

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2023



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Groundhog Day is a popular North American tradition observed in the United States and Canada on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow due to clear weather, it will retreat to its den, and winter will go on for six more weeks; if it does not see its shadow because of cloudiness, spring will arrive early.\* I wonder what Great British weather lore is the equivalent to Groundhog Day? I suppose, St. Swithin's Day for predicting the British summer?

Whatever the weather brings this month we hope you will find plenty to see and do in the community. Warm Spaces are popping up in the District to combat the cost of living crisis and to address post-COVID loneliness and social isolation. See the community pages for more details. Enjoy February!



Liz Barker, Editor

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## How Full Is Your Stress Bucket?



At this time of year our thoughts often focus on our physical health but when did you last check-in on your mental health? Did you know that everytime you have a negative thought cross your mind, it goes into your metaphorical 'stress bucket?' And it doesn't matter if it is a real or imagined thought because your mind will store it either way. Just by thinking that something might go wrong, or watching something scary, will create anxiety in your mind, as the subconscious mind cannot tell the difference between what is real and what is imagined. For example, if you worry about a meeting at work fifty times and then have the meeting and it actually goes well, your mind will have stored fifty instances of it happening negatively and only one instance of it happening positively and anxiety will slowly start to build unnecessarily. Negative thoughts and feelings accumulate and store in our minds as a form of protection. This was really useful in days gone by when we needed to respond to dangers in our world, but nowadays those thoughts are often not relevant to our survival and therefore we don't need to build up this protective fear any longer. Our brains respond to this accumulation of stress in a variety of different ways. For some people they find themselves getting angry and irritated much more easily than they used to. Others are likely to notice

an increase in anxiety symptoms, whereas others may find that depressive symptoms such as low mood and avoidance become more common. And a full 'stress bucket' can also impact your physical health as you become stuck in a chronic state of stress which negatively impacts the immune system. There are countless studies which show the impact of positive thinking. However, when you feel stuck in a rut it can be hard to change your perspective on things and those thought patterns can be really hard to shift on your own.

My name is Sharon Thompson and I am an accredited professional Hypnotherapist based in Haworth. I use Solution Focused Hypnotherapy to work with people to help them empty their 'stress bucket' and keep it empty. By doing this it means that the rational part of the mind remains in control and they are able to avoid issues such as anxiety, anger and depression as well some more specific symptoms such as insomnia, phobias and weight gain.

I see clients across my two therapy rooms in Haworth and Saltaire, and also online using Zoom.

If you are ready to empty your 'stress bucket' and make positive changes in your life then get in touch.

You can find full information about how to contact me on my website [www.sharon-thompson.co.uk](http://www.sharon-thompson.co.uk) or phone **07764 562 887**.

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## 6 REASONS TO TAKE UP GOLF THIS YEAR

### 1. Golf is Good Exercise

Not only do you spend a lot of time on your feet, but you also do a lot of walking. You'll certainly get in your daily step goals.

### 2. It's Great to Get Outdoors

When you play a round of golf, you'll spend that time outside. Some benefits of being outdoors include:

- Sleep better
- Lower blood pressure
- Decreased depression
- Boost creative thinking
- Less anxiety

Being in a beautiful location where you can take in nature doesn't hurt, either!

### 3. Make New Friends

While there's nothing wrong with playing golf with a friend, another benefit of playing golf is that you can make new friends. One of the easiest ways to do that is to sign up for one of our **Beginners courses**. Before you know it, you'll be enjoying a celebratory drink with a new friend or two after a session at the club.

### 4. Improve Business Relationships

The best place to make that new business deal may be the golf course. Why? Simple. Golf is a game played by many business people. As you're making new friends on the course, you may end up finding others in similar industries that you can work with; that's a great bonus!

### 5. Relaxation

The game itself can also help you relax. This is particularly true if you're playing by yourself. When it's just you, your club, and the ball, it's easy to allow the rest of your problems to slip away. You can focus only on the problem at hand, which is getting that ball into the hole. Sometimes, it's taking that time away from your daily routines that allows you to put things into perspective. Then, you can return with a refreshed mind to calmly resolve problems.

### 6. Better Health

All of these things put together will help you improve your health out on the golf course. The

Ever thought of taking up golf?  
Are you looking for fitness,  
fun and friendship?



### OPEN TO ALL BEGINNERS

Keighley Golf Club are running a  
Golf Coaching Programme  
in March/April 2023:

- 18, 25 March & 1, 15, 22, 29 April at 2.00pm
- £50 per person
- 6 sessions x 1 hour
- No equipment needed
- Trainers required
- After 1st session complimentary drink + cake

For bookings (quote AVM1),  
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Andy Rhodes on 01535 665370 or  
email [pro@keighleygolfclub.com](mailto:pro@keighleygolfclub.com)



exercise you'll get and the time spent outside are both huge parts of it, but even improved relationships have a positive impact on your mental health. One other specific way golf improves your well-being is by increasing your exposure to daylight and vitamin D. This essential vitamin is made in your body but is triggered by exposure to sunlight. Getting enough vitamin D may help you:

- Lower your risk of cancer
- Boost your immune system
- Absorb calcium to prevent bone loss

### Need a Place to Play Golf?

We've got you covered! Visit our beautiful golf club and find a package that suits you.



**Keighley Golf Club is offering a special 9-hole membership at £175 available to golf graduates on completion of the**

**Beginners' Coaching Programme** (see details above) *Special membership lasts for 6 months and includes a 20% discount on food and drink.*

# Spring SALE

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Whilst many railways and other attractions close in the early part of the year, we do not. Our founders wanted to reopen the railway and that's exactly what they achieved. It took six years of hard work behind the scenes to secure ownership of the line, bring the railway back to operational standard, and build the collection of locomotives and rolling stock ready for relaunching services. On 29th June 1968, their dream was realised when the railway reopened, making us one of the first heritage railways to achieve this amazing milestone.

The founders did not plan to open a living museum but wanted to keep this important part of history operational for the use of our local neighbours, although they did establish what has become a tourist attraction of national renown. As a result of their ambition, they never thought that it should close down for the quieter tourist months between the new year and Easter, and the tradition of running all year round continues. Thus we are open every weekend throughout the year, as well as during the week in holiday periods. At times of inclement weather, this has made us one of the only transport links into and out of the

villages down the line, and we do appreciate the importance of providing that service so we offer the Local Residents' Railcard, which results in discounted fares for our neighbours (in BD20/21/22 postcodes). It also means that we offer one of the few days out during the weekends between now and Easter. Our real-ale bar is conveyed on all the steam train services, and we will be operating our recently-restored 'Pacer' class 144 diesel unit on selected dates.

We recommence daily running for the February half-term (11th-19th February). Then our first event of the year is the Steam Gala, running 9th-12th March, which will be a celebration of steam with three visiting and the six locomotives from the home-based fleet operating across the four days of the event.

As ever, making all this happen takes a massive volunteer effort, and I encourage you to consider joining the team of over 750 volunteers in all aspects of operating and maintaining the railway.

We do look forward to welcoming you on board soon!

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

# DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

## HALF TERM HAPPINESS



11th to 19th February

## STEAM GALA



9th to 12th March

## AFTERNOON TEA



Various Dates

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## Sausage Pasta Sauce

This is a very economical dish that will make a pack of supermarket pork sausages feed a family of six well. I've adapted it from a River Café recipe that calls for spiced Italian sausages that are quite difficult to source. ~ Martin Lingard

### Ingredients (Serves 6)

Oil  
 1 medium/ large onion, chopped  
 2 garlic cloves, crushed  
 1 pack of pork sausages, skinned  
 1 tsp Paprika  
 1 tsp fennel seeds  
 1 tsp Cumin  
 1 tsp Coriander  
 1 tsp dried oregano  
 ½ tsp Chilli powder  
 2 bay leaves  
 1 tbsp chopped fresh rosemary (or 1 tsp dried)  
 2 x 400g tins of plum tomatoes  
 Salt & pepper  
 300g penne pasta  
 150ml double cream  
 50g grated parmesan (plus extra to serve)

### Method

This is best cooked in a large sauté pan. Heat the oil and gently sauté the onion and garlic until soft and golden. Add the skinned sausage meat, turn up the heat and start to mash the sausage meat, adding all the herbs and spices as you go. This should take about 15 minutes, stirring frequently to prevent sticking. If it starts to stick to the bottom of your pan, lower the heat. Add the tinned tomatoes, stir well and cook slowly for a further 10 minutes. Season with salt and black pepper. Boil the penne pasta according to the pack instructions, drain and add to the sauce. Add the cream and parmesan, heat through and serve in warm bowls with extra parmesan and a green salad.

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# Discover your SMILE again



## Who are we?

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

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

Assessing patients who have had problems with their dentures and providing them with options to correct these.



## 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,

Joseph 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. Joseph 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 Joe is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

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

*Everybody has the right to smile!*



# Denture Problems Look no further...

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			8				6
		1		5	2		
	7		9			5	
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	2					3	
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# COMMUNITY PAGE

**Every second Saturday** of a month  
**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

**3rd Sunday of a month** is the **Artisan Markets at Haworth Central Park** 10 am - 3pm.

**Jan until 1st May Vacation of the Woollies** Exhibition of textile sculptures at Cliffe Castle Museum, Keighley

**Jan - 30th April Once upon a Pantomime** Costume Exhibition at Cliffe Castle Museum, Keighley

**Weds Feb - 1st Jan 2024 Bronte**

**Parsonage Museum The Brontes and the Wild** This exhibition considers how landscape, weather and the natural world play an important role in the lives and work of the Brontës.

**Keighley 3rd Age Group Meet at Action Point (formerly Temple Row Centre) at 10am.** Free refreshments. Speaker Janice Pedder. Caves of Gibraltar

**Sat & Sun 12th/13th Feb Haworth Craft Fairs 10am - 5pm** The Old School Rooms, Haworth  
**Mon 13th to Fri 17th Feb KWVR Steam Trains every day.**

**Weds Feb 15th 11 am - 3pm Wild Wednesday at the Bronte Parsonage Museum** A family-friendly workshop making little paper plants

**Sun 19th Feb Keighley Ramblers "A Bronte Wander."** Moderate 7.5 miles. Meet 10.30 am on Belle Isle Road, Haworth. [www.ramblers.org.uk/keighley](http://www.ramblers.org.uk/keighley) A lovely walk exploring the delights and views of the Worth Valley.

**Sat 25th & Sun 26th Feb** Local independents from **Haworth & Yorkshire** showcase their unique offerings at **Haworth Old School Room Church Street 10 am until 4 pm, FREE ENTRY** & all are welcome including our furry friends.

**Sat 25th Feb Laycock Players present a 1920's Murder Mystery 7.30pm** Laycock Village Hall

**Thurs 2nd - Sat 4th March Saltaire Beer Festival at Victoria Hall, Victoria Road, Saltaire.** With over 110 real ales, real ciders and perries, wines, global beers, and craft keg beers, as well as great food, live music and our world-famous tombola.



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## BEHIND THE SCENES AT THE MUSEUM

As I write, it's very busy 'behind the scenes' at the Museum! Decorators are painting, electricians are PAT testing, shop stock is being counted and our world-famous collection of Brontë manuscripts, letters and books is being dusted and checked for signs of damage or deterioration. While maintenance and curatorial work happens throughout the year, January is our main conservation period when the historic rooms are emptied of their valuable artefacts, deep cleaned and then reinstated, often with different items on display. It's a meticulously planned operation but we can never be sure what each new day will bring!

January is also the time when we carry out much of our staff training. This year, as well as evacuation procedures, collection care and disaster planning, some of our staff will be learning to use Makaton, a form of communication using speech and symbols, enabling us to interact with our youngest visitors, or those with learning difficulties, in an accessible and welcoming way. We're also looking forward to a team away day to Dove Cottage in Grasmere.

Preparations are also well underway for our new exhibition, **'The Brontës and the Wild'**. When Patrick Brontë brought his young family to the bleak hilltop village of Haworth in 1820, the wild beauty of the moorlands surrounding the Parsonage cast its spell, and became central to the creative lives of his children. Charlotte, Emily, Branwell and Anne came to share their father's love of nature, and his stories of the countryside captured their imaginations. Our 2023 exhibition considers how landscape, weather and the natural world play an important role in the lives and work of the Brontës.

A central element of the exhibition is the

Brontë family's annotated copy of Thomas Bewick's **'A History of British Birds'**, recently acquired by the Museum from the Blavatnik Honresfield Library. Other highlights include poetry manuscripts by Emily and Charlotte, early printed works by Patrick Brontë, copies from Bewick by Emily and Charlotte and first editions of 'Poems' by Currer, Ellis and Acton Bell and 'Wuthering Heights'. Two wood blocks on loan from the Wordsworth Trust will also be on display.



Rebecca Yorke, Director, Brontë Parsonage Museum

Have you seen 'Emily', the new Brontë-inspired film by Frances O'Connor, yet? Our 2023 displays will also include items from the film, including the dress worn by actress Emma Mackey, and a signed copy of the screenplay.

To complement the new displays, we are really excited to present **'Secret Life in the South Pennines'**, an exhibition of woodcuts and charcoal drawings by Angie Rogers. Angie's work echoes that of Bewick, and depicts the flora and fauna of the local landscape.

And, coming up later in the spring is **'Hardy and Free'**, an exciting new commission by Bradford based photographer **Carolyn Mendelsohn** – not to be missed. Finally, don't forget to look out for our events to celebrate International Women's Day, including our first **Big Brontë Book Swap** at the **Old School Room in Haworth on Saturday 11 March**. Bring a book, tell someone why you enjoyed it over a cup of tea, and take a different book home with you!

For more information about all our events, please visit [www.bronte.org.uk/whats-on](http://www.bronte.org.uk/whats-on), or call **01535 640192** during office hours, Tuesday to Friday. We look forward to seeing you soon.

**Rebecca Yorke**  
Director, Brontë Parsonage Museum

NEW EXHIBITION FOR 2023

# The Brontës AND THE *Wild*

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## A Brief For The Defense

By Jack Gilbert

Sorrow everywhere. Slaughter everywhere. If babies are not starving someplace, they are starving somewhere else. With flies in their nostrils. But we enjoy our lives because that's what God wants. Otherwise the mornings before summer dawn would not be made so fine. The Bengal tiger would not be fashioned so miraculously well. The poor women at the fountain are laughing together between the suffering they have known and the awfulness in their future, smiling and laughing while somebody in the village is very sick. There is laughter every day in the terrible streets of Calcutta, and the women laugh in the cages of Bombay. If we deny our happiness, resist our satisfaction, we lessen the importance of their deprivation. We must risk delight. We can do without pleasure, but not delight. Not enjoyment. We must have the stubbornness to accept our gladness in the ruthless furnace of this world. To make injustice the only measure of our attention is to praise the Devil. If the locomotive of the Lord runs us down, we should give thanks that the end had magnitude. We must admit there will be music despite everything. We stand at the prow again of a small ship anchored late at night in the tiny port looking over to the sleeping island: the waterfront is three shuttered cafés and one naked light burning. To hear the faint sound of oars in the silence as a rowboat comes slowly out and then goes back is truly worth all the years of sorrow that are to come.

American Poet, Jack Gilbert (1925 ~ 2012), wrote compellingly about passion, loss and loneliness. His poems are filled with a sense of wonder at existence and with his surprise at finding happiness – despite grief, struggle and alienation – in a life spent in luminous understanding of his own blessings and shortcomings. His work is both a rebellious assertion of clarity and a profound affirmation of the world in all its aspects.\*

\*Source: The Guardian/Obituary

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# Christmas Treecycle scheme raises a tree-mendous more than £87,000 for Sue Ryder

National healthcare charity, Sue Ryder, is thanking people across Yorkshire for supporting its Christmas Treecycle initiative, helping them to raise a total of more than £87,000 for families needing their care.

The green scheme which took place earlier this month saw the palliative, neurological and bereavement support charity, Sue Ryder, which operates Sue Ryder Manorlands Hospice in Oxenhope near Keighley, and their treely amazing volunteers, collect real Christmas trees direct from people's front garden or driveway in return for a donation.

The collected trees were then chipped and recycled as mulch with some trees being used for biofuel and others for eco piles in woodland. This meant that residents who chose to Treecycle were not only helping to raise vital funds for Sue Ryder, but also helping to reduce landfill.

Sue Ryder Manorlands Hospice worked with 50 volunteers including Young Farmers from throughout the district and were kindly supported by three big-hearted corporate partners - Skipton Self Drive, Keighley Tree Services and Greenlands Turf & Top Soil.

The 2100 trees collected from across Keighley, Airedale, Wharfedale and The Dales were a huge part of the 5822 trees gathered right across the country by Sue Ryder. Overall the scheme has raised a fir-tastic £87,391 for the charity so far with more donations coming in, which will go towards helping continue its expert



and compassionate palliative care and bereavement support.

Andrew Wood, Community Fundraising Manager at Sue Ryder Manorlands Hospice, said: "We want to say a huge thank you to the local community for supporting our Christmas Treecycle scheme this year. It can be difficult to know what to do with your real tree once the festivities are over, but by recycling with us and making kind donations, you have helped to reduce landfill and raise vital funds so that we can continue to be there for families when it matters.

"We also want to show our appreciation to all of our volunteers for donating their time and for their incredible efforts and hard work – without their support we really couldn't make the initiative happen."

Find out more about fundraising events for Sue Ryder in 2023 by viewing the events calendar at [sueryder.org/eventcalendar2023](http://sueryder.org/eventcalendar2023) or by contacting the fundraising team at Sue Ryder Manorlands Hospice with any queries on **01535 640430** or email: [manorlands.fundraising@sueryder.org](mailto:manorlands.fundraising@sueryder.org)



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4	9	1	3	6	5	2	8	7
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