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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July/August 2021



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Hello Summer! We are keeping our fingers and toes crossed for further restrictions being lifted. Aren't we lucky to live in one of the most beautiful parts of Britain; it really isn't a hardship to find interesting things to see and do locally. Visit Bradford has given us a list of ideas of places to visit in the district, from Five Rise Locks in Bingley, to Roberts Park in Saltaire, or the Science and Media Museum in the city centre...and then further a field in North Yorkshire, we can highly recommend Bolton Abbey, the Devonshire Estate, with an amazing line up of outdoor adventure and fun for the whole family to enjoy. We've included another colouring page for you to 'relax' and find a moment of calm. It is surprisingly soothing as an activity and something all ages can do. Thank you for continuing to spend your money locally where possible. Have you been back to the local cafes and restaurants yet, or met a friend for a pint in a local pub? Here's to brighter days! Be well and have a great summer. Liz x



Liz Barker, Editor

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Enjoy a Summer Staycation

Summer is a great time to become a tourist in your own area, and you may be surprised how much there is locally for you to see and do.

Explore free museums, **Bradford Industrial Museum**, **Bolling Hall** and **Cliffe Castle Museum** combine to bring you the story of Bradford from prehistoric times to the present day. Or revisit the fabulous **National Science and Media Museum**, don't miss their new exhibition launching this summer: **Sound Season, Sonic – Adventures in Audio and Boom Experiments in Sound**.

Head outdoors this summer, whether you enjoy a challenging 10 mile hike, or a leisurely canal side stroll, you'll find plenty of options. Combine your walk with a literary pilgrimage to Top Withens, said to be the inspiration for *Wuthering Heights*, or enjoy spectacular views over Wharfedale from Ilkley Moor. The Leeds Liverpool Canal winds its leisurely way through Airedale, an ideal route to walk or cycle. Watch the



East Riddlesden Hall



Haworth Main Street

barges descend at the Five Rise Locks, one of the wonders of the waterways, or combine with a picnic at Roberts Park in Saltaire. No summer in Bradford would be complete without a culture fix; experience Hockney's art at Salts Mill, home to one of the largest collections of works by David Hockney. Enjoy outdoor theatre productions, both Bradford Cathedral and East Riddlesden Hall are hosting open air Shakespeare events.

Watch out for **Summer Unlocked**, a programme of 24 cultural projects, that will see an exciting and eclectic mix of activity and installations across the District.

Whether you are looking for day trip inspiration, somewhere new to meet friends or to rediscover favourite places VisitBradford is a great place to start. You will find our website www.visitbradford.com packed with ideas and inspiration, on social media look out for **#SparklingBradford** where we'll be highlighting summer activities and events.



Five Rise Locks, Bingley



Roberts Park, Saltaire



National Science & Media Museum

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Whether you are after a peaceful wander or a more action-packed day out, Bolton Abbey is the perfect place for all to visit this summer. Get your favourite picnic snacks packed and don those walking boots and head for the Dales! With miles of footpaths to choose from you will certainly find peace and quiet, whether that be in the woodlands, up on the moorland tops or perhaps by the river's edge. Don't forget those camping chairs for enjoying a brew and the view after clocking up some miles! If you're bringing little ones with you and are looking for some more adventure, don't miss the Welly Walk outdoor adventure

trail through the woods, or the Family Cycle Zone – both certain to tire out little legs! We are also pleased to announce our



Pirate Ship will be docking outside the Cavendish Pavilion just in time for the summer holidays – all aboard mi hearties! If the above sounds simply exhausting, we also have plenty of eateries to choose from around

the Estate serving delicious homemade food and cakes – if the weather is less favourable, perhaps try hopping between a few! For more information about what's on at Bolton Abbey this summer, visit us at www.boltonabbey.com.



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SUMMER at the BRONTË PARSONAGE MUSEUM

I'm writing this following three very busy weeks which saw the Parsonage lawn transformed into a war-time kitchen garden and our hallway and stairs given a full 1940s makeover while the Museum was a location for the forthcoming feature film, 'The Railway Children Return.' There was never a dull moment with the cast and crew around and it was a strange sight to see the Parsonage floodlit for night shoots and dozens of people scurrying about. While hard work, it was great fun to be part of and we're sure the film will be a great advert for the Museum and Haworth when it and the new 'Emily' film are released next spring.

Behind the scenes, we've also been working hard on a national campaign to save unique and important manuscripts including a notebook containing 31 poems by Emily Brontë and several 'little books.' The Honresfield Library, as the collection is referred to, only recently came to light after being unheard of for more than 80 years, and all 500 items of it were due to be sold off by auction. Thankfully, by working with colleagues at other literary houses and funding bodies, the auction has been postponed and we are now working on a collective fundraising campaign led by the Friends of the National Libraries to secure the required funds (expected to be around £15m!) to save it for the nation. As restrictions continue to ease, we're really pleased that our staff have returned



to work and there is some semblance of 'normality', whatever that is. Visitors have loved being back at the Museum, and while the restrictions on numbers continue to have an impact on our finances, it is wonderful to be able to share our special building and the collections it houses with people again. If you are visiting, be sure not to miss 'Gondal Arise!', our exhibition of illustrations of the Brontës' imaginary worlds by Isabel Greenberg, or our special installation, 'Contemplating Hope' by artist Layla Khoo.

We're also gearing up for our 10th Brontë Festival of Women's Writing which will run online Thursday 29 July – Sunday 1 August. We're thrilled to present events with LipService, Hollie McNish and Samira Ahmed, and there will also be writing workshops and

other opportunities to get creative yourself. Finally, we are really excited to be part of Bradford Council's 'Summer Unlocked' programme. 'Another World', our specially-commissioned interactive installation will be situated in Parson's Field in August and you're all invited to come and explore and play.

You'll find details of all our events at www.bronte.org.uk/whats-on.

Have a great summer, and wherever your travels take you, make sure you take time to visit the jewel on your doorstep – we can't wait to see you.

Rebecca Yorke ~
Interim Director, Brontë Parsonage Museum

July at the Brontë Parsonage Museum



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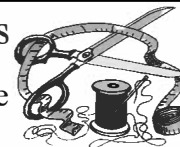
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With the easing of restrictions, we have been able to launch our programme of events for 2021. This includes the return of the popular **Haworth Haddock** fish and chip supper services; dining experiences, **Cream teas and Prosecco tasting** aboard

our sumptuous Pullman carriages; as well **Vintage train weekends** and a **Mixed Traffic steam and heritage diesel gala 10-12th September** and we have the dinosaurs visiting during our **Jurassic Specials 25-29th October**. We are also very pleased to announce the return of the **Beer and Music Festival 14-17th October**.

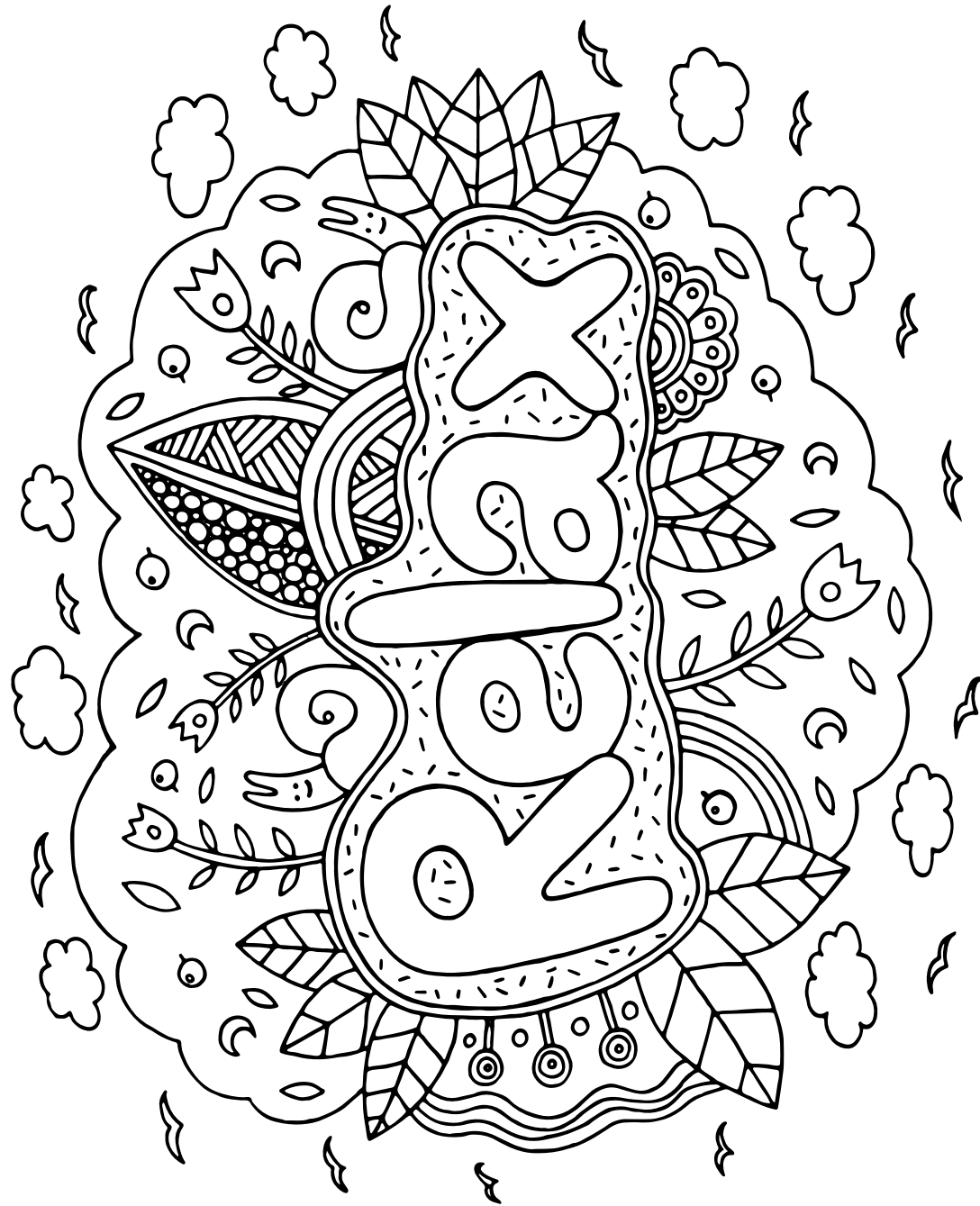
Finally, can I be the first to wish you a **Merry Christmas!?** I appreciate we've only just passed the longest day and the official start of summer, but we get questions most days asking when we are going to release tickets for the festive period. I can confirm that they will go on sale - assuming no further changes to the restrictions - at the end of July and will be available via the website at <https://kwvr.co.uk/event/elf-express/2021-11-27/>

Matt Stroh ~ Keighley & Worth Valley Railway

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- Can of kidney or black-eyed beans
- Juice ½ lemon
- Small bunch coriander, chopped
- Serve with boiled rice and/or naan bread

instructions

- Place the onion, garlic and ginger in a food processor and blend to a purée. Heat the oil in a large flameproof casserole dish, add the onion mixture and cook for 5 mins until softened. Add the curry leaves, curry powder and 2 tsp salt. Cook for 2-3 mins until fragrant.
- Tip the mutton or goat into the pan. Cook for 5 mins over a medium-high heat until the meat has browned. Add the chopped tomatoes and stock. Increase the heat, bring to the boil and cook for 10 mins. Reduce heat, cover and leave to simmer gently for 2½ hrs - remove the lid for the final 30 mins of cooking.
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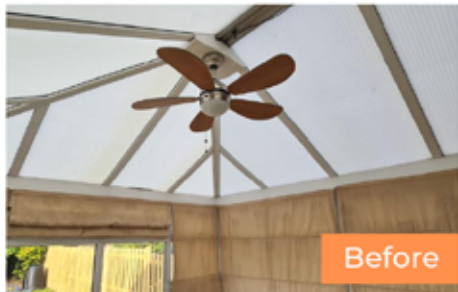


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It's a balancing act

by David Hanson ~ Haworth Physio



Our balance is something many of us take for granted, but everyone can benefit from improving it. Balance training exercises strengthen core muscles and improve stability. It can help anyone at any age. Athletes find it can make them more powerful and agile - seniors can use it to prevent falls and to maintain their independence.

Falling as we get older is quite common, and although most falls don't cause serious injury they can leave the affected person feeling quite distressed and vulnerable. Falls can be caused by dehydration, poor circulation, medical conditions such as stroke and Parkinson's disease, heart conditions and by the taking of certain prescription medication that may affect your blood pressure.

If you feel that yourself, a friend or a family member is struggling with their balance

then there are steps that can be taken to reduce the risk of falling, and importantly to reduce the risk of serious injuries as a result of a fall. A 2013 study published in the peer-reviewed British Medical Journal found that balance exercise programs reduced falls that cause injuries by 37%, serious injuries by 43%, and broken bones by 61%.

Here are 6 things you can do to stay on your feet

1. Stay physically active

Plan an exercise program that is right for you. Keep strong and mobile by walking or jogging, swimming, climbing stairs, doing Yoga or Tai Chi and performing body weight exercises such as squats and lunges. The NHS website provides excellent advice on balance exercises as well as exercise in general.

2. Have your eyes and ears tested

Even small changes to your eyesight can lead to a fall. Wear your glasses or contact lenses when you need them. Earwax build up can lead to vertigo which will affect your balance.

3. Find out about the side effects of your medication

Certain drugs can make you drowsy or can cause dizziness. Check with your GP or pharmacist if you think your medication is affecting your balance.

4. Limit your alcohol intake

Even a small amount of alcohol can affect your balance, coordination and reflexes.

5. Stand up slowly

Getting up too quickly can cause a sudden drop in your blood pressure. This can make you wobbly. Get your blood pressure checked when lying and standing if you think this is a problem that affects you.

6. Use a walking aid if you feel unsteady

The use of a stick, cane or a walker can prevent falls and gives you additional stability.

Stay active, stay healthy and stay safely on your feet!

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September 20th – 24th 2021 (5 Day tour)
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Our Gunton Hall residence is a Warners Coastal Spa Resort for added luxury to pamper yourselves too - set within beautiful woodland with lovely gardens and picturesque lake to walk around with views across the North Sea, it is a haven of relaxation.



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Jobseekers invited to pursue an exciting career – and help shape the workforce of tomorrow – at Keighley College.

Keighley College is aiming to add to its large and committed team by staging its first ever Staff Careers and Recruitment Day.

The virtual event, featuring a live link to the campus, runs from 12 noon to 7pm on Tuesday 6 July and will be an opportunity for visitors to find out about the range of exciting job opportunities that are available as well as training opportunities for those that want to work in education, training and skills.

The college, one of the area's largest employers, has been growing and is now poised for further expansion thanks to a recently announced £33.6 million Towns

Keighley College Principle Steve Kelly



Fund award for Keighley. Part of that funding will be used to create a new Skills Hub and a centre for manufacturing, engineering and future technology: both of which will be sponsored by Keighley College.

Principal Steve Kelly said: "This is a particularly exciting time for Keighley College, and we are keen to recruit new and committed team members to join us on our journey as we continue to grow."

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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 overniding principles.

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