



# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2023

DISTRIBUTED FREE TO HOUSEHOLDS AND BUSINESSES  
IN FELL LANE, EXLEY HEAD, LAYCOCK, KEIGHLEY, UTLEY, LONG LEE,  
RIDDLEDEN, & EAST MORTON

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### Spring ahead!

British Summer Time begins. Admittedly, it isn't a huge shift in our day but little changes over the season can make a big difference to our productivity. Take advantage of the longer daylight to get ahead with your 'to do' list; get yourself up and out for a brisk walk or a stroll around the neighbourhood. The Aire Valley Mag is filled with so many wonderful things to do and see this month and beyond; workshops, concerts, classes, and activities galore. Enjoy what the community has to offer you and remember, when you use the local businesses and services in these pages, you are supporting the local economy. On behalf of our advertisers and contributors, thank you for your custom; it is most appreciated.

Have a lovely April!



Liz Barker, Editor

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## Maternal Journal



A series of art journaling sessions are coming to Glusburn Institute Community

and Arts Centre to boost wellbeing run by Sally Parkin. Maternal Journal is an award winning global movement which boosts wellbeing and we are excited to bring this to Glusburn with the help of funding from the VCS Alliance. These sessions are for parents, grandparents or anyone who identifies with a maternal perspective. You do not need to have experience of journaling or be creative to join. During the sessions there will be step by step instructions, materials and lots of tea and biscuits!



Sally Parkin (Sally Golightly Family Doula), is an experienced Antenatal Teacher, Doula and has been facilitating these workshops in person and online for 5 years.

*“Being in one of Sally’s groups is always magical. She has a gift for holding space like no one else... She creates a warm, welcoming, funny and above all else, safe space to share.”*

Maternal Journal at Glusburn Institute Community & Arts Centre  
**3, 10 and 17 May 7-9pm**  
**4, 11, 18 July 10-12noon**  
Contact Sally: **07811139982** to reserve your FREE place. [www.sallygolightly.co.uk](http://www.sallygolightly.co.uk)



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We have enjoyed a fabulous start to the year, although it's not been without its challenges. In mid-March, we hosted a number of visiting steam locomotives as we held our Spring Steam Gala. The trains were packed, photographers lined the Railway from their chosen vantage points, and the Worth Valley weather did not let us down to create a very special spectacle as we had a snowstorm. Our volunteers rose magnificently to the challenge, some walking many miles to take up their rostered duty. Everyone pulled together and worked tirelessly to clear the point-work, signalling and stations of snow and to light the fires in the steam engines well before dawn broke meaning that we were running trains on all four days of the event. Their efforts were rewarded with one of the most impressive steam gala events in the Preservation Society's 60-year history. We have received many compliments and have been sent hundreds of fantastic photographs of the trains running through a winter wonderland in postcard-perfect scenes. Trying to convince our younger visitors that Santa wasn't about to appear was a bit tricky at times.

The steam gala weekend also saw us re-open the Old Parcels Office at Keighley station for the 2023 season. We bought the business in January 2020 and could only open for a few weeks before the various lockdowns and issues with the station building meant we have had a series of enforced closures since its purchase. We

are fully back on track with a new team and menu, so please do pop in when you travel with us. The Old Parcels Office is located on the bridge between platforms 3 and 4 at Keighley and offers a full food menu, a range of speciality teas and coffees and a real-ale bar. It is open 9.30am - 5.30pm when the Railway is operating, and our website has full details.

In other news, we are very excited to welcome the nation's favourite locomotive, The Flying Scotsman, to the Railway in May. As well as train rides hauled by the star locomotive 25th-29th May (for which tickets are selling very fast), we are also planning "A Flying Scotsman Festival" as part of the loco's 100-year celebrations. Please visit the website to get the latest details and book tickets for the Festival dates held in May during the locomotive's stay with us.

As well as the events programme and special trains, we continue to run our regular services every weekend and during the school holidays. Now that we have the Old Parcels Office up and running at Keighley, as well as the real-ale bar on board most trains, there is so much to do and enjoy right on your doorstep. Don't forget to apply for your Local Residents' Railcard to enjoy discounted travel, which makes your time with us an even better value.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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- The provision of the hearse and necessary staff on the day of the funeral

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- The payment of a Cremation fee
- The payment of the Doctor's fees
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# Discover your SMILE again

# Denture Problems

## Look no further...



## 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).

## How can we help you?

Technology has moved on massively over the last few years as far as dentures are concerned. The fact is, **you don't have to suffer badly designed or ill fitting dentures anymore.**

However, replacing your teeth is more than trusting someone with your smile. Your appearance and the way people perceive you is also at stake.

**Matt creates dentures which can offer the dual effect of restoring your smile and correcting the proportions of your face.**

He can add volume to your lower face and upper lip region to achieve a more natural, youthful look. Everyone is different, so your dentures are influenced by your age, personality and gender to ensure they look perfectly natural. Matt will discuss your individual needs and the best choices available before providing you with the information you require to determine what is right for you.

The smallest alteration can make the biggest change and Matt is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

Matt's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

**Everybody has the right to smile!**

*Would you like to be more confident?  
Do you suffer from denture discomfort?  
Loose or ill-fitting dentures?  
Afraid to smile?*

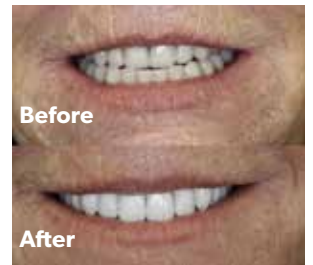


**With our clinical denture expert Matthew Varley, who has restored thousands of smiles - you're sure to feel more confident and be you again.**

## From Frustration to Clarity

One of our lovely transformation cases. Patient LS struggled for years. Aesthetics were compromised along with facial support looking very strained. With our Diamond range of dentures, aesthetics were restored with full facial support in the correct position.

*"I have finally got my confidence back, I never imagined I could smile like this. Thank you My Denture Clinic"*



## TeethXpress in a day



## Eat and smile again with confidence

Millions of people are missing one or multiple teeth, requiring the use of removable dentures or bridgework. Many people struggle with loose fitting teeth. If you have this problem you already know the embarrassment of eating and smiling in public. TeethXpress can restore the ability to eat your favourite foods and to smile again!

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## Sudoku

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

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

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

6						4	3	
			4					
	4		3		7	2		1
				9		8		
8		3				5		4
		1		2				
1		4	9		2		6	
					5			
	3	8						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 Keighley Picture House:  
Family ticket

Email your answer including your name & address to:  
mail@worthvalleymag.co.uk

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

The March competition location was Guardian Security Installations, Keighley and the winner was Jill Crowther from East Morton.

**KHL** Healthy Living

Keighley Healthy Living run a variety of free, accessible groups and classes, to support the local community to improve their health and wellbeing.



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# COMMUNITY PAGE

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**10 - 1pm Riddlesden Green**

**Connection Community Cafe** St Mary's Meeting Room, Banks Lane BD20 5PA . Eco liquid refills, book swap and cafe every time.

**The Shed Cliffe Castle** every Tues, Weds & Thurs 10am - 4pm.

**Morton WI** every second Tuesday evening each month. Social evening with refreshments at the Institute in **East Morton 7:20 pm.**

**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, Wednesday, Friday WARM SPACE** Central Hall, Alice Street, Keighley BD21 3JD 11.00am to 2.00pm Hot drink, cafe style seating area, free wifi, charging points, fully accessible.

**Every Wednesday 10 - 12 Coffee Morning at Laycock Village Hall**

**Every Weds 1pm - 3pm Knit & Knatter** at Keighley Library All Welcome.

**Mondays 1 - 3pm Keighley Tea Dance** at the Civic Hall

**Every Thursday 10am - 11.45am Games Cafe** at KHL, Scott Street, Keighley. No booking required everyone welcome.

**Every 4th Thursday** of the month 10am **Bingo** at KHL, Scott Street, Keighley  
**Thursday & Fridays 10.30am to 3 pm The Downstairs Drop-In** at The Civic Centre, Keighley. A great place to meet new people, play board games or dabble in arts & crafts.

**Sat 1st - 16th April East Riddlesden Hall Easter Trail.**

**Complete the 10 activities** from barrow racing to building a giant nest! Don't forget to collect your Easter treat at the end!

**Sun 2nd April 10am - 4pm Aire Valley Railway Modellers Club Spring Open Day** Dalton Lane opposite Dalton Lane.

**Weds 5th April Keighley 3rd Age Group Meet at Action Point (formerly Temple Row Centre) at 10am.** Free refreshments. Speaker Chris Helm. Holidays from the past. Further details regarding this group please contact the David Boddy 07979799527 email:d.r.boddy@btinternet.com.

**Sun 9th & Mon 10th April Afternoon Tea** KWVR bookings www.kwvr.co.uk

**The Bradford Choral** are interested in inviting new singers to come and join a friendly and experienced choir. **Meet at 7.30pm on Tuesday evenings** at NORTHCLIFFE Bradford Road Shipley. If you wish to join us please e-mail e.f.bennett@btinternet.com or lynnedenison@btinternet.com for details.

**Sun 16th April Train rides for all the family.** Miniature trains running at **Marley sports field approx. 1:30 pm until approx. 5 pm.** Steam and electric trains providing trips for all ages. Great family time out. Refreshments available. Details at [www.kdmes.org.uk/trains](http://www.kdmes.org.uk/trains)  
**Sat 22nd of April 2023 10.00- 21.00 at Roberts Park, Saltaire Family Fun day.**

**Sun 23rd April 11am - 4 pm St Georges Day** at Airedale Shopping Centre. Free activities.

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Surgeries by appointment only

## Our local hospital is in desperate need of a rebuild

Keighley and Ilkley MP Robbie Moore updates readers on his campaign for a new **Airedale Hospital**



I want readers to know that my campaign is making progress. After visiting Airedale Hospital twice more in February to hear from the Airedale NHS Foundation Trust about how a rebuild could drastically improve the quality of health services in our area, I held a trio of meetings with the Prime Minister, our Secretary of State for Health and Social Care and the Minister in charge of Hospital Rebuilding. In March, I met with the Chancellor to make economic case for a new hospital, with a further meeting with the Prime Minister soon to come.

Home to a fantastic team of doctors, nurses and NHS staff, the heroes at Airedale Hospital consistently go above and beyond to serve our area. But if there is one thing that we have known for a long, long time, it's that the original hospital building – which was built in the late 1960s with a planned life expectancy of 30 years - is falling apart.

That is why when I was elected as the Member of Parliament for Keighley and Ilkley, I launched my campaign for a full rebuild of Airedale Hospital and to date have lobbied the government on this campaign more than anything else. Whether that was holding a personal debate on Airedale Hospital in Parliament, lobbying the Prime Minister at PMQs and in separate forums, or holding meetings with the Department of Health and Social Care, I have made it clear to every level of government that sticking plaster solutions for our brilliant local hospital simply will not do.

During these meetings, I make sure the government hears about what we here in Keighley, Ilkley, Silsden, the Worth Valley know far too well: Our hospital was built with a planned life expectancy of 30 years. It has now been over 50 years. Our hospital is constructed from over 83% aerated concrete – a material known for its dangerous structural defects. Our hospital has over 50,000 aerated concrete panels running through its walls, floors, and roof – that's five times more than any other hospital in the UK. Whilst I recognise that it is a huge sum of funds I am lobbying for, a full rebuild of Airedale Hospital is about the future of health care provision in our area for generations to come. And so, as your MP, I will not stop lobbying the government at every level to deliver on this campaign.

~ Robbie Moore MP for Keighley and Ilkley

## BEHIND THE SCENES AT THE MUSEUM

Having faithfully read Worth Valley Magazine from cover to cover since moving to Haworth last year, it's a real privilege to be making a contribution on behalf of the Brontë Parsonage Museum in my new role as Digital Content and Marketing Officer.



Carla Kingham is the new Digital Content and Marketing Officer at the Brontë Parsonage Museum and local Haworth resident.

It's a rather long job title but to put it simply, my role is to look after the general marketing for the Museum and think of new ways to embrace the digital world as it becomes ever more central to our visitor's daily lives. I moved to Haworth last spring to be closer to the landscape I'd fallen in love with as a girl. I have fond memories of tearing across the moors and clambering down to Brontë Falls when visiting on school trips, gathering precious mementos from thickets and clumps of bog-moss to take home in my pocket.

A love of the landscape grew into an appreciation for the history and sense of community here. I've made regular visits to Haworth throughout my adult life, always making time for a trip to the Museum followed by an amble down Main Street and a pint in one of the many brilliant pubs on offer.

This special place has long captured my imagination, so you can imagine my delight when the opportunity came up to join the team here at the Brontë Parsonage Museum. I'm endlessly inspired by the range of activity and creativity happening in the Worth Valley and I believe the Museum plays an important part in that. The Museum

is a place for everyone, and there's always something new to explore.

We've got a fantastic programme of events coming up, but I'm particularly looking forward to the **Creative Writing and Nature Art Workshop** on Saturday 22nd April led by local poet and land artist **Winston Plowes**.

In this 2-hour interactive session, Winston will encourage

visitors to venture beyond the walls of the Museum and connect with the wild inspiration that lies on our doorstep. You don't need to be an artist to take



part, far from it! All that's required is a little curiosity and a keen sense of adventure...

I'll certainly be pulling on my walking shoes, hope to see you there.

Scan for more information:



Get in touch!

carla.kingham@bronte.org.uk



NEW EXHIBITION FOR 2023

Included in Museum ticket – local residents £7.50

Brontë Parsonage MUSEUM

## April at the Brontë Parsonage Museum

WEDNESDAY 5 & WEDNESDAY 12 APRIL, 11am-3pm  
**Wild Wednesdays**

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THURSDAY 20 APRIL, 2pm

**Thursday Talk: The Brontës on Film**

Exploring modern screen adaptations of Brontë novels. FREE with a valid Museum ticket.

SATURDAY 22 APRIL, 2pm

**Saturday Event: The Brontës & Birds**

The RSPB join us for a revealing talk about wildlife in the Brontës's works. Tickets £5/£3.

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peppercorns, cover with water again and bring back up to a very gentle simmer. Let the joint simmer gently for 2-2 ½ hours. Test it's done by pushing a skewer right through it. If it is done, this should require little effort.

Meanwhile, put the frozen spinach in a pan, cover with water, bring to the boil and drain the spinach into a large sieve to drain then transfer into a bowl and set aside.

Now put the milk in a pan, together with the peeled and chopped small onion, 2 cloves and a pinch of salt, bring to the boil then put to one side to infuse for several minutes.

Wash & dry the pan you boiled your spinach in and melt the butter over a low heat, once melted, add your flour, and stir gently for a minute or two. Remove from the heat, strain the milk into the pan, whisk thoroughly then return to the heat, stirring until thickened. Cook over a very low heat for five minutes or so before adding the spinach, cream, nutmeg and ground black pepper, stir to mix, and keep warm over a low heat.

Take three or four ladles of the broth from the ham pot and put into a small pan, boil vigorously over a high heat until reduced in volume by a third.

Slice and serve the ham with the creamed spinach, and some boiled and buttered potatoes and carrots, drizzle a couple of spoonsful of the reduced broth over the sliced ham. A bit of English mustard on the side is good too in my opinion.

If you want to make a really good soup the following day, drain and reserve the remaining broth, let it cool to room temperature then cover and refrigerate.

**To make the soup**, bring the broth back to a simmer and add about 300 / 400 g of red lentils, any remaining shredded ham. If you have any boiled potatoes left over, dice them and chuck them in yer pot. Add a couple of teaspoons of mild curry powder. Simmer gently for 30 minutes until the lentils are cooked. You can adjust the thickness of the soup to your taste by simmering longer to thicken, or by adding water to make more "soupy". I like to add some shredded white cabbage and cooking for another 5-10 minutes, then you've got yourself a second meal which is really good served with crusty bread, butter and some cheese.

Apart from being one of my favourite things to cook, eat and serve to guests, this is also one of the cheapest Sunday dinners you can cook; you should be able to buy a 2kg "corner" gammon joint for about £12-£13 which will feed 6 people very well with leftovers for a good soup too. You'll definitely save money by going to a proper butcher rather than a supermarket here.

#### Ingredients

- 2kg "corner" gammon joint
- 2 large carrots
- 1 large leek
- 1 large onion
- 8 cloves, salt, nutmeg
- 2 dozen or so black peppercorn
- 300ml milk
- 1 small onion
- 50g butter
- 50g plain flour
- 100ml double cream
- 900g bag of frozen chopped spinach

#### Method

Get the biggest stovetop pot you've got, put the gammon in it, fill with cold water and bring to the boil. Whilst you're waiting, roughly chop the carrots, leek and celery, peel the large onion and stud with 6 of your cloves.

When the pot boils, drain, rinse the gammon joint, and return the gammon to the pot with the carrots, leek, celery and onion / cloves and

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