhile, bring another pot of water to the boil, add the frozen spinach, bring back to the boil, simmer for a minute or two, drain and set aside. Now finely chop your remaining cloves of garlic, peel and grate the remaining fresh ginger. Heat the oil in a large pot, adding the cumin seeds when hot, they should start to sizzle, add the chopped garlic and stir until they start to turn golden, then add the onion. Once the onion is starting to brown add the spinach and fresh ginger, stir fry for a minute before tipping in your cooked lentils. Add salt and freshly ground black pepper to taste, the juice from your lemon and the chilli powder. Give it a good stir, bring to a very

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gentle simmer, and cook gently for a further 15-20 minutes. If you think it's too thick, add a little more water; if you think it's too watery, remove the lid and turn the heat up for 5 minutes, stirring more frequently.

Beetroot in a tomato & onion sauce

This is better if cooked the day before, left to cool then refrigerate and heat through the next day.

Ingredients (Serves 6 as a side dish)
 2 bunches fresh beetroot, peeled, halved, and cut into 10mm slices (£1.50 / bunch)
 Vegetable oil
 2 cloves of garlic, peeled and finely chopped
 1 heaped teaspoon of cumin seeds
 1 medium / large onion, chopped
 1 heaped teaspoon of plain flour
 ½ teaspoon of chilli powder
 1 x 400g tin of tomatoes (£0.40 / tin)
 Salt to taste

Method

You need a reasonable sized stovetop pot or pan for this. Pour a good glug of vegetable oil into your chosen pan, put over a medium to high heat, when hot, chuck in your cumin seeds, followed by the garlic, then a minute later, once the garlic is turning golden, add the onion, continue stirring and frying until the onion starts to colour, then add the flour and chilli powder, stir to mix then add the remaining ingredients and 0.5 litres of water. Stir, bring up to a simmer, reduce the heat to low, pop on a lid and cook gently for 30-40 minutes till tender (this depends on the size and age of the beetroot). Remove the lid, turn up the heat and stir for 5-10 minutes until the sauce has thickened.

Cauliflower with onions & tomatoes

Ingredients (Serves 6 as a side dish)
 1 medium onion, cut into chunks
 1 thumb sized length of fresh ginger, peeled & sliced
 1 large or 2 medium cauliflowers (£0.50 / £1 each size dependent)
 Vegetable oil



4-6 cloves garlic, peeled and finely chopped
 1 teaspoon of ground cumin (£0.75 / 100g)
 1 teaspoon of ground coriander (£1 / 100g)
 ½ teaspoon ground turmeric (£0.75 / 100g)
 400g tin of tomatoes
 ½ teaspoon of chilli powder
 1 lemon, juiced
 Salt & black pepper to taste

Method

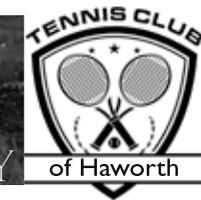
Break the cauliflower into bite sized florets and soak in cold water for 20-30 minutes before draining. Put the onion and ginger and a few tablespoons of water into a blender and blend into a runny paste. Pour a good glug of oil in a large sauté pan or shallow stovetop casserole on a high heat, add the garlic and fry until golden then tip in your cauliflower florets, stir fry for 4-5 minutes, by which time the florets should be starting to brown in places. Fish out the florets and set to one side in a bowl before adding your ginger onion paste. Fry this for a minute then adding the remaining ingredients and a cup of water. Bring to a simmer and cook gently for 5 minutes, stirring frequently before adding the reserved cauliflower florets and garlic. Cover and cook gently for 10 minutes.

Say you saw it in the Worth Valley Mag!



COMMUNITY PAGES

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Every first Monday of a month 1.30 - 3.30pm The Welcome Drop-In at Oakworth Methodist Church Share refreshments and chat. Supported by Carers' Resource and Dementia Friendly Keighley. Everyone welcome.

Every Tuesday Rethinking Pain at West Lane Baptist Church, Haworth 1pm - 2pm A Group for people living in pain. Free gentle movement exercise classes for people in persistent pain.

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 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 Bronte, Lees Lane, Haworth BD22 8RA. 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. **3rd Sunday of a month** is the **Artisan Markets at Haworth Central Park** 10 am - 3pm.

Weds Feb - 1st Jan 2024 Bronte Parsonage Museum The Brontes and the Wild This exhibition considers how landscape, weather and the natural world play an important role in the lives and work of the Brontës.

Keighley 3rd Age Group Meet at Action Point (formerly Temple Row Centre) at 10am. Free refreshments. Speaker Graham Mitchell

Feb - 30th April Secret Life in the South Pennines at the Bronte Parsonage Museum an exhibition of woodcuts by artist Angie Rogers, depicting the flora and fauna of the local landscape. **1st - 31st March East Riddlesden Hall 10.15 - 11.15 am** Each week we will tell a different story, centred around nature. Children can then head outside to our new Discovery Garden to enjoy playing outdoors! **Fri 3rd March 2pm at St James' Church, Cross Roads, Cross Roads and Lees Church and Chapel Ladies Group: Quiz afternoon.**

Sat 4th March 10 - 11.30am Lees Methodist Church Coffee Morning Spring into Spring **Thurs 9th - Sun 12th March Steam Gala Keighley Worth Valley Railway** Throughout the four days, you'll be able to ride behind guest locomotives and home fleet engines, with intensive passenger service running on the railway. There will be freight services and unique double headed trains throughout the traction-packed weekend.

Fri 10th March Haworth Cinema film The Lost King 7pm West Lane Baptist Centre, Haworth **Sat 11th March 11am - 2pm The Big Bronte Book Swap at The Old School Room, Church Street, Haworth.** At this free event you can bring some books that you've read along to our warm and welcoming space. You'll get the opportunity to have some free refreshments, chat to others about your favourite authors, and swap your books for something you've not read before.

Mon 13th March 7.30pm Haworth and District WI at West Lane Baptist Church, Haworth Peter Hill's talk about Nell Bank Children's Activity Centre, Ilkley.

Sun 19th March 9 - 11.30 am Sue Ryder Keighley 10K & 5K at The Leisure Centre, Hard Ings Road, Keighley. **Sun 19th March Afternoon Tea on the Keighley & Worth Valley Railway.**

Thursday 23rd March Oxenhope Antiques & Collectors Society AGM for members only. Sadly this will be our last meeting as the membership numbers have fallen over the last few years and no new people come along to join us. The costs of speakers and room hire have beaten us and it is with regret we have had to make this decision.

Fri 24th March Haworth Cinema film Ticket to Paradise 7.30pm West Lane Baptist Centre, Haworth

Sat 1st April 10 - 11.30am Lees Methodist Church Coffee Morning Easter Extravaganza

Sun 2nd April "Oakworth/Haworth circular" Moderate 5 miles. Meet 10.30 on Wide Lane, Oakworth, by the crematorium. www.rambers.org.uk/keighley

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BEHIND THE SCENES AT THE MUSEUM

It's **International Women's Day** on **Wednesday 8 March** and so we thought we'd share this quote from '**Jane Eyre**' with you.

"Women are supposed to be very calm generally; but women feel just as men feel; they need exercise for their faculties, and a field for their efforts, as much as their brothers do; they suffer from too rigid a restraint, to absolute a stagnation, precisely as men would suffer; and it is narrow-minded in their more privileged fellow-creatures to say that they ought to confine themselves to making puddings and knitting stockings, to playing on the piano and embroidering bags. It is thoughtless to condemn them, or laugh at them, if they seek to do more or learn more than custom has pronounced necessary for their sex."



Nicky Peacock, Writer in Residence, Brontë Parsonage Museum

Of course, there is nothing wrong with making puddings and knitting stockings, but this quote reveals the intensity of Jane's yearning for freedom and equality, things which millions of women across the world are still denied today. It is also a startling reminder of the contemporary relevance of **Charlotte Brontë's** writing and explains why 'Jane Eyre' is often described as a feminist novel. We're sure Charlotte would be gratified to know that today, the Brontë Parsonage Museum and Haworth are full of strong, independent women and that many visitors to the Parsonage cite Jane Eyre as an early inspiration for their own sense of

independence. We think it's really important to celebrate International Women's Day and have organised a number of events to mark the occasion.

On **Wednesday 8 March**, we're partnering with Elizabeth Gaskell's House and Jane Austen's House to present an event with Bafta-awarding winning screenwriter, **Sandy Welch**, who is responsible for top tv adaptations including 'North and South', 'Jane Eyre' and 'Emma'. **Join us on Zoom at 7pm** for a revealing look at these 19th century classics and their re-invention for the small and big screens. **Tickets are available now from our website.**

On **Saturday 11 March, 11am – 2pm**, we're holding our **first Big Brontë Book Swap!** We're inviting local residents and visitors alike to bring

a book they've enjoyed along to our event space in the **Old School Room** and swap it for one they haven't read. Everyone is welcome and there'll be friendly chat and free refreshments. Following on from the book swap, **Nicky Peacock** will be reflecting on her year as Brontë Parsonage Museum Writer in Residence. This will be a relaxed and informal event with Nicky chatting, sharing stories and answering your questions. Both these events are free, but please head to our website for more information and to reserve your seat – even strong and independent women need to sit down sometimes! ~ Rebecca Yorke

March at the Brontë Parsonage Museum

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Who are we?

Our Keighley Denture Expert is Joseph O'Reilly (Dip CDT RCS)

Joseph qualified from Leeds Dental Institute as a dental technician and continued to do work for some of the UK's best surgeons. Through his constant passion for his work, he then enrolled for the prestigious Clinical Dental course at the School of Dentistry University of Central Lancashire in Preston. During this time, despite his tender years, his determination and focus pushed him to be recognised as one of the youngest qualified clinical technicians in the UK being awarded a Diploma from the Royal College of Surgeons Edinburgh. Joseph has a passion for the industry, his eye for detail and careful planning ensures only the best results, giving his patients peace of mind and great clinical results. He has now been creating smiles for over 18 years. He is currently working closely with Taylored Dental Care in Keighley. Assessing patients who have had problems with their dentures and providing them with options to correct these.



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

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

	8		1					
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	6	3		5				
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COMPETITION



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Email your answer along with your name & address to:

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The winner will be selected from all correct answers received by the 20th March 2023

The location of last month's competition was Millstack Cafe in Oakworth and the winner was Chris Ropka from Haworth.



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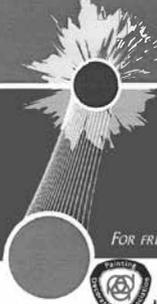
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Whilst we are busily preparing for the Flying Scotsman's visit, plenty is going on. From March 9th to 12th, we are holding our Steam Gala Extravaganza, which for the first time, runs over four days, giving lots of opportunities to ride behind the home fleet as well as visiting locomotives. We will be celebrating the 'London Midland & Scottish' railway heritage of the line, with three visitors representing the railway company that ran the line from 1923 until 1948. After that, ownership passed to British Railways until operations ceased in 1962, and then to the Preservation Society that reopened the line in 1968, and we have been running trains ever since.

Hosting these events takes a significant amount of planning and effort by our small team of staff and 700+ volunteers. We must maintain the fleet of steam locomotives, carriages and wagons that you can see much of during the Steam Gala. As well as the gala and special events, we continue to run every weekend throughout the year and during the week and the holidays. We have a whole programme of events across the year and have just released dates of our popular Yorkshire Afternoon Tea and Haworth Haddock, vintage and diesel trains running dates.

Maintaining the track and structures on a 150+ year-old railway is no mean feat and requires our willing volunteers to turn out in all weathers to undertake the necessary work to keep the wheels turning.

I hope you will join us on board soon and will also consider joining our volunteers to help us keep our very special piece of heritage alive.

~ **Matt Stroh**
Keighley & Worth Valley Railway Chairman

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May 2023

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Say you saw it in the Worth Valley Mag!

Help us map the local defibrillators and provide life saving training in the Worth Valley.



Rita Verity, Neil Davidson, Liz Barker, Diane Watts, Russell Brown, and Lesley O'Brien OBE, were amongst the attendees at an initial meeting to raise awareness about defibrillators and campaign for CPR training in the community.

Neil Davidson, an enthusiastic campaigner for getting more defibrillators into communities as well as life saving CPR training, is living proof that it is possible to survive a cardiac arrest. But he also admits the current statistics are grim. "I was very lucky my son had CPR training and happened to be visiting me at the time I had my cardiac arrest."

"Currently only 1 in 10 people in the UK survive out-of-hospital-cardiac arrests according to the British Heart Foundation."

At a recent meeting set up by Stanbury resident, Lesley O'Brien OBE, and hosted by Worth Valley Mag editor, Liz Barker, with the intention to scope an awareness campaign with local leaders and interested residents, Neil told his compelling story and offered to fund some training in the community. "The session was very informative and engaging," according to attendee Diane Watts, a retired Police Officer and resident of Oxenhope.



At the meeting it became apparent that the location and status of all the defibrillators in the area are in need of review as some are in private hands and others are in guardianship of the Local and District Councils. Additionally, not all are registered on **The Circuit** and a few are showing a status of 'unavailable.' Whilst it is fantastic various organisations like The Rotary, local churches and community groups have sponsored a defibrillator, the ongoing registration, maintenance and training are critical components for the equipment being used.

What is The Circuit

The moment someone has a cardiac arrest, the clock starts ticking. Every minute without CPR and defibrillation reduces their chances of survival. But many defibrillators are never used because

emergency services don't know where they are or how to access them.

This is where **The Circuit** comes in.

The Circuit – the national defibrillator network, provides the NHS ambulance services with vital information about

defibrillators across the UK so that in those crucial moments after a cardiac arrest, they can be accessed quickly to help save lives.

That's why we urgently need all of the defibrillators in the Worth Valley to be registered.

Over the coming months we will encourage all the local locations to be mapped and included in **The Circuit**.

<https://www.defibfinder.uk/>

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Say you saw it in the Worth Valley Mag!

Meniscal injuries of the knee - diagnosis and management

The knee is the largest and most complex joint and is often the source of pain and poor function.

It is a hinge joint and allows us to sit, squat, walk or jump. There is also a small degree of inward and outward rotation that is possible at the knee joint. If you sit with your knee bent at 90 degrees and hold it off the ground, you will detect some rotation of your lower leg (tibia) as you move a stationary foot from left to right.

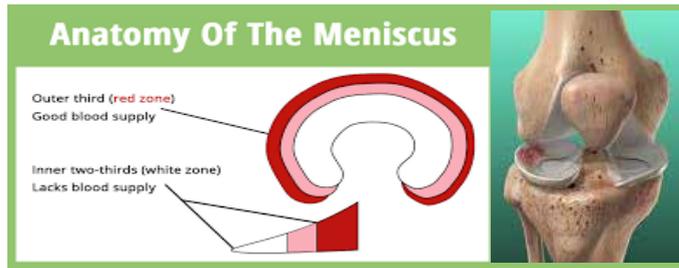
The knee joint consists of 3 bones:

- **femur** - the upper leg bone, or thigh bone
- **tibia** - the bone at the front of the lower leg, or shin bone
- **patella** - the thick, triangular bone that sits over the other bones at the front of the knee, or kneecap.

The end of the bones are covered with a layer of cartilage - a slick, elastic material that absorbs shock and allows the bones to glide easily against one another as they move.

At the end of the femur are two round condyles and these sit on top of the tibia which is a relatively flat surface. Imagine an egg on top of a plate - this isn't what can be described as a stable connection. However, if you place the egg in an egg cup, all of a sudden you have a stable connection. On top of the tibia are 2 semi-circular shaped discs of tough fibrocartilage that do exactly this job. They are the medial meniscus and the lateral meniscus (plural menisci). They deepen the articular surface of the tibia, thus increasing (along with several ligaments) the stability of the joint. They also act as shock absorbers by increasing the surface area to further dissipate the forces of movement.

Acute meniscal tears usually happen when you have a forceful twist to your knee. This can be done whilst playing sport, but can also be done by a slip or fall when the force of your full bodyweight goes through the joint as it bends and twists. A degenerative meniscal tear can occur at any age, but is more common in older populations due to



wear and tear of the joint. Ageing tends to make the menisci less flexible thus making them more prone to developing a tear.

Symptoms of a meniscus tear include:

- knee pain or tenderness
- stiffness or swelling around your knee - the swelling may not start for a few hours or days
- difficulty bending, straightening or moving your knee - kneeling down or a deep squat will feel very uncomfortable to do
- your knee giving way when you try to stand
- locking of the joint
- a clunking or clicking feeling when you move your knee

The management and recovery from a meniscal injury tends to depend on what part of the meniscus is damaged. The meniscus has 3 distinctive zones: the red zone which is located to the outer third of the meniscus, the red-white zone which is in the middle of the meniscus, and the white zone found on the inner third of the meniscus. The red zones receive some blood supply and can repair well. The red-white zone have a very poor blood supply and a harder to heal. The white zone is completely avascular (no blood supply) and presents a poor prognosis for recovery, regeneration and healing. Therefore, a full-thickness tear, which goes through all 3 zones in the meniscus, will require surgery for the best possible outcome.

If you suspect you have a meniscal injury, follow the PRICE protocol, seek some medical advice from your physiotherapist or GP and be prepared for a slow recovery back to being pain-free and fully functional. Gentle strengthening exercises to regain quadricep strength is vitally important and should be commenced as soon as possible. Do not rush your recovery time as you may well make the problem even worse!

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