



# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2022

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As our routines settle into a new season, sweater weather prevails, logs are stacked, coal stores filled and larders are prepared for winter ahead. We are mindful of the challenges that many face with increasing energy bills and a significant rise in the cost of living. We must look after each other as best we can.

On a more positive note, the Keighley Arts and Film Festival has an extensive programme of events and it is all free. Take a look at their ad on page 15. Bolton Abbey, Keighley & Worth Valley Railway, Keighley Table Tennis, and Steels of Addingham all offer some great activities and ways to escape for the whole family.

Please continue to use the businesses in the magazine and help the local economy flourish. Your custom is appreciated.

Have a lovely October! Liz



Liz Barker, Editor

## Explore our campus at our Open Event Wednesday 19 October 4-7pm

Our Open Event gives you a chance to:

- Explore our wide ranges of courses and apprenticeships
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Now that the little (and not so little ones) have returned to school and University, we revert to running trains just at weekends and for special events. We take the opportunity of this “down” time to work on the Railway’s infrastructure, and several maintenance tasks are undertaken for a full week after summer running ends. This year has seen track re-laid at Ingrow, re-sleeping at Haworth and other important projects completed that are all vital to keep the Railway operating. Dozens of volunteers devote their time to our “Civil week”, which is typical of the behind-the-scenes activities critical to keeping the Railway’s wheels turning. Another is the work that goes on to maintain and restore the locomotive and carriage fleet, and with locomotives having a maximum operating period of a little over ten years – and a typical overhaul costing over £250k – careful financial and project planning is vital to ensure that we have the right size of the operational fleet. One of the reasons for so much activity at this time of year is to prepare the Railway for the next round of events in the calendar and in particular, the Beer and Music Festival and then Christmas time.

The Beer and Music Festival (Thursday 13th to Sunday 16th October) sees us welcoming over 160 beers to our various bars up and down the line (and on the line as we convey two real-ale bars on board during the event) during the weekend. If real ale isn’t your thing, there are gin and cider bars and soft drinks available to whet your whistle whilst you enjoy the live music performances. We have opened advance bookings, and tickets are selling quickly, so please book soon to avoid disappointment.

And then we have Christmas. We are very excited to be able to welcome Santa back on board the trains, and this year are running our “Elf Explorer” services in the run-up to Christmas. Our Santa trains are always very popular, and this year is no different, with well over half the tickets sold already. I know that for my family travelling on the Santa trains is an important part of our Christmas celebrations, and if you’re the same, then I would make your booking sooner rather than later.

In the meantime, get in touch with the office if you want to join our team of over 700 volunteers and be part of the group that keeps an important bit of history alive on your doorstep.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chair



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This easy recipe is a healthy alternative to cauliflower cheese and adds interest to any meal as a side dish. You can spice it up by substituting the olive oil with chili oil, or turn up the citrus vibe with lemon oil. The beauty of cauliflower is its ability to carry seasonings and the roasting further intensifies flavours. Enjoy!

**Ingredients**

- 1 small head cauliflower
- 1 ½ teaspoons fennel seeds
- 1 ½ teaspoons smoked paprika
- 1 ¼ teaspoons sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 tablespoons olive oil
- ½ lemon, juiced

Optional Garnish: sesame seeds and parsley

**Method**

**Step 1**  
Preheat the oven to 375 degrees F (190 degrees C).

**Step 2**  
Trim large leaves off cauliflower. Trim stalk so cauliflower can sit flat in a Dutch oven.

**Step 3**  
Grind fennel seeds with a mortar and pestle. Mix in smoked paprika, salt, pepper, and garlic powder. Whisk in olive oil to form a paste. Rub the paste all over the cauliflower. Drizzle lemon juice all over.

**Step 4**  
Bake in the preheated oven, covered, until tender, about 35 minutes. Uncover and baste with any juices that have pooled at the base. Continue baking, uncovered, until top is browned and center feels completely tender when pierced with a paring knife, about 20 minutes. Garnish and serve.

## Focus on: **Osteoporosis**

by David Hanson, Haworth Physio

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over many years and is often only diagnosed when a fall or sudden impact causes a bone to fracture.

The most common injuries in people with osteoporosis are:

- broken wrist • broken hip • broken spinal bones (vertebrae)

Osteoporosis is not usually painful until a bone is broken, but broken bones in the spine are a common cause of long-term pain.

### **Who's affected by osteoporosis?**

Osteoporosis affects over 3 million people in the UK. More than 500,000 people receive hospital treatment for fragility fractures (bones that break after falling from standing height or less) every year as a result of osteoporosis.

### **Causes of osteoporosis**

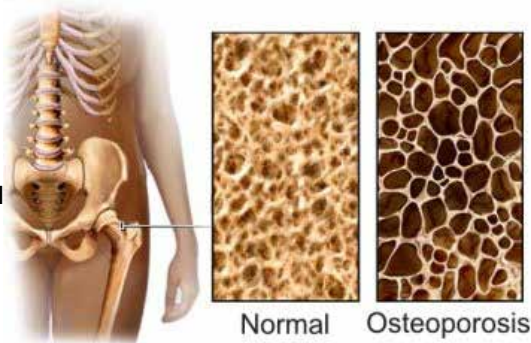
Losing bone density is a normal part of ageing, but some people lose bone much faster than normal. This can lead to osteoporosis and an increased risk of broken bones.

Women also lose bone rapidly in the first few years after the menopause. Women are more at risk of osteoporosis than men, particularly if the menopause begins early (before the age of 45) or they have had their ovaries removed.

However, osteoporosis can affect men, younger women and children.

Many other factors can also increase the risk of developing osteoporosis, including:

- taking high-dose steroid tablets for more than 3 months
- a family history of osteoporosis - particularly a hip fracture in a parent
- long-term use of certain medicines that can affect bone strength or hormone levels, such as anti-oestrogen tablets that many women take after breast cancer



- having or having had an eating disorder such as anorexia or bulimia
- not taking regular exercise
- heavy drinking and smoking.

### **Preventing osteoporosis**

If you're at risk of developing osteoporosis, you should take steps to help keep your bones healthy. This may include:

- **taking regular exercise** to keep your bones as strong as possible. Weight-bearing exercise and resistance exercise are particularly important at improving bone density and helping to prevent osteoporosis.
- **eating healthy** - including foods rich in calcium and vitamin D
- taking a daily supplement containing 10 micrograms of **vitamin D**
- making **lifestyle changes** - such as giving up smoking and reducing your alcohol consumption.

Weight bearing exercises are exercises where your feet and legs support your weight.

High-impact weight-bearing exercises, such as running, skipping, dancing and aerobics are all useful ways to strengthen your muscles, ligaments and joints and to maintain and improve bone density. Swimming and cycling therefore **DO NOT** come into this category.

When possible, **get some sun!**

Moderate levels of unprotected sun exposure can be healthy and very helpful in boosting vitamin D.

## 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:

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The winner will be selected from all correct  
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The September competition location was DSM Bathrooms & Fireplaces and the winner was Howard Barton from Silsden.




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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!*



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# COMMUNITY PAGE

**Every second Saturday** of a month  
**10 - 12am 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 meet at Cliffe Castle** every Tues, Weds & Thurs 10am - 4pm.

**Morton WI** meet every second Tuesday evening each month. Join us for a social evening with refreshments at the Institute in East Morton 7:20 pm.

**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.**

**Fri 7th - Sun 10th Oct Haworth Steampunk Weekend** see **spectacular costumes**, meet delightful people, enjoy tempting shops, cafés and market stalls, in this historic town. Raising funds for Sue Ryder's Manorlands Hospice.

Steampunk Markets at Haworth Village Hall, The Old School Room and upstairs at Pennybank (above Pretty Penny)

**Fri 7th - Sun 10th Oct Keighley Art & Film Festival at Keighley Creative Space.** KAFF coming to Keighley delivering a selection of vibrant and exciting arts, film events and activities.

**Sat 8th Oct Hot Air Concert 2.30pm & 6pm Bingley Arts Centre** Hot Aire! Concert Band presents a fundraising concert in aid of BBC Children in Need featuring special appearance from BBC Pudsey Bear and amazing raffle prizes!

**Sat 8th Oct 6pm Sue Ryder**

**Starlight Hike at Oxenhope** A fantastic night for all the family, walking under the stars and remembering loved ones. With a 10k route through the surrounding villages of the Worth Valley, and featuring the incredible Starlight Express train ride.

**Sun 9th Oct Oxnop Singers** are going on the rails again to sing at KWVR We will start at Oxenhope at approximately **1pm, then sing at Keighley at 2pm and back for a final performance at Oxenhope at 3pm**

**Thurs 13th - Sun 16th Oct Beer & Music Festival on the KWVR** One of the the North's best Beer & Music Festivals and one of the KWVR's biggest events. with a wide selection of beers (mostly real ales) from all over the country to choose from. With a wonderful selection of fine wines, ciders & gins.

**Sat 15th Oct St Lukes Church East Morton at 6.30pm** in church, **Steeton Male Voice choir** concert joined by East Morton school choir. Tickets £10 inc drinks and nibbles. Contact: Sally Dow Tel: 07908 517320

**Sun 16th Oct Train rides for all the family.** Miniature trains running at Marley sports field approx. 13:30 until approx. 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out.

**Sat 22nd Oct 10 am to 5pm Royal Halloween at the Royal Arcade Keighley** Underground tours (book online) Fortune Teller/Tarot Reading, free face painting & fancy dress competition.

**Sun 23rd Oct 11am - 3pm Apple Day at Cliffe Castle Park** Fun FREE Family Event.

keighleycreative.org/festival  
#KAFF22

**KEIGHLEY ARTS & FILM FESTIVAL**

**FRI 7TH - SUN 9TH. OCTOBER**

Star Lantern Parade | Planetarium | Qawwali Concert | Giant Drawing Installations | Street Musicians | RATMA | Film Screenings | Peace Meal

Programme

UK Government | Bradford Museums & Galleries | Bradford Music Centre | airedale | City of Bradford Music Festival

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Sunday 30th October from 12:30pm

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## The Brontë Parsonage Behind the scenes at the Museum

The mists in the churchyard and the smell of fire smoke in the air are firm signals that autumn is here, but although the days are gradually getting shorter and the cooler temperatures mean we all need to wear a few more layers in the Museum, things are no less busy at the Parsonage.

Charlotte, Emily and Anne Brontë were all accomplished poets as well as novelists and so it is very fitting that we will be participating in **National Poetry Day on Thursday 6 October**. We'll be joined by poet **Winston Plowes** and his **Random Poetry Generating Bicycle**, so if you would like to create your own be-spoke(!) poem, to celebrate **National Poetry Day**, we'd love to see you between 11am and 3pm.

'Emily', the new film about Emily Brontë written and directed by actress Frances O'Connor, received rave reviews following its recent screening at the Toronto International Film Festival and the team at the Parsonage can't wait to see it. We hosted a visit by the cast before filming commenced last year and are thrilled that **Frances will be a guest in our Brontë Lounge on Thursday 13 October**, the day before the film's general release. Tickets for this special online event can be booked via [www.bronte.org.uk/whats-on](http://www.bronte.org.uk/whats-on).



While it feels like the start of the school term has only just passed, October half-term will be on us before we know it! Our **Wild Wednesday on 26 October** will include a family craft workshop and a talk on how **Halloween was celebrated in the Victorian era**. And following on from the success of our lino-printing workshop at Emily Brontë's birthday weekend, **Becky from Cut and Curve will return with a workshop on a Gothic theme on Saturday 29 October**. Our last workshop sold out, so don't leave

booking until the last minute!

Did you know that our collections include over one hundred items of Brontë jewellery? On **Friday 4 November**, our Curator Sarah Laycock will lead a special **Parsonage Unwrapped event after hours in our Library**, offering the chance to look at some of these treasures up close and learn more about them. Tickets are strictly limited, so please book early to be sure of a place.

That's all for this time. **Don't forget that residents of BD20, BD21 and BD22 can visit the Museum at a concessionary rate**, so please sign up to the mailing list via [www.bronte.org.uk](http://www.bronte.org.uk) to keep up to date with the latest news and come and see us soon.

## October at the Brontë Parsonage Museum

THURSDAY 13 OCTOBER

**The Brontë Lounge with Frances O'Connor, director of new biopic Emily**

7.30pm by Zoom

Please visit [www.bronte.org.uk/whats-on](http://www.bronte.org.uk/whats-on) for details and tickets.



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