



WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2023

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We are heading into autumn with renewed enthusiasm and a firm commitment to the community. This is the most expansive edition of the Worth Valley Mag we have produced to date with added content and the volume turned up on engagement. We are meeting and listening to readers and asking what they would like to see in their community magazine: Puzzles, competitions, village and town events, profiles of local businesses is what we have been told so far. Do you have a particular idea or contribution to make? Contact us on mail@worthvalleymag.co.uk and tell us more. This month we are running a Spook-tacular competition. (see p13) Have a great October.

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Liz Barker, Editor

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Say you saw it in the Worth Valley Mag!

KWVR Awarded Community Ownership Fund Grant



The Keighley & Worth Valley Railway has been awarded £1,000,000 toward the costs of the Bridge 27 renewal from the Government's Community Ownership Fund. As part of the levelling up funding from the central government, the railway has been awarded a £1m grant for rebuilding Bridge 27. This bridge is vital to the ongoing operation of the railway, and its rebuild will be the largest ever for the organisation – and most expensive – civil engineering project since becoming a heritage railway. The original bridge was built in 1867 before the current bridge was built as part of a reconstruction in 1889. The existing bridge is two separate structures carrying the railway over Bridgehouse Beck, but the two structures share the same abutments and pier. Development work has been ongoing for around a decade, with the initial plans to renew the bridge like for like. After several flooding incidents, which were contributed to by the restrictions in the river around Bridge 27. The development began to look at an option to build a longer span to remove the need for the central pier and improve the beck flow.

Sub-contractors will be used for a reasonable amount of the work on the Bridge 27 Renewal; it is worth noting that The Keighley & Worth Valley Railway will be delivering this project as the main contractor with their very own qualified team of volunteers.

'This funding is a financial game-changer for the railway. It means that we can press on with the largest and most expensive civil maintenance project we have undertaken since the Preservation Society reopened the line back in 1968, safe in the knowledge that we can continue to invest in the programme of locomotive overhauls and other capital projects necessary to keep the 150+ year old railway running' commented KWVR Chairman Matt Stroh.

The successful grant application process has been led by volunteers in the Fundraising Team who worked closely with the Civil Maintenance volunteers that are leading the bridge replacement project.

To find out more about the planned renewal of Bridge 27, there is more information about the funding, renewal and timeline on the KWVR website: <https://kwvr.co.uk/bridge27/>



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Get into the festive spirit and unleash your creativity at our **Christmas wreath making workshop!**

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When: 9th and 10th December

Where: Oxenhope Community Centre with @clares_cakes_and_bakes Bake Stall 9:00am-4pm

Tickets: £40.00

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ALSO:

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Say you saw it in the Worth Valley Mag!

HP Cleaning & Support Work: Where Caring Meets Quality

Mother of three tells her story of creating a new career path



Hello, I'm Heidi Pattison, the founder of 'HP Cleaning and Support Work.' Three years ago, I embarked on a journey that has grown from a one-person operation to a team of 20 dedicated professionals. My path to this business was a departure from my previous 15 years in banking. After taking a redundancy package, I started a family and decided to pursue my dream of providing top-notch cleaning and support services to busy families, the elderly, and the more vulnerable in our community. The inspiration behind 'HP Cleaning and Support Work' came from a personal experience with close relatives in their 90s. They were struggling to care for each other but didn't want formal caregivers. However, they needed household help. When I stepped in to assist, they confided in me about being scammed out of £25k, a situation they were too embarrassed

to share with others. It made me wonder how many others were in similar situations without family support. That's when the idea for my business was born, with a long-term goal of supporting our local community with high-quality service. We offer comprehensive housekeeping packages for busy families and personalized support for those needing extra help around their homes. Our services extend beyond cleaning to include benefits assessment, coordination with professionals to ensure all needs are met, batch cooking, laundry, ironing, companionship, and more. We're proud to be recognized as a dementia-friendly organization, with all our staff receiving specialized training in providing confident and professional support, backed by relevant qualifications such as food hygiene, first aid, and mental health awareness. Moreover, our team undergoes enhanced DBS checks. At 'HP Cleaning and Support Work,' we prioritize work-life balance for our staff. All our team members work during school hours, allowing them to balance their roles as working parents while supporting their children. They have the flexibility to manage school drop-offs and pick-ups, with three guaranteed school holiday breaks each year. This commitment to staff retention, wellbeing, and happiness is at the core of our operations. In addition to our regular services, we have a team of specialized staff trained for biohazard cleaning, including mental health cleans, hoarding and needle sweeps, and decluttering. We take great pride in our achievements. We are the proud recipients of a national

award for the 'Best Cleaning Company for Staff Training,' hosted by the 'DCBN Trade Association.'

As a business we are focused on giving back to our local community and charity fundraising is the heart of what we do.

For all new customers 10% of their first payment is donated to The Children's Heart Surgery Fund;

without this wonderful charity I would not have the beautiful family I have following my daughters open heart surgery at 6 days old and the ongoing lifetime support she receives. Our chosen charities are Leeds Children's Heart unit and Dementia Friendly Keighley. Since we began our charity fundraising in October 2021 we have raised £3842.61.

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One entry costs just £5

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Thank you, Heidi Pattison

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Justice and Resilience: Fairtrade Haworth's inspiring journey continues.



Rev Oli Preston, Bruce Crowther, Joanna Fianu, Rita Verity, Samuel Fianu, Mike De Villiers, Yusuke Yasuda

Haworth Fairtrade group has been given a boost by Rev Oli Preston who is keen to bring new ideas and involve young people. He was introduced to regular Haworth visitor Bruce Crowther, the founder of the Fair Trade Town movement who brought along Yusuke, a Japanese student doing a study of child labour and slavery.

Joined by other seasoned campaigners, the group gathered at Upstairs Pennybank House, with the iconic view down Haworth Main Street, where they discussed many activities and events that have taken place over the past 21 years. Rita Verity from Sonia's Smile, founder of Haworth Fairtrade group and Haworth Machu Picchu, Peru Twinning group, hosted the meet up. Also present were Joanna Fianu, chair of Fairtrade Lancashire and co-founder with husband Samuel, of a new social enterprise – Alls Fair Tours – offering trade justice-themed tours of Ghana as a way to promote income generation through tourism in cocoa-growing regions.

Oli was particularly interested in learning more about Ghanian Samuel and taking up Bruce's offer to deliver a chocolate workshop to the local children.

The majority of shoppers nowadays are aware of the importance of knowing the conditions in which their purchases are produced and crucially the hardships of the people growing and making them.

The life changing benefits that Fair Trade brings, and the massive shift towards ethical purchasing is due in part as a direct consequence of Fair Trade campaigning.

With this knowledge, consumer pressure for corporations and businesses to adhere to strong ethical policies has benefitted both people and planet.

Along with the more commonly understood, safe conditions and fair pay etc, the Fairtrade premium ensures farmers receive the training to adapt and prepare for the rapidly increasing climate change which is causing a real threat to their crops, it's hard to imagine a world without chocolate, coffee or bananas!

Exciting plans are also forecast for the future of the Twinning group in collaboration with Bradford University's Archaeology department. Watch this space!

If you are interested in finding out more or want to join Haworth Fairtrade group or Machu Picchu Twinning group you would be most welcome. Please contact rita@soniasmile.com or Oli.Preston@leeds.anglican.org

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Join Our Spook-tacular Pumpkin Design Competition!

Calling all creative souls in our wonderful Worth and Aire Valley community. Halloween is just around the corner, and we're thrilled to announce our **Pumpkin Design Competition** that welcomes your quirky creative streak.

Whether you prefer pencils, paintbrushes, or carving knives, this contest is open to all ages, so gather your artistic tools and let your run wild.

How to Enter:

Create Your Pumpkin Art: You can craft your pumpkin masterpiece in one of three ways:

Carve: Grab a pumpkin and carve out a spooky or whimsical design.

Draw: Put pen or pencil to paper and create a Halloween-themed pumpkin drawing.

Paint: Finger paints, water colours, the choice is yours; just keep in mind the theme of pumpkins!

Capture Your Creation:

well-lit, photo of your pumpkin, drawing or painting. Ensure that the details are vivid and the image is sharp.

Submit Your Entry: Email your photo or scanned image to us at mail@worthvalleymag.co.uk. Please include your name, contact information, and a brief description of your design in the email.

Acceptable Formats: We accept entries in JPEG, PDF, or TIFF formats. Please make sure the file size is suitable for email attachment.

Important Details: The deadline for entries is **12 noon on October 23rd**, so don't wait until the witching hour! (By entering the competition, you grant permission for your designs to be featured on the Worth and Aire Valley Magazine Facebook page.)

We encourage all members of the community to participate, from young budding artists to mature creative enthusiasts. Go on, have a go.

Prize: A TRICK OR TREAT SURPRISE AWAITS THE LUCKY WINNER!

Go to Worth and Aire Valley Magazines Facebook page for updates and to marvel at the incredible designs submitted by your fellow community members. Use **#Spook-tacularWorth&Aire** on social channels.



imagination



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- The conveyance of your loved one into our Chapel of Rest
- The provision of an oak effect coffin with handles
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Say you saw it in the Worth Valley Mag!



As the summer 7-day per week running period drew to a close at the start of September, you would be forgiven for thinking we would take the opportunity to relax and recharge the batteries. Whilst the locomotives and carriage fleet get a bit of a breather now that we use them only on weekends, our volunteers are still hard at work. We turn the Railway over to our "Civils" team, who look after the track and infrastructure that helps us keep the 150+ year old Railway operating. This year our volunteers are focused on installing a new drainage channel between Oakworth and Damems and renewing ballast and sleepers in the area. The other activity in this year's "Civils Week" is continued preparations for our most challenging and complex civil engineering project that we have ever undertaken, which is the replacement of the bridge that spans the river on the mainline just outside Haworth Yard.

As well as the big engineering projects, we continue to maintain other areas of the Railway, so you will see work on the station buildings and gardens to keep them in their beautifully restored state. In fact, keeping the gardens looking so wonderful is no mean feat, and so we are looking for further volunteer support to help, particularly at Ingrow Station so do please get in touch if you could offer your time.

Whilst all this work is ongoing, we are still working hard to prepare for the ever-popular Beer & Music Festival 12-15th October,

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

when we will be hosting a 5-mile long event with 170 different beers available from the various venues along the line and from the on-train bars, as well as speciality gins and ciders, accompanied by a range of music on the Friday, Saturday and Sunday during the Festival. After the Beer & Music event, we focus on readying the line for Santa's arrival because our Elf Explorer Christmas special runs 25/26th November through weekends in December up to Christmas. It's always such a magical time of year, and makes all the months of preparation worth it for all our 700+ volunteers and small team of staff. Tickets are selling fast, so please do visit the website and book sooner rather than later to avoid disappointment.

Whilst the big events are always a draw, we continue to run heritage trains every weekend, and during the October half terms (Tuesday 24th, Wednesday 25th October and Thursday 26th October; Tuesday 31st October, Wednesday 1st November and Thursday 2nd November) and Wednesdays during September and October –please check the website for details, including how to apply for your Local Residents' Railcard, available if you live in BD20/21/22.

As you can imagine, keeping the wheels turning requires so much effort that we are always keen to welcome new members to our volunteering team. If you could offer your time to help, please apply via the website.

DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.



5-mile-long Beer & Music Festival

12th to 15th October

Carol Service Train

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COMMUNITY PAGES

Every Monday to Friday Dementia Friendly Keighley 10am – 4 pm

Open for drop-in anytime for coffee and chat for people living with dementia and their carers and families. 6 College Walk, Airedale Shopping Centre, Keighley.

Every Tuesday Dementia Friendly Keighley 10am – 12.30 pm Games Morning,

for people/carers living with dementia Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every Wednesday Dementia Friendly Keighley 1.30 pm – 3.30 pm Peer Support Coffee Club

for people/carers living with dementia Airedale Shopping Centre, Keighley.

Every Thursday Dementia Friendly Keighley 1.30 pm – 3.30 pm Crafty Friends,

creative session, Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every first Friday of the month Dementia Friendly Keighley 2 pm – 3.30 pm

The Singing Teapot, a singing group for people/carers living with dementia, Airedale Shopping Centre, Keighley.

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 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 Tuesday 1-3pm Coffee Afternoon at Hall Green Chapel, Haworth (downstairs)

Free refreshments and friendly chat. Hall Green BookPoint open. (not November 14th)

Every 3rd Wednesday of a month **Oxenhope Climate Action** meet **7.30pm** at the Bay Horse Pub Oxenhope New Members always welcome. Further info www.oxenhopeclimateaction.org.uk

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

Every Wednesday 2 - 4pm Oxenhope Community Cafe & Welcoming Space Everybody Welcome.

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 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

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall. New members welcome. **Every Saturday 1-3pm Hall Green BookPoint open.** at Hall Green Chapel Haworth (downstairs). Free refreshments.

3rd Sunday of a Month is Haworth Artisan Markets, Central Park 10am - 3pm.

Keighley 3rd Age Group Meet at Action Point (formerly Temple Row Centre) at 10am. Free Refreshments.

October 4th Patta Gold. Tracks of my Years. Further details contact the Chairman David Boddy 07976799527 email: d.r.boddy@btinternet.com.

Sept/ Oct Welly Walk at Bolton Abbey Embrace the Outdoors and get ready for a muddy adventure.

September Family Cycle Zone at Bolton Abbey A safe area for children to cycle.

Fri 6th Oct - Sun 8th Oct Haworth Steampunk Weekend with Steampunk Market at Haworth Village Hall (Butt Lane) and the Old School Rooms.

Fri 6th Oct 2pm at St James' Church, Cross Roads, Cross Roads and Lees Church and Chapel Ladies Group: Tanya Sipling will talk about Lathersdale soaps, handmade in Yorkshire.

Sat 7th Oct 10 am - 11.30 am Lees Methodist Church Coffee Morning at Lees Methodist Church. **Sat 7th & Sun 8th Oct Mega Drawing Box Project** at Airedale Shopping Centre.

Mon 9th Oct 7.30pm Haworth and District WI at West Lane Baptist Church, Haworth Isabel Ashman will give a talk about the Ilkley Town Crier

Mon 9th Oct 7pm Haworth Riding for the Disabled Group Quiz & Games Evening with Supper at the Bronte Hotel Haworth.

Fri 13th Oct Haworth Cinema Whats Love got to do with it (12A) 7.30pm West Lane Baptist Centre.

Thurs 12th until Sunday 15th Oct K&WVR Beer Festival Oxenhope Exhibition Shed with train connections from

all KWVR Stations.

Sat 14th & Sun 15th Oct 10am - 4pm Haworth & Yorkshire Creatives Makers' Markets Old School Room, Haworth

Sun 15th Oct 11am - 4pm Artisan Market at The Mill at Ponden, Stanbury

Sun 15th Oct 1.30pm - 5pm Keighley & District Model Engineers Society Running Day at Marley Sports Field.

Weds 18th Oct 2pm Lees Methodist Church Talk by Revd Tracy Birks Food Banks sadly a 21st Century Necessity.

Fri 27th Oct Haworth Cinema The Unlikely Pilgrimage of Harold Fry (15) 7.30pm West Lane Baptist Centre.

Sat 21st Oct until Sun 5th Nov The Pumpkin Trail at Bolton Abbey.

Sat 21st Oct - 29th Oct (closed Thurs & Fri) Pumpkin Trail at East Riddlesden Hall.

Wed 25th Oct: Shipley Glen & Five Rise Locks. Moderate 8 miles. Meet 10.30, Hirst Wood CP, Shipley. www.ramblers.org.uk/keighley

Weds 1st Nov 2pm The Remarkable Life of Eric Liddel a talk by Cllr Toto Arana Lees Methodist Church.

Fri 3rd Nov 2pm at St James' Church, Cross Roads, Cross Roads and Lees Church and Chapel Ladies Group: Liz Birch will lead a Christmas Rag Wreath workshop.

Sat 4th Nov Operation Oakworth Litter Pick 10am Christ Church, Colne Road.

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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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Say you saw it in the Worth Valley Mag!

BEHIND THE SCENES AT THE MUSEUM

As the nights draw in and a chill snaps at the door, our minds turn to the darker aspects of the Brontë story. This month we highlight an item from the collection that will make the spine tingle, and extend an invitation to a chilling **Thursday Talk**, as we explore the sinister and macabre in the Brontës' novels.

From the collection

Pictured here is a wonderful drawing by Branwell Brontë, the fourth of the six Brontë children and the only boy of the family. It was likely produced around 3 months before his untimely death, in 1848. The drawing depicts death in the figure of a skeleton, summoning Branwell from sleep. A replica of the bed depicted in the drawing can be found in Mr. Brontë's bedroom in the Museum.

Branwell often used his artistic skills to



illustrate his letters with gruesome sketches, but what led to this melancholic darkness? Branwell was a bright child with a precocious intellect. Like his sisters, he was creative. He played the organ in his father's church, and aspired to being a professional portrait painter. He was impulsive and quick-witted, and loved showing off in company. In 1838, Branwell followed his dream and set himself up as a professional portrait painter in a rented studio in Bradford. He made many friends among the artistic community of the

Bradford pubs, but failed to make a living. He needed to raise an income.

In 1840, Branwell took a position as tutor at Broughton-In-Furness but was sacked within a year. From 1841 to 1842 he worked on the Leeds-Manchester railway but again, was let go. A railway company audit of the ledgers revealed a discrepancy in the accounts, and although Branwell was not suspected of theft, he was held responsible for having abandoned his post and left the station in the care of his assistant.

At the beginning of 1843 his sister Anne secured him a position as tutor to the Robinson family at Thorp Green near York, but in July 1845 was let go for supposedly having an affair with his employer's wife. Aged 27 Branwell found himself back home and in disgrace.

As Branwell sank into self-pity and became dependent on alcohol and opium, his sisters had their first novels published. During the last year of his life his father took him into his own bed to watch over him and alleviate his increasingly unbearable nightmares. He became gravely ill, probably from tuberculosis, and died on September 24 1848.

October Thursday Talk

The sinister, the uncanny, and the macabre In this month's Thursday Talk we'll explore the gothic in the Brontë novels, perfectly timed for October! Looking at some of the Brontës' more gruesome imagery – a long dead corpse exhumed by a grief-crazed lover; a mysterious visitor mutilated as though by a vampire - we ask whether we can call the Brontës gothic novelists?

Thursday 12 October, 2pm
Brontë Event Space at the Old School Room, Haworth
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Say you saw it in the Worth Valley Mag!



Haworth, Cross Roads & Stanbury Parish Council was officially dissolved on the 31st of March this year. Our villages, all have varying levels of wants

and needs. Cross Roads felt they wanted to move forward as their own Parish Council. We fully supported their decision, and worked through the separation process with them. We wish them all the very best for their future as they move forward on their own.

One of our first decisions was to change our name to **Haworth with Stanbury Village Council**, rather than Parish. We have kept our original logo but just changed the wording as you can see.

Haworth Councillors have been working hard over the last 12 months, working on various projects, which I will talk about next.

We have taken over the two telephone



boxes in Main Street, by an asset transfer from BT. One is a **Tourist Information Point** and the other is a **Book Exchange**. Two tourist information Map Boards have also

been installed, one in West Lane Car Park and the other at the bottom of Main Street.

We have also assisted the **Bowling Club** in purchasing fencing, that has been installed

around the entire perimeter of the Bowling Green. Further fencing has been installed at **Rawdon Road allotments** in both cases to increase security.

Toilets at West Lane Car Park -

These toilets were taken over by the then Parish Council when Bradford Council made their decision to close the toilets. Unfortunately they were in quite a bad condition of disrepair especially the mens toilets. We started the process, a few years ago to look for funding. The Village Council were made aware of the Levelling up Fund from Central Government. The Village



Council applied, and we were successful with our bid. The toilets in West Lane have now been refurbished, and brought back to a decent standard that we all expect.

As Village Councillors we work to improve the place where we all live. There are currently **two vacancies on the Council**. If you live in Haworth or Stanbury and you would like to become, or are thinking about becoming a Village Cllr, please contact our Clerk, Lisa Balderstone, who would be happy to discuss this further with you. Contact: clerk@haworthwithstanburyvillagecouncil.gov.uk



~ Cllr Trudy Mahon
Chair of Haworth with Stanbury Village Council

Keighley Town Council



Keighley Steering Group

NEIGHBOURHOOD PLAN



TIMETABLE

Tuesday 26th September
3PM-6PM

Sue Belcher Centre

Tuesday 3rd October
2PM-4PM

Morton Village Institute

Tuesday 3rd October
6PM-8PM

Park Wood Youth Centre

Wednesday 4th October
1PM-3PM

Hainworth Wood Community Centre

Monday 9th October
2PM-4PM

Holden Hall (Oakworth)

Monday 9th October
6PM-8PM

Riddlesden United Reformed Church

Tuesday 10th October
1PM-3PM

Highfield Community Centre

Monday 16th October
11.30AM-2.30PM

St Mark's Church, Utley

Wednesday 18th October
6PM-8PM

Laycock Village Hall

Thursday 19th October
9:30-12pm

The Good Shepherd Centre

Monday 23rd October
4PM-6PM

Sangat Community Centre

THEMES

- Building Heritage
- Environment
- Housing Mix
- Town Centre
- Industrial Heritage
- Transport/Connectivity
- Employment Opportunities

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Sudoku

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

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Where in the Worth Valley? 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 the 15th October 2023.



The location of last month's competition was St James Church, Cross Roads and the winner was Gordon Clarke from Cross Roads.



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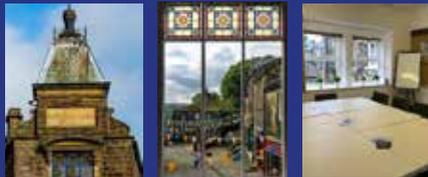
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Conchiglie with Purple Broccoli

by Martin Lingard

Purple sprouting broccoli is in season right now so it's cheap and plentiful, I use it here to make a pasta sauce similar to a pesto. It's best served with the "conchiglie" shell style pasta. If you don't like anchovies or are vegetarian, try substituting miso paste instead.

Ingredients

750g of purple sprouting broccoli
Olive oil
2 garlic cloves (nice fat ones)
½ teaspoon of dried chilli flakes
1 small tin of anchovies (or 2 teaspoons of miso paste)
50g butter (unsalted)
150 ml double cream
Sea salt
Freshly ground black pepper
225g conchiglie pasta
120g parmesan, grated

Method

Bring a large pan of well salted water to the boil. Whilst waiting, pull the broccoli flowers, heads and stalks apart, chopping roughly into small pieces, discarding any tough stalks. Add to your boiling water, simmer for two minutes, drain and reserve.

Put a large heavy sauté pan on a low heat

and pour in a good glug of olive oil. Whilst heating, peel and finely slice your garlic. Add the garlic and gently fry till a pale gold. Drain and roughly chop the anchovy fillets if using and chuck into the garlic and oil, along with the chilli flakes and the butter. Continue to fry gently, mashing and squishing the garlic and anchovies into the oil and butter to break them down.

Now add the broccoli and cream, add the miso paste at this stage if using instead of the anchovies (don't use both!) increase the heat and simmer gently for 6-10 minutes. You may need to add a splash or two of hot water.

Bring a large pot of well salted water to the boil, and tip in your pasta, boil for 10 minutes.

Whilst the pasta is boiling, get an electric hand blender (or a potato masher) and roughly blend or mash to a course sauce. Drain your pasta and add to your sauce, along with half of your grated parmesan. Season with black pepper and salt to taste and mix well.

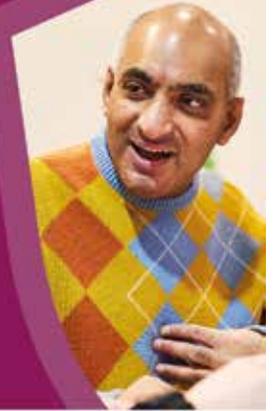
Serve in warm bowls with the remaining parmesan.

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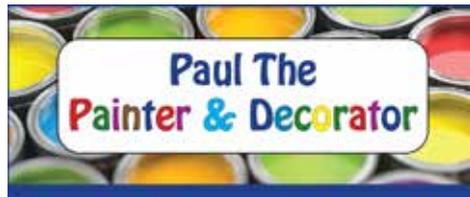
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Your Autumn/Winter Home Security Checklist



Keybury Fire and Security are a family run Keighley based business, and local security specialists. They put together a winter security checklist to bring us all a little peace of mind.

Outside

- Is your security lighting on a timer/sensor? ○ Does it still work?
- Trim back shrubs, add lighting to dark corners of garden; don't provide cover for an intruder.
- Does your alarm look old? A new box can look like a completely new system.
- Is your shed/garage/garden bar locked?
- Is it linked to your home alarm system? (It could be programmed to be alarmed when the rest of the house isn't.)
- Does your garden fence need repairing/replacing? ○ Could you plant 'anti theft' (prickly!) bushes? A gravel drive or pathway is crunchy and noisy when anyone approaches your car or home.
- Do you have home CCTV? ○ Check it's working. ○ Book a technician to carry out a service of the system to make sure it's working as it should. ○ If you haven't yet installed CCTV, consider it. Security cameras are one of the best burglar deterrents available. If there is an incident, your cameras could capture valuable evidence.

Inside

- Close your curtains to avoid people seeing in. ○ Leave a light on to make your home look occupied when you're out.
- Tidy up tech and valuables away - don't leave them out in plain sight.
- Bring in the Christmas Shopping from your car and store out of sight of thieves

as well as the kids! ○ Dispose of packaging discretely. A Playstation box left out on top of the bin is an advert to a thief.

○ Take care answering the door. ○ Invest in a peephole, door chain or doorbell camera to allow you to screen who is calling before you answer the door. Wired doorbell cameras are a reliable option as they don't require recharging.

Routine

- When you're leaving the house lock doors and windows.
- Don't leave spare keys hidden
- Always set your house alarm when you're going out – even if you won't be out long. If someone tried to break in, it would scare them off and alert the neighbours. A smart alarm can ping your phone and let you set it via an app too.
- When you're at home, lock your door to reduce the chance of sneak in burglaries.

At bedtime –

- check all the doors and windows are locked and set your house alarm.

Keybury Fire and Security protect homes and businesses:
<https://keybury.co.uk>

01535 661197 sales@keybury.co.uk

Sudoku Solutions

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

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

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

Haworth & Keighley Town Centre Areas
 (own car required for Keighley)

WANTED: COMMUNITY MAGAZINE DELIVERIES
 4-10 hours per month average hours variable.

We are looking for committed hardy individuals (no matter the weather!) willing to make monthly deliveries in the Aire Valley. We do our best to find a round close to your home.

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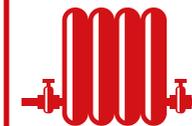
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Beneath the Bonsai: Community Haiku
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 with permissions to publish in the Worth Valley Mag.



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Saturday 2nd December &
 Sunday 3rd December
 Light Up Haworth (Saturday)
 Haworth Rotary Santa Park Run (Sunday)
 Christmas Artisan Market (both days)

Saturday 9th December &
 Sunday 10th December
 Torchlight Procession (both days)
 Christmas Artisan Market (both days)

Saturday 16th December &
 Sunday 17th December
 Festive Music: Brass Bands & More (both days)
 Christmas Artisan Market (both days)

Saturday 23rd December &
 Sunday 24th December
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Worth Valley Mag: Strengthening community bonds one magazine at a time.



As the editor of Worth Valley Mag, I've had the privilege of witnessing the incredible impact our local community magazine has on both the people who read it and the individuals who help distribute it each month. Worth Valley Mag isn't just another publication; it's a powerful force for good, and today, I want to share with you the remarkable benefit it brings to our community.

Putting Money Back into the Local Community

Worth Valley Mag takes pride in being a small business that contributes to our local community's economic growth. By employing local people of all ages to distribute our magazine, we directly invest in our community. The money earned by our distributors stays right here, supporting families and local businesses.

Opportunities for all ages

We often provide the first job opportunity for young individuals as they turn 14, nurturing a strong work ethic and building their confidence. For older community members, we offer the chance to stay active and make meaningful contributions to our neighbourhood.

Supporting Local Charities

Our distributors often donate their earnings to local charities, embodying the spirit of our community, where individuals work collectively to make a positive impact.

Embracing Neurodiversity and Unique Challenges

Worth Valley Mag is committed to being

an equal opportunity employer, welcoming individuals with unique challenges like ADHD or neurological diversity into our distribution team, for example.

Varied Motivations for Involvement

People join us for different reasons, from making a little pin money to enjoying fresh air or simply wanting to be part of a community-focused business.

Extensive Reach and Reliability

We distribute over 20,000 magazines to both homes and businesses each month through our titles, (7,000 in the Worth Valley) ensuring that valuable community information reaches a broad audience. We back-check our deliveries to maintain reliability. It is a responsibility we take seriously. We appreciate it when readers let us know if the magazine hasn't landed within our scheduled window of delivery and we follow up with our team to work through any problems.

Bridging the Digital Divide

In an age where information is primarily digital, Worth Valley Mag addresses digital exclusion by providing a tangible, physical publication. We ensure that our community has the opportunity to stay informed and engaged, regardless of their digital capabilities.

Offering Choice Through Online Accessibility

While we remain a non-digital, analogue channel of information, we also provide an online version of our magazine. Increasing our use of QR codes enables easy access to additional information and online resources, catering to diverse preferences. In this way, Worth Valley Mag combines the best of both worlds, ensuring that people remain connected and informed, whether they prefer to hold a physical magazine in their hands or access information digitally. Our commitment to choice and inclusivity remains unwavering, bridging the gap between analogue and digital for the benefit of all.

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The following Delivery Schedule for the Worth Valley Mag applies to the remainder of the year:

November:

Landing between October 27- Nov 1, 2023

December/January: (combined edition)

Landing between December 1 - 5, 2023

We are looking to expand our reach to new estates like Ebor Mills as well as adding more locations where people can pick up a copy.

Contact us if you have any queries about distribution or if you'd like to get involved.
mail@worthvalleymag.co.uk

WANTED: Distribution Officer

Part Time | Approx 10 hours per month, 10 months in the year, working between the last and first week of the month. Own car required.

Working in the community in the Aire and Worth valleys where the magazines are distributed, this role is a support to the Distribution Coordinator and entails inducting new distributors, trouble shooting, back checking, filling in distribution gaps, keeping an eye on team members welfare and performance.

This role will suit an energetic person who enjoys directing and motivating others and doesn't mind getting stuck in to resolve either logistical or personnel related problems. If you are a former Scout leader you will most likely have the right temperament! To find out more, or to register your interest, contact

liz@worthvalleymag.co.uk
Liz Barker: 07737 274221

Say you saw it in the Worth Valley Mag!

Ankle Sprains:

What You Need to Know

Ankle sprains are a common type of injury, accounting for up to 5% of all A&E visits in the United Kingdom. They can leave you with a swollen, painful ankle that's challenging to bear weight on. In some cases, even going up and down stairs can become a shuffle on your backside!

So, what exactly is a sprained ankle? It's an injury that happens when you roll, twist, or turn your ankle in an awkward way. When enough force is involved, it can stretch or tear the tough bands of tissue called ligaments, which support and hold your ankle bones together. About 80 to 85% of the time, the injury affects the ligaments on the outside of the joint because they get stretched as the foot rolls inward, with the big toe pointing upward.

When you damage ligaments, healing can take a while. Failing to do the right rehab exercises after an ankle injury can lead to a joint that's persistently painful, swollen, stiff, and unstable, making it more prone to future sprains.

Symptoms of a Sprained Ankle

The signs and symptoms of a sprained ankle can vary depending on how severe the injury is. You might experience:

- Pain, especially when you put weight on the affected foot.
- Tenderness when you touch the ankle.
- Swelling and bruising.
- Limited range of movement.
- Instability in the ankle.
- A popping or cracking sensation or sound at the time of the injury.

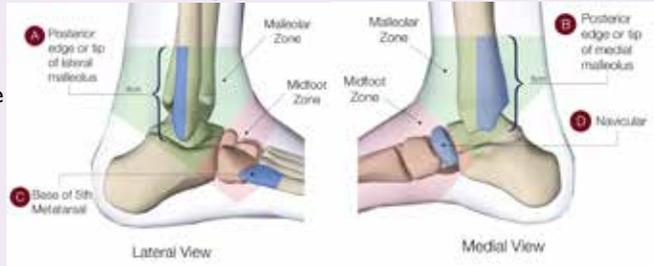
If you believe your injury isn't too severe, you can treat it as a ligament sprain using the **RICE protocol (Rest, Ice, Compress, Elevate)** during the first 2 to 3 days. This helps control swelling and prevents further harm to the joint. However, if you suspect a broken ankle, getting an X-ray is crucial. In A&E, healthcare professionals follow the Ottawa Rules to determine the need for an X-ray.

Ottawa Rules for Ankle X-rays

You should consider an ankle X-ray if there is any pain in the malleolar zone (the bony areas around the ankle) along with any of the following findings:

- Bone tenderness at the lateral malleolar zone A (from the tip of the lateral malleolus to include the lower 6cm of the posterior border of the fibula).
- Bone tenderness at the medial malleolar zone B (from the tip of the medial malleolus to the lower 6cm of the posterior border of the tibia).
- Inability to walk four weight-bearing steps immediately after injury and in the medical department.

Ottawa Rules with Respect to Foot X-rays



A foot X-ray is required if there is any pain in the mid-foot zone and any of these findings:

- bone tenderness at Navicular bone
- bone tenderness at base of 5th metatarsal bone (C)
- inability to weight bear both immediately and in the emergency department.

These rules serve as a guideline when you fear the worst after twisting your ankle or experiencing pain from a direct blow or heavy fall. While no one wants to spend hours waiting for an X-ray, it's crucial to get the right diagnosis if you suspect a broken bone.

Ankle sprains are a common injury, but understanding the symptoms and knowing when to seek medical attention is vital for a swift and effective recovery. Remember, your healthcare provider is there to help you through the process, so don't hesitate to reach out if you have concerns about your ankle injury.

~ David Hanon, Haworth Physio



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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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