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May 2021



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May is here and the positive vibes are really surging as the sun shines and our gardens, verges, parks and private patches green up!

There is nothing quite like nature's ability to revive and renew our spirits.

This month we focus on mental health and general wellbeing. You can learn more about what is available locally to support those suffering with anxiety or needing help coping with the isolation that has been so persistent and present this past year.

It's Worth Talking About and Keighley Healthy Living are two groups offering compassionate, practical and focussed help in the community. You can find them on p20 & p5 respectively.

Thank you again for supporting local businesses as things open up; I hope you feel more comfortable to get out to the shops.

Have a great month!



Liz Barker (Editor)



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Robbie Moore MP



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Keighley Healthy Living have lots to keep you happy and healthy this Spring!

First of all we have a brand new **slimming group**, either in person at our building or online. We have a qualified nutritionist and an exercise coach on hand to help you lose the pounds in either a supportive group setting or on a one to one basis.


For those of you ready to get out and about in the great outdoors once again our **walking groups** are now back up and running with a Men's only group being a new addition to our variety of group walks on offer

Keighley Healthy Living | 13 Scott St. Keighley BD21 2JH **01535 677177**

To find out more about either of the above or to see all of our current activities go to www.khl.org.uk or phone **01535 677177**

Want to talk to someone about a health worry? KHL are proud to celebrate the opening of the 'first of its kind' **Digital Health Hub at the Sue Belcher Centre**. You can get advice from a Social Prescriber, and/or use the IT facilities to complete an e-consult, book an appointment or order a repeat prescription online

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Established in 2009, and after going from strength to strength, they re-branded in 2020; Lee felt the time was right to branch out and offer a truly enhanced and specialist letting service. In recent years the Private Rented Sector (PRS) has changed more than in the preceding 25 years and Lee understands landlords, now more than ever, need focused and expert advice to keep one step ahead of the game. Changes to Energy Performance standards, Section 21 notices (Form 6a), Electrical safety, Deposit Protection rules and the Tenant Fee Ban but more importantly the lettings process have created a series of pitfalls which can easily catch out even the most thorough of landlords.



From Left: Jason, Marie, Carolyn & Lee from Pure Property Lettings.

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Sudoku

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

Where in the Aire Valley? COMPETITION

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

This month's prize is donated by
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Email your answer including your name &
address to: mail@worthvalleymag.co.uk

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Melissa Stodart from Riddlesden.

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BEHIND THE SCENES at the BRONTË PARSONAGE MUSEUM



When I was furloughed in March 2020, I couldn't have imagined that it would be fourteen months before I would

set foot in the Museum again.

The outreach element of my role means that I spend time working with groups who – for various reasons – might not ordinarily visit the Museum, and so as lockdown began, I found myself emailing my contacts in order to put our activities on hold. I signed off with an optimistic 'see you on the other side!', imagining that this would be the other side of spring, or at a push, summer. I don't think any of us predicted 'the other side' would actually be another year.

The groups I presently work with are Bradford and Keighley-based, and so mindful of the community on the doorstep here in Haworth, at the very beginning of 2020, my colleague Sue Newby and I issued invites to the residents of Heathcliff housing for coffee and cake, and the opportunity to chat and take a look at the new Anne Brontë exhibition. A handful of residents took us up on the offer, and we were keen to follow up on that first get together to talk further about potential activity that residents might want to get involved in. Covid put paid to those plans, but as I prepare to return to work, I am aware that the pandemic will have had a profound effect on many local residents, and the Museum is keen to work with other

Haworth-based organisations in order to provide the support that may be welcomed by some.

A health and wellbeing agenda underpins my outreach work, and in recent years, the use of social prescribing (which involves GPs helping their patients improve their health, wellbeing and social welfare by connecting them to non-clinical community services) has led to heritage and cultural organisations being viewed as spaces for wellbeing, and increasingly organisations similar to the Brontë Parsonage Museum are partnering with local healthcare services in order to deliver activities that can help alleviate social isolation, depression and mental health problems.

Working with others is key to this work, and some time ago – way before any of us knew that a global pandemic was around the corner – I had a chat with Dr Jo Buckley at Haworth Medical Practice about ways in which the Museum could get involved in local social prescribing. My feeling now, as I return to work after more than a year away, is that it is more important than ever that the Museum joins forces with other organisations and community groups in order to offer a support network for those most in need, particularly those who have found themselves largely alone for the past year. The Museum is for everyone, whether visitor or local resident, and we look forward to welcoming you all back soon.

~ Diane Fare

Audience Development Officer (Outreach)
Brontë Parsonage Museum

WEDNESDAY 19 MAY (TBC)

Museum reopens at 10am

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THURSDAY 27 MAY

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7.30pm via Zoom

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May at the Brontë Parsonage Museum

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

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

4	2	8	1	3	9	7	5	6
5	9	3	8	6	7	4	1	2
6	7	1	5	4	2	8	3	9
1	3	7	2	5	6	9	8	4
9	4	2	3	7	8	5	6	1
8	6	5	4	9	1	2	7	3
2	1	6	9	8	5	3	4	7
3	8	9	7	1	4	6	2	5
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Understanding Back Pain

~ David Hanson



Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide.

The cause of most back pain is mechanical – meaning the source of the is triggered by movements of the spine. **Mechanical back pain** affects the moving parts of the spinal column which includes the ligaments, tendons, muscles, intervertebral discs, vertebral bodies and facet joints. A common region for mechanical back pain is the lumbar spine – the 5 lowermost vertebrae which absorb and distribute most of body's weight during static and active movements.

We can usually pinpoint the reason for our back pain – heavy lifting where we place a lot of strain on our lower back, long bouts of gardening when we are knelt down and leaning over which places a strain on our muscles and discs, or prolonged bouts of sitting at a desk or driving where the lower back may be inadequately supported due to poor posture.

However, there may be times when our back pain isn't easy to understand and this may be due to an inflammatory component.

Inflammatory back pain is a chronic condition that occurs when inflammation or swelling starts to occur in the spine and may be attributed to rheumatoid arthritis.

Rheumatoid arthritis is an autoimmune disease in which the body's immune system attacks its own tissues. Symptoms include pain, swelling and stiffness of the joints and although it usually affects the hands, wrists and knees, it can also affect the lower back.

The key differences between mechanical and inflammatory back pain are summarised in the following table.

Mechanical Back Pain	Inflammatory Back Pain
Occurs at any age	Age of onset is less than 45 years
More acute onset	Pain duration more than 3 months
Onset is variable – may be caused by a specific event	Insidious onset
May worsen with movement or exercise	Improves with movement or exercise
Improves with rest	Does not improve with rest
Little or no morning stiffness	Early morning stiffness which lasts more than 30 minutes

It was 1968 when the Keighley and Worth Valley Railway was first reopened by the Preservation

WORTH VALLEY

Society and we enjoyed celebrating the 50th Anniversary of that very special occasion back in 2018. We simply wouldn't have believed that we would have three further reopenings of the line to celebrate, all within a 12 month period, but that's what happened. With the impact of the lockdowns meaning the Railway had to cease operations for months at a time, it's been a challenging year, as it has been for so many other organisations and individuals.

As ever, our 700 volunteers have responded magnificently to the challenge that circumstances posed. Essential maintenance on the track and the operationa fleet has continued behind the scenes, and more recently we ran a series of training events to make sure that we were ready for the reopening on 17th April. To comply with the current restrictions we have continued to run our compartment carriages, which keeps travelling groups separate from other parties. We are very much looking forward to being able to operate our more usual corridor coaches when circumstances permit, but we know that many passengers enjoy traveling as a small group in their own compartment. With the plan for the easing of restrictions now clarified in the government's roadmap, we have a better picture of what the rest of the year might look like (continuing to appreciate, of course, that's it's "data and not dates" that drives the phasing). That means we have been able to schedule our programme of events and we have released the plan on Railway's social media channels and the website and tickets are going on



sale at the end of April. We are planning a range of special train services, including the popular Haworth Haddock's fish and chip suppers, cream tea trains, Pullman dining experiences and 'Sparkle and Steam' prosecco tasting events. We also have the return of our steam gala events and later in the year the return of the Beer & Music weekend. We've also been speaking with Santa and he's agreed to join us for another season of 'Elf Express' trains in December.



Please check the website for the details on how to book for the special events as well as the latest information on the services that are now running every weekend. I do hope that we can welcome you back on board very soon after what's been a really challenging 12 months.

~ Matt Stroh

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It's Worth Talking About Mental Health & Well-Being

Groups in Keighley, Bingley, Silsden, Wilsden, Haworth & Saltaire.



It's Worth Talking About was started in March 2020 by childhood friends Ryan Anderton and Andy Clements in Keighley in response to a few factors that

convinced the pair that more mental health support was required in the town.

One of those factors was Ryan was working at Mind (the mental health charity) as a community peer support worker and his role was to assist frequent attenders to Airedale Hospital with local support. What he came to realise is that the support available wasn't sufficient and thus wanted to provide more to both men and women.

The second and a major reason was the death by suicide of popular Oxenhope AFC footballer Tom Marshall at the age of just 25 (both Ryan and Andy had also played for Oxenhope AFC in their younger years too). The passing of Tom proved that more support and awareness was needed.

The first men's group that It's Worth Talking About held was in a local pub called Hop on Worth that opened on a Monday night just for the group to provide us an environment which is one that many men are familiar with, that many often resort to in times of difficulty, was safe, confidential and provided a social feel to what can often feel like a very off putting clinical subject.

From the single men's club we were approached by other individuals that had suffered loss and what to get involved and quickly we had a second men's session in Haworth, this was quickly followed with women's groups in Keighley and Haworth.

Covid stop started the groups throughout 2020 but in June 2020 Sam Mckalroy, a 20 year old lad from Wilsden near Bingley took his own life and in response to this It's Worth Talking About were again approached about opening men's and women's groups in Bingley. One of the attendees of the Bingley group loved the concept so much he asked to open a group in Saltaire and very quickly one group had become seven.

In January 2021 after a period of closure due to lockdown restrictions we restarted the groups in new venues that have been provided by the community after an appeal but again the area hit the area was struck by another suicide tragedy with the passing of local rugby player Alex Barusevicus whilst away at Nottingham University.

This created more interest in It's Worth Talking About. Silsden Storm ARLFC contacted us to start groups in Silsden and a teacher at Alex and Sam's old school contacted us to open a Wilsden group, the village that they both were raised taking us to eleven. face to face groups. An online session is also being held on Google Meets now too and interest in the groups has spread to places as far away as Cardiff and Tenerife as the need for mental health support is being identified by others as lacking in their areas.

It's Worth Talking About never intended to be more than a few local peer support groups but through demand, interest and the devastating sadness of other we have developed, we've been approached about doing workshops and groups at local schools, colleges, sports clubs and businesses as more and more people are acknowledging the need to support people near and far.



In March 2021 after an offer from a local videographer we recorded some real life short stories from people that attend or are involved with the groups. The feedback from this has been phenomenal with views exceeding 60,000 people on Facebook alone. This is the video of Tom's dad Tony: <https://www.facebook.com/watch/?v=767085260860531>

What the videos really showed us was that whilst it is still difficult to talk about mental health and suicide that the men and women that use our groups or have been affected by either are so passionate about not wanting others to experience it or to tell others know that they aren't alone that they will put themselves in this difficult position to get that message out to the wider public.

With 18 facilitators, 4 trustees, and several willing fundraisers It's Worth Talking About is in the process of applying to be a CIO charitable organisation with the goal of expanding across the UK and provide peer support groups within easy reach of every town or village, and not just the cities where many mental health support service only exist.

Training is provided to everyone involved covering aspects such as safeguarding, conflict management, equality and diversity,

understanding well-being and suicide prevention to name just a few of the elements covered.

You can get involved as an attendee to enhance your own well-being and support others with theirs, as a facilitator to run your own local group or as a fundraiser etc. to support the work we are looking to do as we develop.

Local Peer Support Groups

Keighley Men's Mon 7-9pm Cougar Park
Keighley Women's Tues 7-9pm Civic Centre
Silsden Men's Thurs 7-9pm Many Handds
Silsden Women's Tues 6-8pm Many Hands
Cross Roads Women's Weds 7-8:30pm Burnt Bear
Haworth Men's Tues 7-9pm West Lane Baptist
Bingley Men's Weds 7-9pm Bingley Arts Centre
Bingley Women's Thurs 7-9pm Bingley Arts Centre
Wilsden Men's Tues 7-9pm Village Hall
Saltaire Men's Tues 5-7pm Higher Ground Cafe
Mixed Group (All genders) Sun 7-9pm online
via Google Meets

www.itsworhtalkingabout.org
07706 024 336

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Bingley Windows p3

Bob Beattie p14

Garolla p2

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