

WORTH VALLEY MAG

COMMUNITY NEWS & LOCAL BUSINESS DIRECTORY

April 2008



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Easter felt more like Christmas last month, with the Worth Valley dusted in snow; a picture perfect winter wonderland...But one can't help but question if spring really is here or if we will remain in a perpetual state of expectation. Certainly the fields are beginning to fill with lambs bounding with energy and life. I'd make my millions if I could bottle what makes them so exuberant!

If you are feeling energetic and spurred on by the promise of spring, why not focus on getting some of your 'to do' lists done in April? There's plenty of help available, just have a look at our Spring Cleaning pages. You will find local decorators, plumbers, builders, cleaners, etc., so there is no excuse!

Once the 'to do' lists have been delegated you can free up some time to get out and enjoy the countryside. Our community pages have a number of guided walks organized by Bradford Met's Countryside and Rights of Way Service. For self-guided walks in the district visit www.bradford.gov.uk/countryside. Enjoy your April edition of the Worth Valley Mag and be well!



Liz Barker

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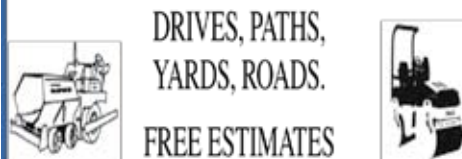
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WORTH VALLEY WANDER

BY THE BIRDMAN FROM HAWORTH

Oakworth Community Garden

I am sure many of us walk past a piece of land sometime and think "Someone should really clean that up and make it wonderful for all the wildlife and people round here..." Well one Worth Valley man decided just that, and his dream is now taking shape...



Lee Senior at the Sensory Garden in Oakworth

Lee Senior in his role as Allotment Officer for Keighley Town Council is responsible for the upkeep of 14 local allotment sites. The site at Dockroyd Lane in Oakworth is part of his patch on land owned by the Town Council. However, after years of neglect the top of the site adjacent to the cemetery had become heavily overgrown by trees and bramble. It was too far gone to be restored as an allotment area but Lee was determined to make something special from it.

Spurred on by the success of projects such as the Millenium Green in Oxenhope, Lee drew up plans to create a Community Sensory Garden on the site. After very narrowly missing out on lottery grant funding in 2006, a second application in 2007 proved successful and he and a team of volunteers were able to start work.

To date some of the trees have been removed "This may seem odd," says Lee, "but if we didn't remove them the site would have been too shady". Wide pathways have been created and compost and raised flower beds constructed. "We are adjacent to Oakworth Primary School, and the children are raising vegetable seedlings in their greenhouse to plant out in the raised beds" says Lee. "We are also putting up bird and bat boxes as well insect hotels. We are adding plants that are attractive to wildlife as well as stimulate the 5 senses."

Whilst he is working closely with the school, Lee is keen to stress that everyone is welcome to visit the garden which is free of charge. The official opening will be in May/June, subject to weather and local support. He is particularly wanting to hear from local gardeners with a few hours to spare to help plant and maintain the site - either via Keighley Town Council on 01535 618252 or 077664 02539.

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Green SPRING CLEAN

If you're planning a bout of seasonal cleaning, choosing environmentally friendly products is just one way to help make it less painful on the planet. To make your clean as green as possible some cleaning products can even be dispensed with altogether in favour of more traditional alternatives.

Spring is also an ideal time to tackle household maintenance that has built up over the winter months. Here's how to help get your home in harmony with the environment for the coming year.

Make repairing dripping taps a priority - they could be wasting many litres of water a day.

Replace old light bulbs with energy efficient versions and batteries with rechargeable ones.

After touching up your paintwork donate any leftovers to community projects - the UK wastes 6.2 million litres of paint every year - and avoid putting oil, paint, varnish or solvent down the drain.

Only use washing machines (or dishwashers) when they are full and try to dry your clothes on a clothesline rather than in a tumble dryer. Avoid washing clothes at 50 degrees - no garment needs to be washed at that temperature - and turn the iron off when you have only one thing left to iron.

What did granny use before heavy-duty household chemicals were invented?
Vinegar! It's useful for all sorts...

Clogged Showerhead - dismantle the showerhead, soak the pieces in white vinegar for two to three hours. Clean off any sediment with a stiff brush.

Drain Cleaner - Mix 200ml (8 fl oz) of vinegar with 75g (3 oz) of baking soda. Pour directly into the drain and leave for 10 minutes. Pour clean hot water down the drain to clear grease and debris.

Kettle descaler - cover the element with equal quantities of water and vinegar. Bring to the boil and leave to soak overnight. Brush off the sediment and wash thoroughly.

Baking Soda! Beyond baking...

Scouring Pans - mix with water into a paste and scrub stainless steel, iron and cooper pots.

Fridge Smells - put an open box of baking soda in the fridge to absorb odours.

Nappies - keeps nappy buckets fresh.

Bins - a cheap alternative to freshen up a smelly bin.

Carpets - to get rid of smells, sprinkle on the carpet and leave overnight. Vacuum up the next day.

Of course, you can always call in the experts ...the following pages are filled with local companies that specialize in making your home sparkle and gleam! Many will use environmentally friendly products... just ask!

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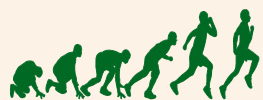
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SPOTLIGHT ON REBECCA MARSHALL PHYSIOTHERAPIST

A respected therapist
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Rebecca Marshall

answers our questions about herself and her profession.

Q. What does a physiotherapist do?

A. It's not just massage. I specialize in musculoskeletal physio which means the assessment of sports injuries, neck and back pain, joint problems e.g. arthritis and post surgical conditions. I also treat neurological conditions such as strokes and M.S. I use various techniques, specific exercise, acupuncture and electrotherapy to get people better.

Q. Who can benefit from your services?

A. Absolutely any body who has a pulse! If a person has a problem that I am unable to deal with then I will refer them on to the appropriate specialist. Somebody came to me the other week with what they thought was a back problem. After assessment it turned out to be a kidney infection so I referred them back to their G.P.

Q. Can people refer themselves to you or do they need a Dr. to make the referral?

A. Of course. The majority of people that I see are self referred. Some insurance companies require a letter of referral to me from a G.P. or you can ask your G.P. or consultant to refer you.

Q. What is the best thing about being a physiotherapist?

A. Meeting lots of nice people from all walks of life and the satisfaction of being able to help people is one of the best ways to make a living. I also campaign for world peace and play the lottery.

Q. Does it cost a lot for a consultation?

No, it's very reasonable actually, but I'm not about to divulge such top secret information to the whole of the Worth Valley. Any body that is interested will have to ring me on the secret code... 07940 548 674!

Q. We have seen you out running in the area, are you a keen runner or keep fit enthusiast?

A. Oh yes. I fell run, cycle, play badminton and walk up mountains. Then there's that weekend exercise that I'm particularly enthusiastic about called "running to the Local" I love it!

Q. How does Pilates fit in with what you do as a physiotherapist?

A. Pilates helps to build core strength i.e. strength around your lower tummy muscles and lower back muscles. If these muscles are strong then it creates a traction force to your back bone and therefore helps prevent back pain.

Q. Do you run a Pilates class locally? Or is it a private one on one arrangement?

A. I teach on a one to one basis now. I used to run a class but unfortunately I don't have the time any more. If anyone is thinking of joining a class make sure it is a good one, especially if you have existing back problems. If the exercises are not done correctly or are not properly supervised they can do more harm than good.

Q. What is the best thing about having your practice in the Worth Valley?

A. The Worth Valley Mag, of course!

Q. Who is your mentor or inspiration?

A. Groucho Marx.

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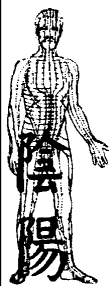
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March's winner was David Oates. The location was Ebor Mills

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The winner will be selected from all correct answers
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caption competition



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Fill in the blank squares so that each
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If you use logic you can solve the puzzle
without guesswork.

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

THE Puzzle Cellar

USING THESE CLUES CAN YOU
COMPLETE THE WORDS ON
BLOT'S BOX?

- 1) TYPE OF TRANSPORT
- 2) PART OF THE MOUTH
- 3) USED TO ROW A BOAT
- 4) TURN THIS TO RELEASE WATER

How To VARNISH A Floor
NEIL DOWN

THE WORDS ARE EITHER
DOWN OR ACROSS

**FORECAST
THE WEATHER**

Which word is
there more of in
this grid?
RAIN or SNOW

P	Q	N	V	T	B	R	L	Y
R	A	I	N	M	O	A	C	D
N	S	V	K	R	Z	I	S	U
T	N	R	A	I	N	N	D	
Y	O	X	S	M	T	L	O	R
P	W	T	N	J	S	K	W	Y
Q	R	B	O	V	N	F	R	P
V	D	N	W	K	O	Q	G	S
C	L	Y	O	X	W	L	N	H

Answers: 1) BUS 2) LIP 3) OAR 4) TAP.
3 x RAIN, 4 x SNOW.

PCQ12 ©Gall&Strachan 2007
www.puzzlecellar.com



ONE BORN EVERY MINUTE

"Hear all, see all, say nowt. Eat all, sup all, pay nowt. And if tha ever does owt for nowt, allus do it for thisen" - Yorkshireman

Apart from the odd lapse when she has to ask me which century we're in Mrs Off Cumdun is much smarter than me. At least on paper. At school, I made a pig's ear of my exams in the belief that I wouldn't need to know how to label a rat's innards when I was knocking in goals at Elland Road. I wouldn't need to know the past participle of a reflexive verb when I was thrashing my guitar on Top of the Pops. So whilst I idled away revision time dreaming of being an idol, my other half went on to further education and a degree in Social Science.

Whilst she may have proven she can retain information about the structure of society she doesn't possess the inherent talent Yorkshire folk have for spotting the sly devils who lurk on its fringes. And there never seems to be a shortage of neer do wells who want to take our hard earned coin in exchange for beggar all.

More than once I've had to pull her back from the brink of financial embarrassment when her judgement has been clouded by the cheesy salesman's patter.

There's no such thing as a free lunch, and there's certainly no such thing as a free hotel in the Canaries with flights and car rental thrown in.

It's not that us Yorkshire folk are tight with our money – it's the fact that we're sensible and look after it. Think of all the well known banks that are named after

Yorkshire and its towns and cities! Having been born in God's County I can spot a ruse, a scam, a hoax and a fiddle from five paces. I know when a strange man rings me at home and begins by asking me how I am that he is not genuinely concerned for my well being. If he was he wouldn't have rung me at stupid o' clock. I know he just wants to sell me something that I neither want nor need.

If a purple nosed man approaches me in the street and says "excuse me mate", I somehow know that the next line is about needing some change to get a bus to Leeds.

If I get a letter that says I've won a competition I never entered, it will land in the bin before you can say "premium rate phone call".

I can scan thousands of emails per second and instantly detect which are from friends or genuine parties and which are from low life shysters who want to whittle away my wealth with the promise of enlarging my membership. The trick is to look for the key words. If I see the word "instant" I instantly delete it. If I see the word "congratulations" it will mean "commiserations" and if I see the word "My Dear Friend" I know an exiled member of the Nigerian Royal Family wants to give me several million dollars to look after.

It takes a special kind of person to swindle people out of their life savings. You need the skin of a crocodile, the guile of a politician and the morals of a car clamper.

A survey which took place in January found that up to five million people across the UK have lost money after responding to scams. I'll warrant most of them weren't born in Yorkshire!



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Say you saw it in the Worth Valley Mag!

SUCCESS PRINCIPLES: DECIDE WHAT YOU WANT BY JACK CANFIELD

In order to get what you want, you must first decide what you want. Most people really foul up at this crucial first step because they simply can't see how it's possible to get what they want — so they don't even let themselves want it. Don't sabotage yourself that way! What scientists now know about how the brain works is that you must first decide **WHAT** you want, before your brain can figure out **HOW** to get it. Once you lock-in your desires, your mind and the universe can step in.

Are you ready to get started?



Be Willing to Dream BIG
As soon as you commit to a big dream and really go after it, your subconscious creative mind will come up with big ideas to make it happen.

You'll start attracting the people, resources, and opportunities you need into your life to make your dream come true. Big dreams not only inspire you, they compel others to want to play big, too.

Set Goals That Will Stretch You

Another value in giving yourself permission to go after the big dreams is that big dreams require you to grow in order to achieve them. In fact, in the long run, that is the greatest benefit you will receive from pursuing your dreams — not so much the outer trappings of fulfilling the dream (an expensive car, impressive house, loads of money and philanthropic opportunities), but who you become in the process.

As I've seen many times over, the outer symbols of success can all be easily lost. Houses burn down, companies go bankrupt, relationships end, cars get old, bodies age and fame wanes, but who you are, what you have learned, and the new skills you have developed never go away. These are the true prizes of success. Motivational philosopher, Jim Rohn advises that "You should set a goal big enough that in the process of achieving it, you become someone worth becoming."

Service to Others

Something else you'll discover is that when your dreams include service to others — accomplishing something that contributes to others — it also accelerates the accomplishment of that goal. People want to be part of something that contributes and makes a difference.

Turn Your Dreams into Goals and

Objectives

Once you are clear about what you want, you must turn each item into a measurable objective. By measurable, I mean measurable in space and time — how much and by when. For instance, if you were to tell me that you wanted more money, I might pull out a pound and give it to you, but you would probably protest, saying "No, I meant a lot more money — like £20,000!" Well, how am I supposed to know unless you tell me? Similarly, your boss, your friends, your spouse, your brain — God, the Universe — can't figure out what you want unless you tell them specifically what it is. What do you want — exactly — and when do you want it by?

Write Your Goals Down

Write your goals down in detail, and read your list of goals every day. This will keep your subconscious mind focused on what you want. For an even more powerful approach, close your eyes and focus on each goal and ask yourself, "What is one thing I could do today to move toward the achievement of this goal?" Write down your answers and take those actions.

Remember, don't hold back!

© 2008 Jack Canfield

Jack Canfield, Success Coach, is the founder and co-creator of the blockbuster book brand **Chicken Soup for the Soul** and a leading authority on Peak Performance. If you're ready to jump-start your life, and have more fun and joy in all that you do, get your FREE success tips from Jack Canfield at: www.FreeSuccessStrategies.com



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Neil & Gill Maycock set up Bracken Hill Fine Foods in Elvington near York to provide the finest quality handmade preserves, at a price that does not compromise quality and excellence, using only the best ingredients and traditional methods. This means that they make a wonderful range of jams, chutneys, pickles, marmalades and curds that have won a bucket full of Great Taste Awards over the last 5 years. Some are very traditional local recipes like the Yorkshire Farmers Pickle while others like the Mojo Picon sauce are decidedly exotic. As the awards are the 'oscar' of fine foods in Britain, this is no mean feat.

Neil makes all his recipes the traditional way in small batches using the finest ingredients locally sourced where possible. ALL products are gluten free, suitable for vegetarians and GM free with no artificial colours. Gill says "With an emphasis on GREAT TASTE and providing a reliable and friendly service we strive to be the best supplier of traditional preserves in the North of England"

There are two places in Haworth that sell Bracken Hill products. Both are committed to providing their customers with high quality food which is local and very tasty. Put a spoonful of Red Hot Onion Marmalade in the gravy next time



you do bangers mash and watch the family's eyes (and tongues) light up!

Jill at Cobbles and Clay says "We serve Bracken Hill's Caramelised Carrot Chutney with our salads and it often prompts

customers to ask what it is, and if they can buy a jar here (which they can!)"

Graham at The Cheese Place says "Bracken Hill products are among our best sellers. Things like the Yorkshire Chutney with Ale, Bilberry Jam and Lemon or Ginger curds are really popular and we have just increased the range with Sea Breeze (that's cranberry, pink grapefruit and vodka) Marmalade....delicious."

Cobbles and Clay & The Cheese Place are offering tastings of some of their most popular Bracken Hill preserves and pickles on Sunday 13th April between 11am and 3pm. Cobbles & Clay will also be introducing a very special ploughman's selection to their menu featuring Bracken Hill Chutney and fine cheese from The Cheese Place. Why not have a walk up Main Street and taste these wonderful combinations?

Cobbles and Clay. 60, Main St, Haworth. 01535 644218

The Cheese Place 69, Main St, Haworth. 01535 647959

Bracken Hill Fine Foods. West House Farm, Elvington YO41 4AZ. 01904 608811.

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Say you saw it in the Worth Valley Mag!



Until September: 'The Captured Past' Haworth & district from period photographs. Free exhibition at the Old School Room, Church Street, Haworth, open 7 days 1-4pm Organised by Bronte Spirit.

Wed 2nd April Guided Walk:

The History of Oxenhope Goit 4 miles Circular themed walk led by David Anderson. Meet at Haworth Tourist Information Centre, 11am. Bring a packed lunch

Sat 5th April

Coffee morning and Bring and Buy at Lees Methodist Church (opposite Lees Primary School). 10.00 - 11.30 a.m. Theme: "Tulips from Amsterdam". Gift stall, book stall, refreshments. Admission free.

Tues 8th April

Celebrating 90 Years in Business, Firth's of Haworth stage a **Fasion Show "From Here to Eternity"**. All proceeds go to Marie Curie. Two show times: 2pm or 7pm tickets available from Firths, £10. phone 643800 for more details.

Sat 12th April Men's Toddler Group, Little Rainbow Saturday Club.

Hall Green Baptist Church, Bridgehouse Lane, Haworth. 10am. Bacon butties served. All Welcome!

for more info: Jeremy Archer 648241

Sat 12th April Guided Walk:

Castlestead Ring 6 miles, Circular walk led by David Oates meeting at 11am, St. James Church, Cross Roads. Bring a packed lunch.

Mon 14th April

Stanbury & District WI

Peace Campaigning by Mrs. S. Boyes 7:30 West Lane Baptist Church.

Wed 16th April Guided Walk:

Around Tewitt Hall 6.5 miles, Circular walk led by Jim Thornber. Meet at 10:30 at Holden Park Gate, Oakworth. Bring a packed lunch.

Fri 18th April

Daphne - An Evening With Justine Picardie and Lady Tessa Montgomery

Picardie will read from her new novel "Daphne" and discuss the Brontes and Daphne du Maurier with du Maurier's eldest daughter. Tickets £10 in advance includes canapés and champagne.

More details: 01535 640188

Mon 21 April to Sat 26 April

"Ghost Train" by Arnold Ridley, Keighley Playhouse, Devonshire Street Box Office 08451 267859

Sun 27th April "Go Local Sunday"

FREE ENTRY at visitor attractions for residents of BD20, BD21 and BD22 Cliffe Castle, East Riddlesden Hall, KWVR, Ingrow LocoMuseum of Rail Travel

Looking Ahead (save the date!)

Fri & Sat 16th, 17th May Haworth West Lane Baptist Amateur Operatic Society Spring Concert **THE HOME FRONT REVIEW** 7:30 Featuring songs, sketches and humour from the period. Tickets £7 adults, £4 children. including tea & biscuits. Contact Vera for tickets: 643425



With the snow falling over Easter hopefully some of the bird population of Oxenhope were able to make opportune use of over thirty new bird boxes constructed by local families. The Oxenhope Conservation Initiative held their first Family Activity Day in the Community Centre, when families could come along and build a bird box to take home with them. The event was supported by both Nelson's and Travis Perkins of Keighley who provided the materials free of charge. Robert Mackley OCI chairperson said 'This is hopefully



the first of a series of Family Activity Days from the OCI aimed at helping local families get closer to the wildlife around them and is supported by funds from the Oxenhope Straw Race'. 'We are also working with the local school to bring the local environment into the classroom, as well as providing support with their Environmental Area'.

For more information on Oxenhope Conservation Initiative please contact Robert on 01535 643622 info@oci-web.org or www.oci-web.org .

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

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Life is not a highway strewn with
flowers
Still it holds a goodly share of bliss
When the sun gives way to April
showers
Here is the point you should never miss

Though April showers may come your
way
They bring the flowers that bloom in
May
So if it's raining, have no regrets
Because it isn't raining rain, you know
(It's raining violets)

And where you see clouds upon the
hills
You soon will see crowds of daffodils
So keep on looking for a blue bird
And list'ning for his song
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To celebrate the fortieth anniversary of its reopening of the first complete standard gauge branch line in Britain, the world famous Keighley & Worth Valley Railway is to operate for the first time ever, direct through steam train services from its stations at Oxenhope, Haworth and Oakworth on to the main national network at Keighley and then to run the trains through to Skipton and Hellifield (for Settle Junction) in North Yorkshire. A Saturday evening steam train will run from Keighley to Blea Moor over the legendary Ribbleshead Viaduct on the Settle Carlisle line, returning as a through train to the preserved line's terminus at Oxenhope. An outdoor religious service, cinema screenings of *The Railway Children*, a 'tribute' exhibition of the pioneer preservationists' achievements and "Forty Beers for Forty Years" by the Railway's catering department will all form part of the celebrations.

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WORTH VALLEY

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Cream Teas with 'The Old Gentleman'

Sunday 4th May. Bank Holiday Monday
5th, Sunday 1st June and Sunday 6th July.

Cream teas will be served on board the fabulous 1871 built North Eastern Railway Directors Saloon, perhaps better known as 'The Old Gentleman's Saloon' from the classic film *The Railway Children*.



★★★★★ Five Star Feasting at Stanbury School

If you're looking for the next Marco Pierre White or Nigella Lawson, you might be surprised to find a lot of budding cooks



right on your doorstep in Stanbury. 'We're terribly proud of our little cooks, our big cooks, and our new

kitchen,' says head teacher Graham Swinbourne.

For not only have the grown-up cooks won a top award for hygiene from the Environmental Health Department, but the children themselves are learning to tell condiments from crudités in a new after-

school cookery club.

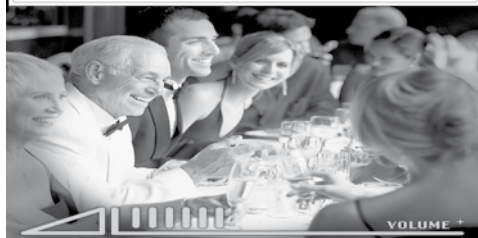
'In the last year we've upgraded our kitchens so that almost all the lunch menu is cooked here from scratch,' says Graham Swinbourne. 'The food is tastier and healthier, so the children are happier.



And we can also use the kitchens to run the children's cookery club.' Big Cook, Little Cook is run by year 3

and 4 teacher Claire Thirkill, and gives 10 children the chance each week to learn how to cook the food they like to eat. 'We all know how children love to eat anything they cook themselves,' says Claire. 'This is one way of giving them confidence in preparing food, and steering them along the healthy-eating path.'

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Useful Numbers

Airedale General Hospital.....01535 652511

Oakworth Health Centre.....01535 643306

Haworth Medical Practice.....01535 642255

NHS Direct.....0845 4647

Oakworth Contact Point.....01535 647574

Haworth Contact Point.....01535 644001

Electricity Emergency.....0800 375675

Gas Emergency.....0800 111999

Water Emergency.....08451 242424

National Rail Enquiries.....08457 484950

National Express.....08705 808080

Keighley & Dist. Bus Enquire... 01535 603284

Bradford Council.....01274 432111

Keighley Town Council.....01535 618252

Police 24 hr local helpdesk.....0845 6060606

Worth Valley Mag.....01535 642227

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