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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

December 2022

January 2023



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Our cover this month is from the heartwarming 'Bagpuss' themed window at Steptoe Ted, the vintage shop located on Halifax Road in Cross Roads. (Photo by John Sargent)

Proprietor Jayne Gribbin, with the help of her friends and neighbours, has transformed the window with a magical Christmas tableau and a 1970s period appeal, straight out of the much loved British animated children's television series. Central is the saggy old cloth cat, baggy and a bit loose at the seams, Bagpuss; accompanied by a 'mouse organ' and surrounded by friends, including the mice, rag doll Madeleine, Gabriel the toad, and Professor Yaffle, the drily academic woodpecker. Visit Steptoe Ted and you will be transported to a magical realm.

For even more magic and Christmas cheer, take a look at the community pages for local happenings and our Visit Bradford feature highlights events within the District.

From everyone at Worth Valley Publishing, we wish you a happy and safe festive season and a peaceful, healthy 2023! Liz, Joanne, & Clive



Liz Barker, Editor

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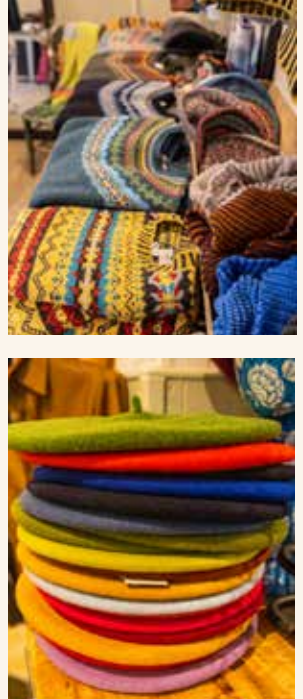
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Corrine Farrell and Jill Ross on the doorstep of Piccadilly Haworth, 68 Main Street

It is certainly a brave person who starts a new business in this post pandemic world. Fortunately, Jill Ross, founder of the gift and card shop, **Pretty Penny**, and **Cobbles & Clay**, the popular café and pottery painting venue in Haworth, has no shortage of courage and buckets of experience to add to her credit.

"When the property next door to Cobbles & Clay became available, I was keen to acquire it to expand and create a new afternoon tea experience for locals and visitors. But it became clear that it wasn't quite the right timing for that idea. Both Pretty Penny manager, Corrine Farrell, and Diane Park, from Wave of Nostalgia, encouraged me to focus on my passion for quality ethical, sustainable clothing and accessories, something we were doing at Pretty Penny already, though with limited space." And so **Piccadilly Haworth** was born out of the joy of sourcing artisan and eco apparel," explains Jill.

Indeed, it is due to Jill and her team's ability to pivot and make magic happen that **Piccadilly Haworth** is shaping up to be a hot spot to shop and find distinctive pieces for ones wardrobe. Whether a

lambswool and merino 'sweater for life' from the award winning Scottish design house, **Eribé**, or a unisex organic cotton shirt from the socially conscious **Kali-Yog**, beautiful colours, patterns and textures fill the space with inspiration for all.

Chalk is a capsule range of UK designed clothing and loungewear, made from super soft fabrics in classic designs.

Other notable labels include **Roka**, makers of water resistant rucksacks, travel bags and wallets made from recycled plastic bottles, and **O My Bag!** featuring astonishing products made from

Apple Skin, a vegan leather substitute with a luxurious feel.

"It has been a tremendous team effort to go from a tea house to a shop in a matter of weeks. I'm so grateful to Hannah Ellis and Hannah Greenwood for their creative flair and support with marketing and social media. Meg Cobb is now focusing on Pretty Penny. Corrine continues to be my right hand woman in all of it, and Chris, aka 'Haworth Handyman,' saves my life on a weekly basis!" declares Jill.

It has come together beautifully. Go and see for yourself. Visit the shop and follow **@piccadillymainstreet** on Instagram to keep up with the latest developments. In December, for example, a pop-up guest jewellery maker will add to the mix. Call in and see what's in store.



Piccadilly Haworth
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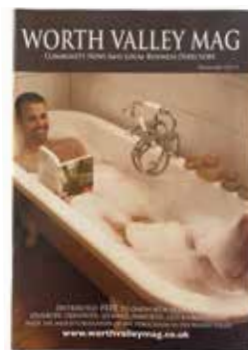
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A final Christmas message.

from Chris Upton

After just over 22 years I am stepping down as the minister of West Lane Baptist Church, Haworth.

This will be my last 'working' Christmas at Haworth but I am not leaving the village, just putting down the pulpit and taking up the role of 'Church Funding Officer' for the national charity Christians Against Poverty, CAP. I am still not quite sure what the role entails but I think it is based around helping churches help people out of debt and into work. CAP works with churches as it sees that they are often very well placed in their local communities. I think I was successful in my application because West Lane Baptist Church already seeks to do this in Haworth. Over 22+ years I will have preached about 1500 sermons and written thousands of words in this magazine, the Keighley News and many other forums as well.



Tab time reading: **Pushing at the boundaries of unity.** Chris helps to raise money for the local Anglican roof repairs 2011/2012.

What do I have left to say!

I could write about some of the highlights of those 22+ years; helping the village in its Fairtrade status bid; chairing the 1940's weekend; starting the Haworth Cinema.

I could write about how I have developed as a minister; 3 different theology degrees; working as a Pastoral Supervisor; chairing the local churches together group.

I could write about my perceptions of how West Lane Baptist Church has grown and changed as a church.

I could wax lyrical about how we as a church have taken up the challenge of being 'salt and light' in our community.

It is possible, I suppose, that I could use this piece to settle old scores... (except that I don't have any of course!)

I might perhaps use it to highlight a few challenges that I think the church and the community is going to face in the coming years; food and fuel poverty; social care troubles; isolation and decreasing mental health.



Haworth Main Street Nativity scene: **Is there any room at the Inn?**

But actually, I shall simply remind us of how and why we (and every church) gather each week and look to go through life together:

Jesus, born in a quiet unremarkable backwater of the Roman Empire, 2000 years ago, reveals God in a unique and life giving way.

He did then, and he still does now.

He loved everyone and He challenged everyone to love everyone else too!

Friends, neighbours, work colleagues, people we like, people we struggle with, People we find easy to rub along with and folk we can't stand...

He challenges us still to love even these. God incarnate, baby Jesus in the manger, Christ on the cross, risen Lord.

The message has not changed...thanks be to God.

I shall give this message once again at the **Haworth Main St. Nativity, 1pm on Saturday 17th and Sunday 18th Dec.** I shall have a tea towel on my head as ever. Perhaps see you there.

Much love, Chris.

West Lane Baptist Church
Chris in character: **Scrooge**



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Sign up to have your Christmas tree recycled and support Sue Ryder.

Sue Ryder is encouraging local residents to keep spreading the festive cheer into the New Year by signing up to have their Christmas trees collected and recycled to raise vital funds for families needing care.

After the festivities are over, Sue Ryder volunteers, supported by Skipton Self Drive, Keighley Tree Services and Settle District of YFC, will be collecting real Christmas trees direct from people's gardens or driveway so that they can be chipped into mulch and recycled. For a donation, people who live in BD13, BD14, BD15, BD16, BD17, BD18, BD20, BD21, BD22, BD23, BD24 and LS29 postcodes can have their **trees**

collected between Saturday 7th and Sunday 15th January. All money raised will help Sue Ryder to continue offering its compassionate palliative care and bereavement support - helping its teams be there when it matters.

To find out more about the environmentally-friendly fundraising drive, Treecycle Airedale, Wharfedale & The Dales, and **book a collection by Friday 6th January 2023 at:** sueryder.org/dalestrees



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Meet Jo and Glen; they own and run **The Mobile Hearing Clinic Ltd.**, a professional personalised audiology service based locally and designed with you in mind.

Glen is an experienced audiologist and has spent over 15 years focused on hearing care. He trained in the NHS, working in a busy ENT department and subsequently spent four years in the private sector at a major High Street clinic. "I found that the focus of the big corporate providers was very much on the balance sheet and not enough on the customer; that didn't sit well with me," explained Glen.

During the COVID pandemic Glen and his partner Jo, like so many others, were faced with big changes and challenges. Jo's travel industry job ceased to exist when the company she worked for sadly had to close down. The two decided to turn their circumstances into an opportunity and founded The Mobile Hearing Clinic Ltd. Jo's substantial organisational and office management skills coupled with Glen's professional expertise and care for people has created a powerful and much needed service within the community.

"We are able to spend time with individuals and assess their needs; there is no hard sell. We hold a monthly clinic in Haworth or Glen can visit them in their home, whichever works best. Our aim is to build long lasting relationships with all our customers so we can help them throughout their hearing care journey," Jo asserted.

The monthly mobile clinic is located



conveniently at the top of Haworth Main street, Upstairs at Penny Bank House, above the Pretty Penny shop.

You can find more details about the business and its services on the website: www.themobilehearingclinicltd.co.uk. Here is an example of a customer's experience and you will find plenty more reviews online:

"Extremely pleased with service (ear wax removal) from start to finish. Glen was kind, caring and professional. He was very patient and encouraging with Mum who has Dementia. He took his time and didn't rush mum. It was rather emotional when Mum could hear again. It must have been a lonely confusing world for her, not being able to hear anything, but now... Can't thank you enough!"

Call Jo and Glen today to book an appointment at your convenience in your home or at the next clinics in Haworth on Dec. 21st Or Jan. 25th : 07511 665 065 or 07799 274 637.

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We also offer our Ear Wax Removal and Hearing Clinic in Haworth on the Last Wednesday of each month.

Location: Upstairs at Pennybank at the top of Haworth Main Street, 2-4 West Lane, Haworth, BD22 8EF.

Ear Wax Removal - £60.00 (home visits £80.00)

Hearing Assessments - £60.00.

Bookings by appointment only.

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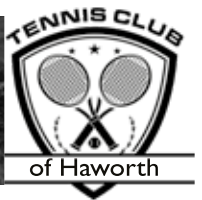
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COMMUNITY PAGES

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Every first Monday of a month 1.30 - 3.30pm **The Welcome Drop-In** at Oakworth Methodist Church Share refreshments and chat. Supported by Carers' Resource and Dementia Friendly Keighley. Everyone welcome.

Every Tuesday Rethinking Pain at West Lane Baptist Church, Haworth 1pm - 2pm A Group for people living in pain. Free gentle movement exercise classes for people in persistent pain.

Every Wednesday Haworth Senior citizens 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth. New Members Welcome. Call Doreen 01535 648928

Every Thursday 1pm - 3pm **The Shed Oakworth Village Hall.** New members welcome. Learn, practice or share your skills. Call Carol Grice 07758 710945

Every Thursday from 1.30pm **Time For Me Bereavement Support Group** meet at The Bronte, Lees Lane, Haworth BD22 8RA. A mutual support group for those who have lost someone dear, recently or a long time ago.

Every Friday 2 - 4pm **Haworth Ladies Badminton Group** at Haworth Village Hall. New members welcome.

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

Sat 3rd & Sun 4th Dec Haworth Torchlight Procession Weekend. As the sun sets the Torchlight Procession begins. When the band strikes up and the carols begin the procession slowly winds its way up the Main Street.

Sat 3rd & Sun 4th Dec 11am - 5pm **Santa's Grotto** at Haworth Central Park Bowling Club. Meet Santa, get a gift, drinks and cake will be available to buy.

Sun 4th Dec at 4.30pm **Christingle**

Service at Christ Church Oakworth. Come and sing Christmas songs and make up your Christingles, particularly suitable for children.

Mon 5th Dec The Friends of Oakworth Park are holding their annual **Christmas Sing Song.** 6.30pm. Joined by Haworth Ukulele group. Remember your torch and wrap up

Fri 9th Dec Haworth Cinema 7.30pm **The Railway Children Return West Lane Baptist Centre.**

Fri 9th Dec 7.30pm Concert of Christmas Folk Carols at St Mary's Oxenhope, Hebden Road, BD22 9QJ.

Popular local folk group Crickmore. Tickets £7 includes wine and snacks at the interval. Tickets can be bought on the door.

Fri 9th & 16th Dec Keighley & Worth Valley Railway Mulled Wine Special Haworth As Christmas approaches, it's time to enjoy a heart-warming mulled wine and mince-pie onboard the Mulled Wine Special on the Keighley and Worth Valley Railway

Sat/Sun 10th/11th Dec Christmas Music Weekend in Haworth

Traditional Christmas carols and festive favourites played along Main Street across the whole weekend.

Sat 10th, 17th & Sun 11th, 18th 11am to 3 pm Santa Claus is Coming to Town at Airedale Shopping Centre, Keighley (opposite Peacocks & Bonmarche)

Sun 11th Dec St Michael & All Angels Church, Haworth, at 4.00pm

Sue Ryder Lights of Love Haworth Sue Ryder is inviting people to remember and reflect upon special memories of loved ones

Sun 11th Dec at 6pm Candlelit Carol Service at St. John's

Newsholme. Singing carols and hearing the Christmas story readings in the quaint and atmospheric St. John's.

Sun 11th Dec 2 pm & 4pm Music at the Museum Cliffe Castle Concerts Two Rivers Concert Band, Keighley

Sat/Sun 17th & 18th Dec Haworth Nativity Weekend Gather round the Christmas tree at the bottom of Main Street and meet Joseph, Mary and the donkeys as they make their way up the hill, searching for a resting place. All angels and shepherds welcome!

Sat 17th Dec at 10am til 12 noon Christmas Crafts at Christ Church Oakworth. A fun crafty making morning suitable for all the family, with everything you need supplied (free). Refreshments also available.

Sun 18th Dec at 6pm. Christmas Carols at Christ Church Oakworth.

Mon 19th to Sat 24th Dec 10 - 2pm Santa Claus is Coming to Town at Airedale Shopping Centre, Keighley.

Tuesday 20th December at 7pm, 'A Celebration of Christmas' Concert, at Christ Church Oakworth. A relaxed evening of seasonal carols, songs and poems led by the singers and musicians of the group Living Waters. Mince pies and mulled wine afterwards.

Thurs 22nd Dec 11am - 8pm Late Night Shopping Haworth Explore the wonderful variety of independent shops on Main Street for unique and thoughtful Christmas gifts.

Thurs 22nd Dec Concert by Haworth Brass Band at Haworth Parish Church at 7.00 pm. Admission £6 and £5 concessions, includes refreshments.

Accompanied children free. Tickets on the door.

Christmas Eve (Sat 24th Dec) at 6pm Bedtime Carols & Prayers at Christ Church, Oakworth.

Christmas Eve (Sat 24th Dec) at 11.30pm Candlelit Midnight Mass at Christ Church, Oakworth.

Christmas Day, 9am at St. John's Newsholme, Christmas Celebration Communion Service.

Christmas Day, 10.30am at Christ Church, Oakworth, Christmas Celebration Communion Service.

Thurs 29th Dec Train rides for all the family. Miniature trains running at Marley sports field approx. 11 am until approx. 3 pm. Steam and electric trains providing trips for all ages. Great family time out. Seasonal refreshments available. Details at www.kdmes.org.uk/trains

Sun 1st Jan: "Delights of the Luddenden Valley." Moderate 6.5 miles. Meet 10.30 in Luddenden Lane CP. www.ramblers.org.uk/keighley

Sun 8th Jan 2 pm Memorial Service for the 79th Anniversary of the death of the Royal Canadian Air Force Men. At Tewitt Lane Oakworth

Sun 15th Jan - Music at the Museum Cliffe Castle Concerts Hattrix Big Band. from 2pm. Join us inside the Bracewell Smith Hall and enjoy music from local bands.

Thurs 26th Jan Oxenhope Antiques & Collectors Society. 7.30pm at Oxenhope Community Centre, Shaw Lane, BS22 9LH. Speaker: Bob Schofield - In The Mill And Down The Pit

We have Speakers on many interesting subjects, not all about antiques. Visitors welcome - Contact Christine 07974 785489

BEHIND THE SCENES AT THE MUSEUM

by Sassy Holmes

My name's Sassy, and I'm the Programme Officer at the Brontë Parsonage Museum. It's my first Christmas here at the Museum - what a beautiful time to be in Haworth!

My walk to work takes me past the magical lights on Main Street, up to the doors of the Parsonage. Inside, you'll find the historic rooms decorated with wreaths and garlands of foliage, transporting you to Christmas in the 1840s. You can't help but feel cosy inside the Brontës' house, with the gentle (but persistent!) rain pattering against the windows. There's still time to see our special exhibition **'Defying Expectations'** about Charlotte Brontë's clothing: we'll be open right up until 5pm on Friday 23 December.

And then it's the end of the year! Can you believe 2022 is coming to a close? What a year it's been. I joined the Brontë Parsonage Museum in January, and looking back we've had such an exciting twelve months. Some personal highlights include our first **Big Brontë Clothes Swap**, where we invited everyone to come together and trade their unwanted garments. It was lovely to have people from Haworth (and beyond) join us for a cup of tea, a piece of cake and a natter about sustainability. This year, we've worked with South Square Centre in Thornton to pilot our **'Brontë Babies'** sessions. At each event, we welcomed an early years audience to our sensory Brontë world, and



led a Makaton story time about Charlotte Brontë. I programmed my first **Brontë Festival of Women's Writing**, bringing together contemporary writers and artists who defy expectations. That's just a few of the events we've had the pleasure to deliver. Thank you to everyone who has visited us or participated in our programme this year. Looking forward, 2023 brings with it new horizons. In January we'll be closed during the week, as we will be undertaking important conservation and maintenance work. This will include carefully

removing objects from display cases and paintings off walls in order to inspect their condition. We will also be busy installing our new exhibition. But if you'd like to visit in January don't worry! We'll still be open at weekends.

From Wednesday 1 February, the Brontë Parsonage Museum will open Wednesday - Sunday, 10 am - 5pm. Please come and see our 2023 exhibition and take a look at next year's exciting programme of events. We'll be back with **Thursday Talks, Parsonage Unwrapped, Big Brontë Swaps**, and much more. Until then, from all of us at the Museum, **Merry Christmas and a Happy New Year!**

Sassy Holmes
Programme Officer,
Brontë Parsonage Museum



Winter at the Brontë Parsonage Museum

Brontë Parsonage
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk
Reg Charity: 529952 Reg Company: 73855



Winter opening times

DECEMBER

10am-5pm Wednesday to Sunday except
24-27 December

JANUARY

New Year's Day: 12pm-5pm
2 January: 10am-5pm
3-31 January: 10am-5pm Sat & Sun only

FEBRUARY

The Museum will resume Wednesday to
Sunday opening from 1 February

Don't forget that residents of BD20, BD21
and BD22 qualify for a concessionary rate!
Please bring proof of residence with you.
www.bronte.org.uk/visit-us

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Winter in the BRADFORD DISTRICT



Whether you're planning a fun packed day out with the family, searching for Christmas shopping inspiration, looking to establish new traditions or celebrating some old ones, Bradford has an abundance of activities to enjoy over Christmas and the New Year.

With Haworth village trimmed with twinkling lights, an array of independent traders to tempt you, the Christmas in Haworth events every weekend leading up to Christmas are the icing on the Christmas cake.

- **Christmas Music Weekend 10th-11th December**, throughout the weekend, traditional Christmas carols and festive favourites will be performed down Main Street.
- **Nativity Weekend 17th-18th December**, gather around the Christmas tree at the bottom of Main Street and meet Joseph, Mary and the donkeys as they make their way up the hill, in search of a resting place.

There will be late night Christmas shopping in Haworth on the 22nd December, or once you've ticked off your list, why not book on the Keighley & Worth Valley Mulled

Wine Special, running on selected Fridays, you'll steam past the beautifully decorated stations, all ready for Christmas, and enjoy a glass of mulled wine and a mince pie.

Over at East Riddlesden Hall it's the time of the civil war and Christmas is banned throughout the country by Parliament. However, Royalist James Murgatroyd decides to open the doors of East Riddlesden Hall and host his own secret Christmas for the local families. From 17th-21st December head into the house for crafting and storytelling. See the Yule log decorated in the fireplace and find a special present for each child. Booking in advance is advised.



For a unique winter experience, Cliffe Castle Museum is the place to be. On Saturday, December 4th celebrate the launch of Photosynthesis at the glasshouses. The event will see Cliffe Castle's glasshouses covered in photographic images created using plant based techniques. Visitors to the event will be the first to see the launch of the lightshow which will be accompanied

on the night by a festive soundtrack from Haworth Brass Band and Keighley Rock Choir. Winter warmer refreshments will also be available.

Winter can be a wonderful time to get out and try something new! Lace up your skates and glide into Christmas, join the family session or family disco at the Bradford Ice Arena where penguin/snowmen aids are available for the perfect winter experience, or why not try learning a new skill or craft, try your hand at festive wreath making at Tyro Studios, Shipley, crochet Christmas gnomes at Mrs Duttons Wonderful Workshops, Ilkley, or have a go at festive macramé at The Craft House, Bingley. The Saltaire Living Advent Calendar will begin opening its windows from 1st



December, this magical event sees windows light up daily throughout the month in houses, schools, shops and churches and stay lit every evening until 1st January. Window designs remain a secret until revealed at 4pm

on their light-up date, and typically include traditional and modern festive scenes, quirky characters and tales influenced by Saltaire, culture, and the lives and experiences of the window creators, often with a good sprinkling of festive humour! Be entertained at wonderful museums, galleries and exhibitions, from the National Science and Media Museum in Bradford, with its interactive exhibits and IMAX cinema, to the intimate Manor House in Ilkley, the engaging Brontë Parsonage Museum in Haworth and inspiring Salts Mill in Saltaire. With changing exhibitions, they're a great place to spend some quality time and their shops can be the perfect place to find an interesting and unique gift!

Take advantage of the Christmas break to book your tickets for Van Gogh Alive, this unique installation will be in Bradford until 8th January 2023. Live music, theatre and cinema are a great way to transport you from the dark winter nights, the Alhambra Theatre pantomime Jack and the Beanstalk runs until 22th January 2023. Check out Bradford Theatres for more events coming up this festive season and into the New Year.

Put some sparkle into your winter and start planning your next trip now.
visitbradford.com/christmas

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.

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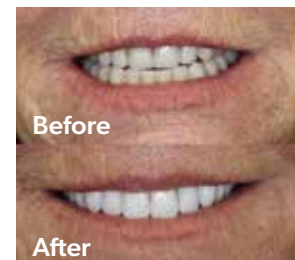


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9		6		7	
1			9		
	8	3	7	1	
6	3				8
	5				2
8				6	7
	6	9	2	7	
		7			5
	2		8		9

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

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

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Where in the Worth Valley? COMPETITION



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

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Email your answer along with your name & address to:

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

The location of last month's competition was Oakworth Social Club and the winner was Charlotte Eeles of Long Lee.

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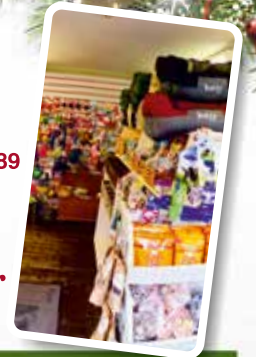


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The main bulk of our work is responding to emergencies. People who

Firstly thank you for allowing me into your home via the community magazine! I hope this finds you and your family well. I'm grateful to have the opportunity to tell you more about myself and my business. I set up In House Securities Ltd in October 2005 and we have grown to be a small family run business. I'm Craig the owner. There is my wife Mandy and my son-in-law Ben who work in the business with me. If you call us, you will speak to either myself or my son-in-law Ben. Occasionally, it could be Mandy, although Mandy does not work on the tools like myself and Ben; she's more office based.

have been burgled, locked out, had keys stolen and have broken locks to name but a few. For these reasons we are often called the fourth emergency service; (no, we don't have any flashing lights!)



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From our family to yours, we wish you a happy and safe 2023.

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We know Christmas is all about Santa, and we know that many of you think the same because our Elf Explorers are now very nearly full. However, we continue the celebrations between Boxing Day and 2nd January with our ever-popular Mince Pie special services, and this year for the second time, we are running Mulled Wine specials on 9th and 16th December so there are plenty of ways for you to join us to celebrate over the festive period.

With so much going on, December is always a period of intensive operation for the Railway, and our 750+ volunteers work tirelessly in the run-up to the arrival of Santa and his Elves as we prepare the historic carriages and steam locomotives for the busy month of festivities. However, all the behind-the-scenes work continues on routine maintenance of the 150-year-old railway infrastructure and rolling stock. We have just welcomed back into traffic a locomotive after a three-year overhaul, which will see it ready to run for another decade before a full overhaul is again required.

All steam locomotives require such an overhaul at least every ten years, and so planning is well underway for the next round of restorations to keep the fleet ready for the next half-century and more of operation.

2023 will be another big year for the Railway, as we enter the 55th year of operation by the Preservation Society, and we will also be part of the celebrations of the National Railway Museum's "Flying Scotsman" which turns 100. The nation's favourite locomotive will be based on the Railway in May, with a whole host of events during the month to mark the 100th birthday.

As ever, keeping the increasingly elderly wheels turning takes a huge volunteer effort, so I would ask you to consider joining the Railway's volunteering team, perhaps as one of your new year's resolutions...

In the meantime, all the very best for the festivities, and my sincerest thanks for your continued support.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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Strength training: the key to a longer and healthier life? by David Hanson

The importance of cardio or aerobic exercise for maintaining a healthy lifestyle is well documented with bundles of evidence supporting this notion. The current NHS guidelines tell us that adults aged 19 - 64 should be undertaking at least 150 minutes of moderate intensity exercise (brisk walking, cycling, dancing, hiking, etc.) or 75 minutes of vigorous intensity exercise (running, swimming, aerobics, sports like football, rugby, netball and hockey, etc.) per week.



The guidelines for strengthening activities say adults should aim to do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week. It is strengthening exercises that I find most adults tend to overlook. This can be for a variety of reasons. Some feel that to do strengthening exercises requires a gym membership or the requirement of expensive and bulky equipment that takes up valuable space. Gyms are not for everyone. Memberships can be costly and if the motivation isn't there to get to the gym then it will be money poorly spent.



Resistance equipment need not be expensive with a little bit of improvisation. A rucksack or small suitcase filled with books, filled water bottles or laundry detergent can offer excellent resistance for exercises such as squats, step ups,

bicep curls and shoulder presses. Exercise bands, ankle/wrist weights, dumbbells and kettlebells - although more expensive - can also be used for a variety of strengthening exercises.

The latest research findings relating to strength training and overall health seems to reinforce its importance. In a 2021 review of 16 studies from around the globe, researchers found that just 30 to 60 minutes a week of regular muscle-strengthening, or resistance exercises increased life expectancy by 10 to 17 percent!

Eating protein in the proper amounts, at the proper time, is also crucial for preserving muscle. Studies show that when people in their 60's combined this style of eating, known as 'protein timing' with resistance exercises, their bodies responded as if they were in their 20s. Other important findings showed a significant drop in the risk of developing Alzheimer's disease, a big decrease in developing

'metabolic syndrome' - the medical term for a combination of diabetes, high blood pressure and obesity, and a greater chance of successfully battling cancer (breast and prostate cancers were the 2 types of cancer reviewed in the study).

Strong, healthy and happy! If that sounds like where you'd like to be it's time to make your muscles a top priority. Make sure your getting 25 - 30 grams of protein at every meal and seek advice on starting a muscle-building fitness program. It's never wrong getting strong!



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14	15	16	17	18	19	20	21	22	23	24	25	26

ANSWER: 1=H, 2=O, 3=B, 4=Y, 5=N, 6=W, 7=Q, 8=M, 9=F, 10=V, 11=A, 12=E, 13=U, 14=S, 15=R, 16=K, 17=L, 18=G, 19=L, 20=C, 21=T, 22=P, 23=D, 24=J, 25=X, 26=Z.

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

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

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

Say you saw it in the Worth Valley Mag!

~ RECOMMENDED

David Whyte, the Yorkshire born poet, has a fascinating book about the contemplation of everyday words like alone, ambition, beauty, courage, crisis, despair, joy, to name just some of the 53 words he considers. Here is an excerpt from **Consolations: The Solace, Nourishment, and Underlying Meaning of Everyday Words** and Whyte's thoughts about gratitude:

Gratitude is not a passive response to something we have been given. Gratitude arises from paying attention, from being awake in the presence of everything that lives within and without us. Gratitude is not necessarily something that is shown after the event; it is the deep, a priori state of attention that shows we understand and are equal to the gifted nature of life.

Gratitude is the understanding that many millions of things come together and live together and mesh together and breathe together in order for us to take even one more breath of air, that the underlying gift of life and incarnation as a living, participating human being is a privilege, that we are miraculously part of something rather than nothing. Even if that something is temporarily pain or despair, we inhabit a living world, with real faces, real voices, laughter, the color blue, the green of the fields, the freshness of a cold wind, or the tawny hue of a winter landscape."

~ David Whyte,
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Easy American turkey stuffing

This is a simple and delicious stuffing recipe prepared by millions of Americans and served at a traditional Thanksgiving meal; Delia Smith (amongst other British cooks) adopted it as a perfect Christmas accompaniment. It is not so far from the familiar sage and onion stuffing served in Great Britain, though with added flavour and flair.

Ingredients

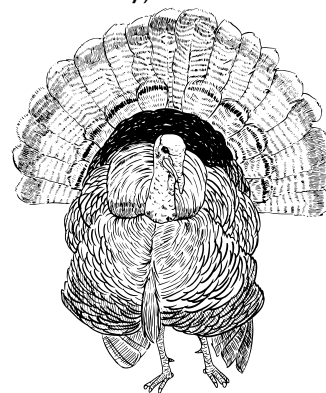
½ level teaspoon ground mace
1 level dessertspoon fresh thyme, chopped
1 lb (450g) best-quality thin pork sausages, skinned and sliced into 1 cm chunks
1 small lemon, grated zest
1 egg, beaten (optional)
3oz (50g) butter
4oz (110g) walnuts, chopped
4 sticks celery, cut into 1 cm chunks
6oz (175g) sourdough, cut into 1 cm cubes
8oz (225g) Bramley apples, peeled, cored & chopped
8oz (225g) onions, chopped fairly small
salt & freshly milled black pepper

Method

1. Begin by melting the butter in a large frying pan and lightly fry the chopped onions, celery, apple and chunks of sausage until they become golden at the edges (this will take about 10 minutes).
2. After that tip these into a large mixing bowl and add all the remaining ingredients. Mix very thoroughly, seasoning well.
3. Spoon the stuffing into the cavity under the flap of skin at the neck of the turkey. It won't all fit. Don't panic...the rest can go in a buttered casserole dish and bake in the oven for an hour or so until golden and crispy on top. (Cook at the temperature you are using to roast the turkey).

Makes enough for
a 12-14lb
(5½-6½kg) turkey,
feeding 12 people.

(Go on, resist the temptation of serving a packaged stuffing mix this Christmas!)



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Keighley Ramblers p41

Manorlands p6 & p11

Oakworth Social Club p36/37

Robbie Moore p19

The Climbing Hub p4

Upstairs at Pennybank p40

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Pave p15

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DSM p31

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