

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2019




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February. It may be icy and grey but at least the days are noticeably longer. We are focusing on the positives...Sue Ryder, Manorlands is reminding us to keep moving too...perhaps take up a challenge like the Great North Run later in the year, or closer to home, how about the Keighley BigK? February is training time.

And continuing with the theme of health & wellness you will notice this edition is filled with relevant content: Try a free Self Esteem class, Yoga, a Positive Thinking course, or tackle a bad habit with the help of hypnotherapy. Our local Physio, David Hanson writes about exercise and injury. If you are mobile, get yourself to Keighley Civic Centre and enjoy the Tea Dance. Rev Chris Upton tells us more about Healthy Haworth, a consortium of people, places, and services to promote wellness in the Worth Valley. Give yourself a hug; that's a good start!



Have a great February. *Liz*
Editor Liz Barker

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Say you saw it in the Worth Valley Mag!

WORTH VALLEY

2018 was the year of recognition of the achievement of operating the Railway for 50 years in preservation and 2019 is the start of our journey into the second half-century.

There has been work on-going throughout the winter to finish a long-running infrastructure project to stabilise the cutting near Mytholmes Tunnel, installing new drainage and undertaking significant groundworks. We have also completed the construction of a building to house the 'wheel-drop' facility at Haworth, which allows us to remove a wheelset from a locomotive or item of rolling stock from below. The facility avoids the need to lift the vehicle from its wheels which is a far more time-consuming process, meaning that we can undertake running repairs far more efficiently. This helps to keep the fleet operational.

2018 saw the return to traffic of the locomotive that had hauled the original re-opening train back in 1968, Ivatt-designed number 41241 in June 2018, and right at the end of the year, British Railways "standard" class 2, number 78022 re-joined the operational fleet in a stunning Brunswick Green British Railways livery. These two locos are just the right size for hauling trains over the winter as we run every weekend throughout the year through gaslit stations with roaring fires to keep out the cold! On Wednesdays starting in March, we operate the heritage diesel service, which gives the opportunity for a great view of the Railway from our diesel rail car units.

As we move on in the year, we have our



Keighley and Worth Valley Railway

regular programme of events planned. We have a Spring Steam Gala (8-10th March), during which we run a variety of special trains which include double-headed, express and demonstration freight trains. We continue to run our special services which include 'Sparkle & Steam' Prosecco-tastings, Haworth Haddock fish & chip trains, and we are looking forward to May 3rd-6th when we are re-introducing a heritage diesel-focused event at our "Diesel and Steam mixed traffic gala".

You will appreciate that it takes a huge effort by our team of over 600 volunteers who are supported by a small staff to make all this happen. The dedication that our volunteers demonstrate day in, day out, is amazing, particularly when you consider how hard they have worked throughout the winter on maintenance and operation in the worst of the West Yorkshire's weather! *Matt Stroh*

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Unconventionality leads the way as the celebrations continue in Haworth

At the Brontë Parsonage Museum we've been immersed in our bicentenary festival which have given us a wonderful opportunity to celebrate the lives of Charlotte, Branwell and Emily. We're full of anticipation for Anne's 200th birthday in 2020 but wanted a focus for 2019 and knew instinctively it should be Patrick. The actual anniversary we've hung it on might be a little tenuous (two hundred years since Patrick was first offered the curacy of Haworth!) but the decision to celebrate him was one that we all felt enthusiastic about. But what aspects of the man and his life are we hoping this year will illuminate? We know that Patrick's life was a

remarkable story in itself. His journey from a humble Irish background to respected Anglican minister via Cambridge University has become the stuff of legend, as are the terrible losses he faced, with the deaths of his wife and six children all when they were relatively young.

The idea of Patrick as a social campaigner will also be familiar to many, but perhaps not the extent of his causes and the tenacity with which he fought for them. He was, of course, instrumental in the production of the famous Babbage report of 1850, which paints a horrifying picture of the squalor in which many people in Haworth were living, and which fuelled

the improvements in sanitation that eventually transformed life for his parishioners.

Patrick was clearly a man of conscience and moral courage, and with a compelling life story of his own. But it is as the father of literary genius that he is most famous, and it is fascinating to ask, in what ways did Patrick's influence shape his children's talent? He certainly gave them a liberal education, encouraging (or at least not hindering) their wide-ranging reading. He noted their artistic and musical skills and encouraged those too, paying for tutoring out of his meagre curate's income.

But we have to look at his spirit

of independence to find the most valuable legacy he gave his daughters. Charlotte, responding to critiques of Jane Eyre, wrote in the preface to the second edition, "Conventionality is not morality". The importance of a person's own conscience over generally-held opinion is a principal that Patrick seems to have acted on throughout his life. And we see it in the bravery and freedom of his daughters' writing; in the confidence they had in their own creative voice that meant they could write with an originality that took the world by storm, and which Patrick himself must surely have admired. *Susan Newby Learning Officer, Brontë Parsonage Museum*

2019 at the Brontë Parsonage Museum

Patrick Brontë: In Sickness and in Health

A new exhibition examining the life and work of the Reverend Patrick Brontë.

The Unthanks: Shall Earth No More Inspire Thee

Our outdoor audio experience featuring the poems of Emily Brontë set to music and performed by The Unthanks.

Open daily from 10am, the Museum runs an exciting programme of events, exhibitions and family experiences throughout the year. Visit www.bronte.org.uk/whats-on for details.



Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk
Open Nov-Mar 10am-5pm daily, Apr-Oct 10am-5.30pm. Last tickets sold 30 minutes before closing. Reg Charity: 528952. Reg Company: 73855



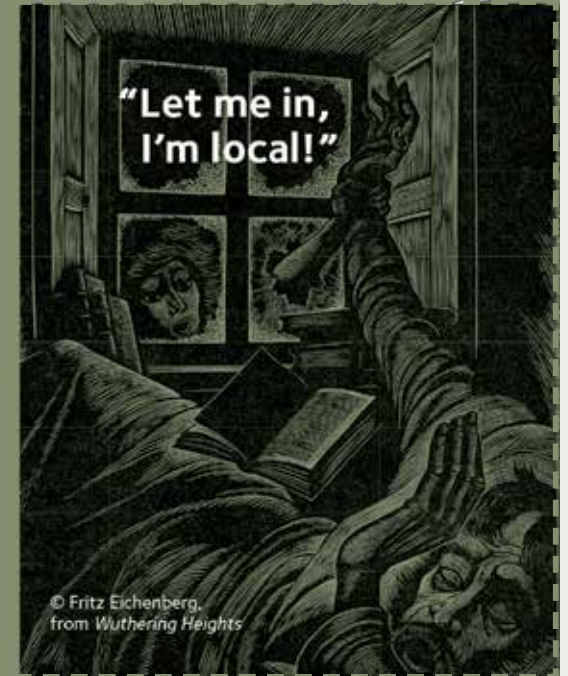
Brontë Parsonage
MUSEUM

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Exclusive to readers of the Worth Valley Mag.

Brontë Parsonage
MUSEUM



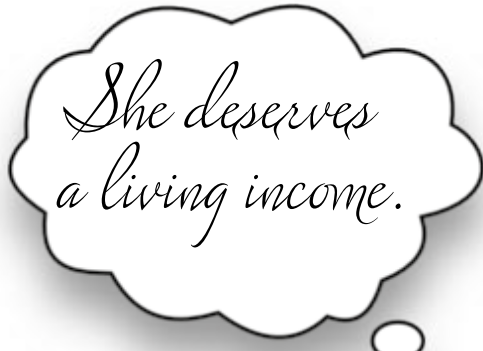
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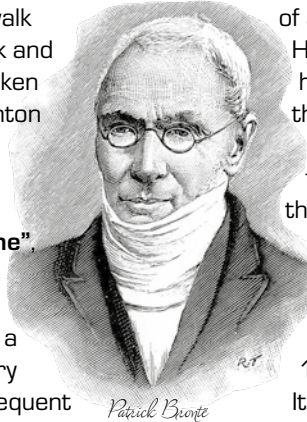


The Brontë Parsonage Museum is really pleased to be re-teaming with Bradford Fairtrade Zone and celebrating

Fairtrade Fortnight with a walk tracing the route that Patrick and his family are likely to have taken when they moved from Thornton to Haworth in 1820.

The theme of Fairtrade Fortnight 2019 is

"She deserves a living income", and touches on themes of women's education and empowerment. Patrick was a vocal advocate for compulsory national education, writing frequent letters to newspapers and periodicals, and through his letter-writing efforts secured £80 towards the building of a Sunday school in Haworth in 1831. He was also a founder member of the



Patrick Brontë

Bradford Church Institution in 1843, an organisation which encouraged the building of schools and led to the opening of a new National School in Haworth the following year. Patrick helped to locate a master for the education of male pupils, and, importantly, a mistress for female pupils. He also ensured that special evening classes were provided for those children who worked in factories during the day, and within a month of the school's opening, there were 170 pupils on its roll.

It is within his approach to his daughters' education that we can see most clearly Patrick's egalitarian stance on the importance of providing schooling for both genders.

Lauren Livesey, Brontë Parsonage Museum

To advertise call us on 01535 642227



Join us and Walk Sunday, 17th March

In celebration of **Patrick Brontë's birthday & Fairtrade Haworth**

All welcome to this free event. Meet at 9am for a 9.30am departure from St James Church, Thornton. Stout shoes and waterproof clothing recommended. We will stop for lunch in Denholme, the half way point for the 9 mile walk.

You can bring your own packed lunch or purchase food at the Denholme Co op. The walk will end at the Old School Room in Haworth, where we'll be serving tea and cake. **Walkers will also receive 50% discount on Museum admission if they'd like to visit that day. Contact: 01535 647776**



Say you saw it in the Worth Valley Mag!

Discover your Inner Beauty

Florist Annie Milner from Rosa Rugosa welcomes beautician Danielle Barker to Mill Hey this month. Danielle, also an experienced Internal Quality Assurer (IQA) for the beauty industry, is launching Inner Beauty, a salon and training academy, located on the second floor of the building above Rosa Rugosa.

With 17 years in the industry Danielle brings significant know-how and the highest quality standards to Inner Beauty. Clients can expect a host of treatments including manicures, pedicures, facials, gel nails, waxing, tinting, lash extensions, massage and body treatments.

The other side of the business is for those who are interested in extending their experience and skills. Danielle offers fast track accredited courses in over 20 beauty treatments. Small classes or one to one training is offered at all levels, for beginners up to advanced courses for practicing beauticians looking to further their knowledge and expertise.

Inner Beauty is no ordinary salon. Danielle's exacting approach as a Beauty Guild tutor and broad knowledge base has enabled her to create a unique experience, one where the client benefits from the latest technologies and treatments. Most importantly, you will feel pampered and spoilt in the hands of an expert! By appointment only.

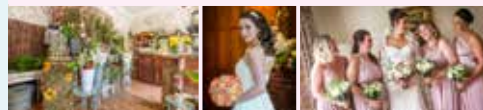


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Say you saw it in the Worth Valley Mag!



and your different toppings and let your guests make their own. *Tip: Do not allow your children to do this. They will make tennis-ball sized truffles and spread the toppings all over your lovely rustic table cloth, thereby ruining your serene candle-lit dinner party vibe.

Ingredients

- 250ml coconut milk
- 300g dairy-free dark chocolate
- 3 tbspc coconut oil
- 1 tsp vanilla bean paste (or extract)
- Pinch of salt

Toppings

You can use whatever you want here – cocoa powder, chocolate flakes, desiccated coconut, chopped mix nuts, freeze-dried fruits like raspberry and strawberry, edible glitter or popping candy.

Method

1. Melt the chocolate and coconut oil in the microwave (I do this in 30 second bursts, stirring after each burst to ensure the chocolate is melting evenly).
2. While the chocolate is still hot, add a small pinch of salt and the coconut milk and stir gently to combine.
3. Stir in the vanilla, then cover the bowl and place in the fridge to set for at least 4 hours.
4. When the truffle mixture is set, add your toppings to separate plates.
5. Using a teaspoon, scoop out little balls of the truffle mixture, roll in the palm of your hands, and then roll them in your topping of choice.
6. Return to the fridge until 15min before you're ready to serve them.



Yorkshire born and bred, Amy Firth lives in the Worth Valley with her partner, 3 kids, Murphy the dog and several rescue hens. A life-long advocate for fairer food and farming, Amy is always in search of great veggie and vegan recipes which she shares on her Instagram page: @amy_firth78

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MAYBE IT'S JUST ME by Beth Cunningham

February is a fab month for keeping fit if you are a regular user of public facilities. The New Year's irresolution folk are back on the sofa with fags and fish and chips. The wimps and wusses are staying home with the heating on full blast, wondering why they are nursing their sixth cold of the season.

Only we toughies are in the swimming pool once a week. This sounds impressive, as if I am ploughing through the waves like Rebecca Adlington. There is more plodding than ploughing. But at least I turn up.

Many people hate swimming. They tell you about a childhood near-death experience on a family holiday in Ilfracombe. They have avoided water ever since (except, presumably, for hygiene purposes).

This is silly. If you have failed to drown yourself at the first attempt, surely you have no wish to succeed on the second, and need to know how to swim. We live on an island. And if you become suddenly and dramatically dissatisfied with the Brexit arrangements, you might find yourself wanting to escape on a pedalo in high seas.

I learned young. Had to. My father, while great at taking us to the pool, had no patience with inflatable aids nonsense. I found out the true meaning of the expression sink or swim, reaching adulthood with a sense of surprise, like a kitten that has escaped being drowned in a barrel.

Luckily I love water. But these days, there

is no splashing about. I get in. I do 20 lengths. I get out.

As well as zig-zaggy breaststroke, I slip in variations. Backstroke has me narrowly missing having someone's eye out. Staying on my back, I do froggy movements to see if my faux hips are functioning. And a guy with goggles appears, inches from my feet.

I start to worry that I have too hastily dismissed the trend for Brazilians. (Lads, if you are leading sheltered lives and think I am alluding to modern-day Peles and a beautiful game of two halves, look away now - you definitely do not want to know the result.)

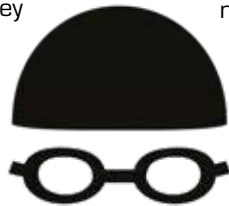
But, no. We must show solidarity with the sisterhood. Women of the Worth Valley need to be able to hold their heads high on visits to Hebden Bridge. We must also consider the Pennine climate, reject the Brazilian and stick to the more natural Barnoldswick.

Such concerns are a small price to pay for the benefits of swimming - emerging into the frosty air in a happy glow. Only hoping that the man with goggles has not paid for prescription lenses.



Beth Cunningham was brought up in Rawdon. She left Yorkshire to work for newspapers and magazines on Merseyside and in Wales, the Middle East and London, where she also wrote and performed stand-up comedy.

She now lives in Haworth, is a life member of the Bronte Society and writes short stories.



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Say you saw it in the Worth Valley Mag!

Sudoku

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

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

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

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

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

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Where in the Worth Valley? COMPETITION

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

This month's prize is generously donated by **Keighley & Worth Valley Railway**

2 Adult Day Rover tickets

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

The winner will be selected from all correct answers received by 15th Feb 2019.



Last month the correct answer was SMJ Falconry, Oxenhope. The winner was Dr. S Varey from Cross Roads.

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COMMUNITY PAGES

Mondays 1 -3pm Tea Dance at the Civic Hall, Civic Centre Keighley £2.50 inc tea & biscuits. **Everyone Welcome**

Oakworth Young at Heart meet every Thursday 1-3pm at Holden Hall.

3rd Monday of every month 1.30pm - 3.30pm Keighley Healthy Living run a **Wellbeing Cafe** for people with mild to moderate health needs and their carers. Afternoon tea with live music, fun, friendship for older people. **Central Hall, Alice Street, Keighley.**

Haworth Senior Citizens meet every Wednesday 2-3pm at **West Lane Methodist Church.** Friendship, activities, speakers, outings.

Every Wednesday 10 - 1.30pm **Food For The Soul, West Lane Methodist Church, Haworth.** Contact Shona or Geoff Grange 01535 647675.

Every Monday 10 - 12noon **Drop in Coffee Morning** at **St James Church Hall, Cross Roads.**

Every Tuesday 12.15pm **Oakworth Senior Citizens Luncheon Club** at **Oakworth Methodist Church.**

28th Jan - 2nd Feb 7.30pm Nobody's Fool comedy by Simon Williams at **Keighley Playhouse**

Sat 2nd Feb Groovy Happening 7.30pm Upstairs at **Parkside Social Club, Butt Lane, Haworth.** Entry £3. Proceeds to Manorlands.

4th Feb onwards Patrick Bronte In Sickness and in Health a new **Exhibition at The Bronte Parsonage.**

4th Feb onwards Old Haworth in Pictures Exhibition at The Bronte Parsonage.

Tues 5th Feb Cross Roads & Lees Church & Chapel Ladies Group 7.30pm Beetle Drive at St James

Church Hall, Haworth Road, Cross Roads, BD22 9DL

Tues 5th Feb Keighley Healthy Living FREE Computer Course Build Basic IT confidence & skills - 5 week course at **12.30pm - 2.15pm West Lane Baptist Church, Haworth.** Call KHL 01535 677177 to secure you place.

Friends of Haworth Park meet on the Second Tuesday of the Month at **Parkside Social Club 7.30pm.** New Members Welcome.

Weds 6th Feb 10.30 am Keighley U3A's Group The Temple Row Centre Keighley Speaker: Alan Bonson "It Shouldn't Happen to a Coach Operator" Admission £2.50 (inc Tea/Coffee and Biscuits) For any further details regarding Keighley U3A's please contact Peter Rye on 01535 642136

Thurs 7th Feb Oxenhope Methodist Womens Fellowship 7.30pm at The Chapel, West Drive with **Deacon Jackie Fowler and Jennifer's Fair Trade Stall.**

Fri 8th Feb 10am - 12pm Man Shed Group at **Oakworth Village Hall - Building, DIY, Woodwork, Gardening & Repairs - Have you got skills to share? interested in learning new skills?**

Keighley Healthy Living call for more information 01535 677177

Fri 8th Feb 7.30pm Haworth Cinema at West Lane Baptist Centre - **American Animals (15) Adults £4**

Sat 9th Feb 7.30pm Haworth Village Hall Eddie Popescu in **Elvis Tribute Night** in aid of Haworth 1940's Weekend. Tickets required - call 01274 407430

Fri 15th Feb 10.30am Story to Tell at Cliffe Castle 10.30am free event

Sat 16th Feb 2pm The Cottingley Fairies at Cliffe Castle - talk by Heather Millard. Free but booking Essential. Call 01535 618231.

Sat 16th to Sat 23rd Feb Old Mother Hubbard Pantomime at **Oakworth Methodist Church.**

Sat 16th Feb - Sun 24th Feb 10.30am - 4.30pm East Riddlesden Hall Where will your Wellies take you this half term? Find the secret tunnel to take you to the Wild Play Garden, get muddy in the mud pie kitchen and build your own hideaway. With nature-inspired arts and crafts on Tuesday, Wednesday, Saturdays and Sundays. Booking not needed. Free Event normal admissions apply.

Sat 16th Feb until 24th Feb & 2nd/3rd/9th/10th March Art Exhibition - Traces at East Riddlesden Hall. Inspired by fragments of china, clay pipes and glass found during the renovation of a local 17th-century farmhouse. Barbara Greene's Traces exhibition creates connections between the objects and lives of people who have lived and worked in the Aire Valley over the centuries.

Sun 17th, 2pm - 3pm Rail Story at **Ingrow Station, Keighley**

Weds 20th & Thurs 21st Feb Paw Patrol at **Keighley & Worth Valley Railway**

Thurs 21st Feb Oxenhope Gardening Club 7.30 pm at the **Oxenhope Community Centre, Shaw Lane, Oxenhope, BD 22 9LS** The speaker will be Ben Preston Head Gardener at York Gate Garden at Adel, Leeds and previously Head Gardener at Goldsthorpe Hall. Ben will be talking

about the garden at York Gate and how he likes to incorporate perennials and annuals in amongst interesting shrubs. Seats are limited.

Thurs 21st Feb Oxenhope Methodist Womens Fellowship 7.30pm at The Chapel, West Drive with Maggie Marsden - Dementia Friendly.

Fri 22nd Feb 7.30pm Haworth Cinema at West Lane Baptist Centre - **A Star is Born (15) Adults £4**

Sun 24th Feb 11am -12 Rail Story at **Ingrow Station, Keighley**

Sat 2nd March until Sun 21st April Bingley Art Society & Keighley Art Club Exhibition 2019 at **Cliffe Castle Museum, Keighley.**

Tues 5th March Cross Roads & Lees Church & Chapel Ladies Group 7.30pm Fun Quiz at **St James Church Hall, Haworth Road, Cross Roads, BD22 9DL.**

Fri 8th March 7.30pm Haworth Cinema at West Lane Baptist Centre - **Bohemian Rhapsody (12A).**

Fri 8th - until Sun 10th March Keighley & Worth Valley Railway Spring Steam Gala.

Mon 18th until 23rd March Saving Jason black comedy by Peter Quilter. at **The Keighley Playhouse.**

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EXERCISE & INJURY by David Hanson

Should we rest or should we exercise when we pick up an injury or are diagnosed with a musculoskeletal problem? That is the question that is often asked when we develop such a problem. Exercise plays a vital role in maintaining our functional strength and repairing injured tissue. The key is to recognise what to do and when to do it!

Recognition of your stage of injury is very important in deciding what activities you should be doing. A qualified professional such as a physiotherapist can carry out an assessment of your injury. They will then give you advice on how to rehabilitate the problem as well as treating you for your pain. With the exception of teeth, all tissue within the body is capable of repairing itself by laying down scar tissue as a substitute for the injured muscle, ligament, tendon or fascia. However, scar tissue will not necessarily be strong enough to resist the forces created when you return to exercise without it being remodelled and strengthened by a tailored rehabilitation program.



2. Sub-Acute Phase – 72 hours to approximately 3 weeks

During this phase rehabilitation exercises are started. Rehabilitation is the process of regaining full function following injury and involves restoring strength, flexibility, endurance and power. It is achieved through a variety of exercises and drills. Rehabilitation is as important as treatment following an injury but unfortunately it is often overlooked. Many people will return to their normal activities as soon as the pain subsides but may find that their pain returns. Without the implementation of a tailored rehabilitation program, full recovery is unlikely and the risk of repeating the same injury increases significantly.

3. Chronic Phase – 3 weeks onwards

During this final phase the injured tissue will continue to remodel and strengthen. Rehabilitation exercises continue to progress in terms of duration and intensity. Notice that there isn't a prescribed end date to this stage. A return to full function may take several months (even years!) depending on the area injured and the severity of that injury.


The key thing to remember:
If exercise brought about the injury, then the correct exercises will generally fix the problem!




There are 3 main stages of injury that we need to recognise.

1. Acute Phase – up to 72 hours post-injury. This phase is characterised by pain and loss of function. The principle known as RICE (Rest, Ice, Compression and Elevation) is best used to manage this stage of your injury. With common sense you can still carry out some kind of exercise as long as you don't put undue stress on your new injury.

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3 Raja Yoga Meditation
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"I have recently attended the Raja Yoga Meditation course in Hebden Bridge, I found my time there to be of real value and one of personal enlightenment. We were made very welcome from the outset, aspects of the course were clearly described and discussed, and the atmosphere was one of warmth, tranquility and inclusiveness. There was time to have discussion on relevant parts of the course, and the meditation method was very interesting to participate in. We were instructed by the excellent teacher Manoj, who was a calm, patient and truly illuminating individual, and I feel that I gained fresh insights into a way of experiencing peace of mind and a renewed sense of positivity." **David from Hebden Bridge**

Old habits die hard by Sharon Thompson

A New Years Resolution which is still in place in February is a rarity but have you ever wondered why? Well, it feels exciting in early January to be trying out this new healthy lifestyle but as we get back into normal life and those wonderful neural pathways in our brain return to their default routes then we reach those trigger points. You know the ones, that 11am reminder that biscuits go very nicely with this cup of tea thank you, or the chocolate bar which always follows lunch, perhaps the 8pm wine reminder.

And then, before you know it, it's New Years Eve 2019 and once again you're three or four pounds heavier than you were last year. After a decade this equates to being two stones heavier on the scales and the associated health problems are creeping up on you.

Well you are not alone, in fact although we all know exactly how to lose weight - eat less, move more - most of the population seem resistant to actually doing it and with Cancer Research UK's statistics showing that 62% of the UK population are now either obese or overweight this shows no signs of changing.

So, what can we do about it? Well, the good news is that as unhelpful as the brain can be at pushing us to repeat our old patterns of behaviour, it is also wonderfully capable of helping us create new habits through the creation of new neural pathways, a process called Neuroplasticity.

Our brains are designed to take the pathway which is used most frequently as this is the path of least resistance, but with a bit of hard work upfront then we can actually rewire our brains to follow different

paths and soon enough those old pathways will become unkempt and start to weed over. Hypnotherapy can help with this process and there are many things you can do to help yourself. Try mixing up your usual routine, sit in a different chair for your tea break, take a short walk before lunch, get stuck into a decorating project in the evening. Whatever you do, make it enjoyable. Simply sticking to the exact same routine whilst depriving yourself will work for only a short while; the likelihood is that you'll soon rebel.

With professional help you can create new and lasting healthy habits.

Sharon Thompson is a Clinical Hypnotherapist and is owner of Haworth Hypnotherapy. She treats clients in Haworth, Ilkley and Leeds and is registered with the NCH, CNHC and AFSFH.

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Love is in the Air

When I tell people I'm a Humanist they sometimes think that I'm part of a cult, and that I spend my weekends dressed in long robes. However, I'm just a person who doesn't believe in a God, - although if you do that's okay with me, - we are all on this journey together.

Over the past year I have been training to become a Humanist Wedding Celebrant. This was partly due to wanting to offer people a personalised alternative to a church wedding but also because I have a real interest in people. What could be better than spending time celebrating love?

Humanists UK require prospective celebrants to undergo an incredibly intense training package, including residential weekends where I met my colleagues from all over the country. We learnt how to write ceremonies from scratch, practiced performing the ceremonies and made sure we would always give importance to every little detail. I can take your story and make it something your guests will

remember for many years to come. You will even receive a copy of the ceremony to cherish forever.

So, you've decided you're getting married. Humanist celebrants can offer advice about what each part of the ceremony could entail. You might like specific symbolic rituals (such as hand fasting - where the phrase "tying the knot" comes from), and we can offer suggestions for readings, music, staging and the running order. Your Humanist Celebrant is also your MC, who keeps the spotlight focussed on you. You can have your ceremony wherever you would like, - even in a field or on a beach. People put a lot of time and effort into planning their wedding day, and a memorable ceremony should be the centrepiece.

If you'd like a chat then contact me at antonythehumanistcelebrant@gmail.com and we can begin to discuss a bespoke ceremony as unique and individual as you are! **Antony Silson, Humanist Celebrant, Aire Valley 07545 382447**

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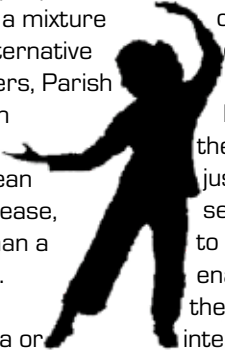
Say you saw it in the Worth Valley Mag!

HEALTHY HAWORTH AIMS TO MAKE A DIFFERENCE IN THE WORTH VALLEY

'Healthy Haworth' is a loose coalition of people who are thinking about how to make Haworth (and its surrounding areas) a 'healthier' place. The people who have been gathering so far are a mixture of health care professionals, alternative therapy providers, church leaders, Parish councillors and others who wish to help shape Haworth's tomorrow. By 'healthier' we mean general wellbeing and sense of ease, peace and flourishing, rather than a strictly medical 'lack of disease'.

'Healthy Haworth' is also an idea or aspiration that seems to be growing. This idea stems from a recognition that humans are complex beings (we are a mixture of physical, emotional, economic, spiritual, intellectual, rational, artistic and other aspects) and that health comes when we are in balance. If any of our constitutional parts are out of sync then the whole being will suffer. This idea can also be enlarged to our idea of community. If any one group of people in Haworth, (such as young, old, retired, at work, off cumdens, locals, Brow siders, Traders, tourists etc) suffer then everyone does. The converse is also true... when anyone group flourishes, there can be benefits for us all... If the school is a happy and flourishing place, then the whole of the community will benefit.

There has been a publicised move in the NHS looking to prevent people from becoming ill rather than waiting to cure people after they have presented themselves as unhealthy and 'Healthy



Haworth' is keen to encourage this 'prevention is better than cure' model. All this might be best explained by an example and the one I know best is of course the church of which I am currently the minister. Over the last few years West Lane Baptist Church, Haworth, has worked hard in service to the whole community of Haworth, not just its own congregation. Taking seriously the Christian gospel's call to be 'salt and light' in the world and to enable 'life in all its fullness' for all people, the church building has become integral to the social life of the village.

Redeveloping its old building has allowed it to be used by many different groups such as:

- **Weightwatchers and Slimming World** aim to encourage healthy eating.
- **Yoga, Pilates, Qi Gong and Meditation and Mindfulness** aim to help the cultivation of a healthy mind.
- An **Over 55's exercise class** along with **Health Walks** encourage taking care of the body.
- **The Bronte Society, the Gilbert and Sullivan Society and Haworth Cinema** stimulate the intellect and appreciation of the arts.
- **The Parish Council, the Women's Institute, Drop in lunches** and other public meetings help local community engagement and build social capital.
- **The Guides, Weeny Boppers and Sunday school** all ensure that children and young people know they are valued.
- **Sunday worship** aims to explore the spiritual side of life and provides a framework for how religion is integral to how we live this life and not be simplistically

concerned about the next. That all of these things happen at WLBC is no accident but a clear outworking of a commitment to serve the whole person and not just be interested in 'saving souls'. In 2019 in conjunction with Keighley Healthy Living, WLBC is looking to become a centre for **Peer Support Groups**, host an I.T. beginners' class and hold Sunday afternoon drop in and games sessions. Each of these will in a small way help individuals to flourish and collectively they will add to 'Healthy Haworth'.



As said above, WLBC is just one example of the many places/group that are trying to bring a 'Healthy Haworth' about. I hope that you know many others and that you are encouraged to keep on looking out for the good of the whole community. Please do get in contact with me if you are of a similar mind to 'Healthy Haworth', or feel that you might have something to offer. I can be contacted on chris@altruists.org or by phone **07976 287117**.

Rev. Chris Upton, Minister of WLBC, Haworth.

West Lane Baptist Church, Haworth has an active Facebook page, and is situated on West Lane at the top of Haworth on the Stanbury road. BD22 8EN.

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Yorkshire Loft Ladders, Quality You Can Trust



These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it

all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality,

Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers

are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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