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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

*hello
Summer*

July/August 2023



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Say Hello to Summer!
This month we feature Summer Adventures across Bradford District, Craven, Bolton Abbey Estate and beyond. There are activities, events and festivals to enjoy, including a vast array of fun in the sun.

Be sure not to miss our special vouchers and deals from local traders:

p11: Graham Eyes Butchers at Haworth Spar BBQ specials

p15: Breakfast at Harveys of Halifax just £4.75

p16: Boiler service from Negas only £64

p33: MOT £40 at Stockbridge Tyres and AirCon gas from £49.99 at AG Motors in Keighley.

Save the date: Sat, Sept 2nd for the Keighley Agricultural Show. More details on pp4&5.

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Liz Barker, Editor

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Mark your calendar, Saturday, September 2nd for **KEIGHLEY & DISTRICT AGRICULTURAL SHOW 2023!**

All Adults aged 16 years and over only £5.

(Free to Under 16 years old accompanied by a paying adult)

Free Parking or Free Vintage

Bus Service provided by Keighley Bus Museum Trust running regularly between Hanover Street and the showground, via the Railway Station.

Visitors to the Show are promised a varied and exciting day. Lined up for 2023 are some fantastic attractions including SMJ Falconry whose birds will be taking part in a spectacular flight display, as well offering the chance to see them up close at a static stand. Children from a local dance school, ShowKids, will be returning to showcase their talents.

Other features include the return of

the ever popular Terrier Racing, Ferret Racing, and Fun Dog Show. A wide range of Equestrian classes will also be running throughout the day, including magnificent Heavy Horses. There will be a range of Vintage Cars courtesy of the Craven Old Wheels Society and a display of Vintage Tractors.

There will also be Children's Amusements, a wide range of Trade Stands, a licensed bar and Catering Stands offering a variety of things to eat and drink during the day.

If you want to pick up some bargains at the end of the day, the Horticulture section auction off the exhibited produce at knock down prices about 4.30 pm. There is also the chance to bid for some beautiful flower arrangements about 4.45 pm in the Hospitality Area. For further details:

www.keighleyshow.co.uk

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The Classroom ~ Creative space on Main Street



The Classroom, a dedicated creative space, is located upstairs at 60 Main Street.

New to Haworth Main Street this summer is an exciting new creative studio. Branching out from the popular ceramics café, Cobbles & Clay will be expanding

their evening workshops to include a new dedicated space. The Classroom will host an array of workshops and courses brought to you by owner Jill Ross and local artists from the area. There will be an emporium of classes available, including pottery and clay workshops, guided pastel portrait classes.

Learn about landscape gouache painting, freestyle techniques in mixed media and collage, traditional techniques of Indian block printing, millinery, macrame, plus a whole host of other skills and crafts.

"The Classroom is a space to relax, learn new skills and further deepen talents, style, and creative flair. We want to offer a variety of workshops to suit hands on learners in a fully guided experience from teachers who want to offer up their brilliance. We want to support local artists with a devoted space," Jill Ross explains.

Classes for children and younger creatives will be on offer over the summer weeks and school holidays, further details to be released via social media channels:

@cobblesandclayevents

email: info@cobblesandclay.com or contact the café on **01535 958961** for more information. **Cobbles & Clay** 70-72 Main St. Haworth BD22 8DP Open 8:45-5pm daily.

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Summer Adventures In Bradford



Take advantage of the long summer days and enjoy a summer adventure in the Bradford district.

Whether you enjoy exploring museums, taking part in events or heading out into the great outdoors, you're sure to find lots to do in Bradford come rain or shine.

This summer, as Bradford continues its countdown to becoming UK City of Culture 2025, you will find events across the district. In Bradford **BRICKLIVE : Fantasy Kingdom (22 July-6 August)** will feature dragons, castles and princesses as you follow the magical brick trail around the city centre. Across two spectacular days, **BD: Festival (28-29 July)** will transform the city centre with street theatre, music and more, with an imaginative cultural explosion for the whole family to enjoy.



Plus, coming up in September, **City Hall is celebrating its 150th anniversary with a very special Open Weekend (9-10 September).**

Bradford Museums and Galleries are hosting family-friendly events across all its sites this summer - look out for the **Festival of Archaeology (25-26 July)** where you can join in and learn some of the skills archaeologists use to find objects. While the National Science and Media Museum is closed for refurbishment, the team will be Tinkering with Toys at Bradford Museums and Galleries on Wednesdays and Thursdays over the summer. Join the fun family drop in sessions to find out more about how toys are made, and even make your own.

Over in Ilkley **the Manor House hosts a bee and honey family fun afternoon (12 August)** and continues its programme of talks, workshops and performances, with everything from flamenco guitar to herbal tea tasting. **The popular Bard in the Yard will return in August opening at Ilkley Playhouse (26 August).** The production will then present two outdoor performances in the Manor House Courtyard (27-28 August). This popular format features half hour versions of Hamlet and A Midsummer Night's Dream.



Gie Dyotik

For more outdoor performances look out for **A Midsummer Night's Dream at Bradford Cathedral (27-29 July) and Romeo and Juliet at East Riddlesden Hall (16 August).** For those seeking a top-notch live music experience, check out the line-up for the **Bingley Weekender (4-6 August),** for a great festival vibe.

Spend a day at one of your local museums, many of which are free and have lots of activities planned over the summer holidays. Discover more about Bradford's heritage at the Industrial Museum, with regular machinery demonstrations, period homes and motor vehicle collection to explore. Or head over to Cliffe Castle Museum, which showcases the splendour of the former home of Victorian millionaire and textile manufacturer Henry Isaac Butterfield, as well as bringing together local collections and a wonderful display of Morris & Co stained glass.

If art is more your thing, explore the latest exhibitions at the Impressions Gallery in Bradford, situated next to the iconic fountains of City Park, or stroll around Cartwright Hall and visit the Asia exhibition, which brings together objects from China, Japan, Pakistan and India providing a glimpse into the cultures of these countries.

For even more stunning art, Salts Mill in Saltaire is the perfect location to while away the day admiring the works of Hockney in a beautiful setting.

Take advantage of local bus and rail connections, leave the car at home and choose a new route for local adventures. Why not hop on the B3 Bronte Bus from Keighley to Hebden Bridge and experience one of Britain's most scenic routes as it crosses the epic moorland above Haworth. Jump off in Haworth village to explore the independent shops, cafes and bars that line the historic Main Street.



Haworth is a great place to start your outdoor adventures, especially in summer as the heather turns the moorland its distinctive purple shade. The wild Pennine countryside provides glorious views and the opportunity to get out into nature. Alternatively take the Dales Way link from Saltaire to Ilkley across Baildon Moor, or discover more accessible routes along the canal towpath or even around your local park, look out for family fun days out and bandstand concerts across the summer.

Start planning your summer adventure today, find out more www.visitbradford.com



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WORTH & AIRE VALLEY MAGS

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

WANTED: Digital Officer

Part Time | Freelance, possibly leading to a permanent role. Up to 10 hours per week. Hybrid environment, working partly remotely and partly in our Haworth office.

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mapping, etc. Familiarity with publishing is helpful but not required.

We are looking for a bright addition to our small community publishing team to help us cultivate new business opportunities in the emerging digital environment. The initial focus will be on adding value to our existing client base and improving our communications processes. You will have a keen interest in AI and a disciplined approach to testing applications for desired outcomes. For example, integrated and nuanced content for posting across multi media platforms, segmenting customers, setting up plugins, creating a digital work flow for marketing activities, process

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To find out more, or to register your interest, send a cover letter and CV to Liz Barker: liz@worthvalleymag.co.uk
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WANTED: Distribution Officer

Part Time | Approx 10 hours per month, 10 months in the year, working between the last and first week of the month.

Own car required.

Working in the community in the Aire and Worth valleys where the magazines are distributed, this role is a support to the Distribution Coordinator and entails inducting new distributors, trouble shooting, back checking, filling in distribution gaps and

distributing magazines, keeping an eye on team members welfare and performance. This role will suit an energetic person who enjoys directing and motivating others and doesn't mind getting stuck in to resolve either logistical or personnel related problems. If you are a former Scout leader or Akela, you will most likely have the right temperament! To find out more, or to register your interest, contact liz@worthvalleymag.co.uk
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After a challenging - but brilliant - start to the year with the visit of Flying Scotsman during May, it would be lovely to sit back and relax, but that's not how we do things. It's the start of our summer season, which means it's time for us to run trains up to seven days per week whilst continuing our programme of special events. We have vintage trains, diesel-hauled specials, cream teas and fish & chip supper services, so there's plenty to see and do over the summer.

To run trains so frequently requires months of planning and preparation. Ensuring that the steam locomotive fleet is ready and prepared for the peak season starts at the end of last summer when we withdraw some locomotives for a programme of 'winter maintenance'. This means our volunteers in the Haworth loco yard are at full stretch through the cold and dark months of the year readying the fleet for the summer services. At the same time, they keep working away on the longer-term restoration and overhaul projects that we need to ensure we have a fleet of loco's for next year's season and beyond. Steam locomotives can operate for a maximum of around ten years between major boiler overhauls, and an overhaul of one of our larger steam loco's takes several years and many hundreds of thousands of pounds to complete, so advance planning is vital to keeping the increasingly elderly wheels turning both for this year and for the years to come.

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

Whilst our carriage fleet is a lot cheaper to maintain, it requires no less skill and dedication than is needed to look after the locomotive fleet. Whilst typically we have one locomotive hauling each service, every train will have between three and eight carriages, and we often run two trains, thus doubling the demand on our rolling stock. This means that the team of volunteers at Oxenhope that maintains the carriages work year-round to make sure our passengers can travel in comfort and style.

Of course we need good track work as well as all the other elements necessary to run trains. All our departments of volunteers pull together to ready the Railway for our most intensive period of operation, typically having to work in the less hospitable, colder and wetter periods of the year to get us ready for the period of summer running.

With all this behind-the-scenes work, I do hope that you will consider applying to join our team of 700+ volunteers who work tirelessly to keep the Railway running. If that's not your cup of tea, then we look forward to welcoming you on board as a passenger to support the Railway. Don't forget that if you live in BD20/21/22 then you can apply for a Local Residents' railcard and enjoy discounted travel on our regular, timetabled services. Full details of the railcard, as well as timetables and fare information, are available on the Railway's website.

DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

HAWORTH HADDOCK



July to September

VINTAGE TRAINS



July & August

SUMMER STEAM



July to September

BEER & MUSIC FESTIVAL



12th to 15th October

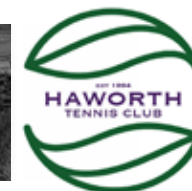


Use the QR Code for more detailed information, timetables, all the latest news and upcoming events across the railway.

Book online at www.kwvr.co.uk or by phone on 01535 645214

COMMUNITY PAGES

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Every Monday to Friday Dementia Friendly Keighley 10am – 4 pm Open for drop-in anytime for coffee and chat for people living with dementia and their carers and families. 6 College Walk, Airedale Shopping Centre, Keighley.

Every Tuesday Dementia Friendly Keighley 10am – 12.30 pm Games Morning, for people/carers living with dementia Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every Wednesday Dementia Friendly Keighley 1.30 pm – 3.30 pm Peer Support Coffee Club for people/carers living with dementia Airedale Shopping Centre, Keighley.

Every Thursday Dementia Friendly Keighley 1.30 pm – 3.30 pm Crafty Friends, creative session, Airedale Shopping Centre, Keighley. Call Helen on 01535 602529

Every first Friday of the month Dementia Friendly Keighley 2 pm – 3.30 pm The Singing Teapot, a singing group for people/carers living with dementia, Airedale Shopping Centre, Keighley.

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 7 - 9pm Men's Peer Support Group Free Safe & Friendly environment for men to share, chat & laugh. Airedale Enterprise Services, Sunderland Street, Keighley, BD21 5LE

Every 3rd Wednesday of a month Oxenhope Climate Action meet **7.30pm** at the Bay Horse Pub Oxenhope New Members always welcome. Further info

www.oxenhopeclimateaction.org.uk
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 Golden Fleece Inn, 126 Commercial Street, Oakworth, BD22 7PR. 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.

Weds Feb - 1st Jan 2024 Brontë Parsonage Museum The Brontës and the Wild This exhibition considers how landscape, weather and the natural world play an important role in the lives and work of the Brontës.

July to 29th Oct Welly Walk at Bolton Abbey Embrace the Outdoors and get ready for a muddy adventure.

July to 28th September Family Cycle Zone at Bolton Abbey A safe area for children to cycle.

Fri 14th July Haworth Cinema The Blues Brothers (15) 7.30pm West Lane Baptist Centre.

Sat 15th July 1pm - 5pm Oxenhope Village Fete on the Millennium Green This year we have the new addition of a Live Music Stage, Street Food Trailers and Beer Tent. Plus Exotic Animal Encounters, Birds of Prey, Ferret Racing, Dog Show, Face Painting, Artisan Market and Duck Race plus lots more.

Sun 16th July Afternoon Tea on the Keighley & Worth Valley Railway

Sun 16th July Bronte Sportive
A Challenging cycling event six Bronte themed routes to suit all abilities: The Heathcliff, at 92.7 miles, is by no means one of the longest sportives, but is recognised as being mile for mile one of the toughest sportives in the UK up alongside the Fred Whitton. The Charlotte is 73.7 miles, the Emily is 49.9 miles and the Anne is 29.2 miles.

Sun 16th July 2 - 4pm Oakworth Fundraising Group Afternoon Tea at Oakworth Cricket Club in support of Sue Ryder Manorlands.

Sun 16th July. Train rides for all the family. Miniature trains running at Marley sports field approx. 1:30 pm until approx. 5 pm. Steam and electric trains providing trips for all ages. Great family time out. Refreshments available. Details at www.kdmes.org.uk/trains

Sun 16th July. Tennis Open Day at Haworth Tennis Club 11am – 1pm. Free activities. Adults & kids welcome. Rackets & balls provided.

The day of the Wimbledon final! Booking is required and places are limited. To book a 30-min slot text Nina on 07732 854983

Sat 22nd, 29th & Sun 23rd, 30th July also Sat 6th, 13th, & 19th & Sun 6th, 13th & 20th Aug Vintage Trains on the KWVR.

Local residents living in Postcode areas BD20, BD21 or BD22? can enjoy reduced fares with a Local Residents Railcard. Visit kwvr.co.uk

Sun 23rd July 2pm Haworth Bandstand Concerts at Central Park

Fri 28th July Haworth Cinema The Fablemans (12A) 7.30pm West Lane Baptist Centre, Haworth

Sat 29th July 10am - 4pm Yorkshire Day A family day out at Church Green Car Park Town Hall Square & Airedale Shopping Centre, Keighley. With Tug o War, Rides, Inflatables, Face Painting, Dancing, Shows, Competitions, Stalls and lots more.

Sun 30th July & Sun 20th Aug 2 to 4pm Cliffe Castle Bandstand Concerts Come and enjoy traditional music from a large mix of bands in the beautiful and relaxed surroundings of Cliffe Castle Park

Sat 5th Aug 10am to 11.30, am Lees Methodist Church Coffee Morning at Lees Methodist Primary School

Sat 12th Aug 7.15pm - 11pm Haworth Haddock on the KWVR

Sun 20th August. Train rides for all the family. Miniature trains running at Marley sports field approx. 1:30 pm until approx. 5 pm. Steam and electric trains providing trips for all ages.

Sun 27th Aug Haworth & District Gardeners Show 2pm at Haworth Village Hall, Butt Lane.

Weds 30th Aug Keighley Ramblers Guided Walk "Hunt for druid stones on Ogden moor" 7.5 miles, moderate. Meet 10.30, Brighthouse Rd, Denholme (nr. Keelham Primary School).

Fri 1st Sept 2pm at St James' Church, Cross Roads BD22 9DL

Cross Roads and Lees Church and Chapel Ladies Group: Liz Barker will talk about Worth Valley Magazine.

Sat 2nd Sept 8am - 5.30pm Keighley & District Agricultural Show at Marley Fields, Aireworth Road, Keighley BD21 4DB

Discover your SMILE again

Denture Problems Look no further...



Who are we?

Our Keighley Denture Expert is Matthew Varley (Dip CDT RCS)

Matthew Varley is the partner and Managing Director of My Denture

Clinics, here he works as a Clinical Dental Technician (Dip CDT RCS).

Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental Institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

Matt also returned to university to further his dental knowledge and become a Clinical Dental Technician, receiving the prestigious royal college of surgeons (Dip CDT RCS).

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.

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

Matt'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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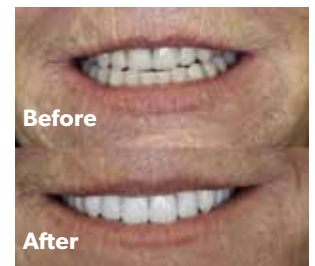


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Say you saw it in the Worth Valley Mag!

BEHIND THE SCENES AT THE MUSEUM

Collection updates and opportunities to get involved this summer.



The big news this month is that the Brontë Parsonage Museum collection has been designated as Outstanding by Arts Council England. There are only 155 collections in England to hold this status, so the news has been met with much excitement by the Museum team. The collection includes over 8,000 items and is furnished with much of the family's original furniture; including the dining table where they wrote their famous novels. We are pleased beyond measure by Arts Council England's decision to designate our collection as Outstanding, and believe our founders of 130 years ago would have felt just as proud of this achievement as we do today.

As mentioned in last month's article, Charlotte's famous 'little book' has now been safely transferred to Leeds, where it will be on display as part of Becoming the Brontës until October. This is a free exhibition within the Treasures of the Brotherton Gallery, co-curated by the University of Leeds, the British Library and the Brontë Parsonage Museum, which tells the story of the Brontës' development as writers. If you find yourself in Leeds, we highly recommend planning in an hour to

visit the exhibition. It's a once-in-a-lifetime opportunity to see some extraordinary Brontë treasures together on public display. In its place, there are two exciting new acquisitions on display; a 'little book' of poems and an early watercolour painting by Charlotte Brontë, both donated to the Museum by the Friends of the National Libraries in 2022 (pictured). If you've visited in the last 12 months your ticket will still be valid, so do stop by and spend some time with the items.

Local to the Museum? Residents living in BD20, BD21 or BD22 are eligible for a Local Resident admission rate of £7.50 with proof of address. Tickets are valid for 12 months after issue, meaning visitors can continue to return and enjoy the Museum as exhibits change throughout the year.

We want to hear your stories! On **Saturday 29th July**, we will be hosting an open mic storytelling event in Haworth. Local residents are invited to take to the stage to share their supernatural tales.

If you would like to know more, visit www.bronte.org/what-on and look for 'By Candlelight' or email obscuratheatre@outlook.com

To advertise call us on 01535 642227

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Sudoku

8				3		6	2	
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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 The Keighley & Worth Valley Railway: (Day Rover Pass)

Email your answer along with your name & address to:

mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by the 15th August, 2023.

The location of last month's competition was The Mortgage Maestro, Cross Roads, and the winner was Toni Finnie.



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Spanish Tortilla

This makes a great lunch, served with a simple green salad and a ciabatta loaf, halved lengthways, toasted or grilled, the cut sides then rubbed with a crushed garlic clove, the pulp of a really ripe tomato, drizzled with olive oil and sprinkled with a pinch of salt. You'll need a heavy, well-seasoned frying pan or skillet, and a plate the same size.

Ingredients (serves 4)

- 250ml sunflower oil
- 750g main crop potatoes
- 1 large (Spanish) onion
- 8 large eggs
- Salt
- 50 ml olive oil

Method

Peel and slice your potatoes, we're aiming for slices just a bit thicker than a pound coin, rinse in a colander under cold running water and set aside to drain. Peel, halve and thinly slice your onion. Set to one side. Crack your eggs into a large bowl, beat well and with salt. Set aside. Heat all the sunflower oil in your pot, once hot, add the sliced potatoes, give them a good stir and reduce the heat to low. Now add the sliced onion, stir to mix and season well with salt. Now this is the important bit, we're not really frying the potato and onion mixture, think more that we're gently stewing it in

the oil. Cook for about 20 minutes or so, stirring occasionally until the potatoes are soft and cooked through. Try not to let any of the potatoes go crisp or brown. Once cooked, drain the oil from your potato and onion mixture into your colander and tip the mixture into the bowl of beaten eggs. Stir well to mix the eggs, potato and onion into one homogenous mixture.

Wipe out your pan well and place on a high heat till really hot. Once hot, add just over half of your olive oil and pour in your potato, onion and egg mixture. Give your pan a good shake and lower the heat to low. Keep shaking the pan every minute or so to stop your tortilla sticking. Cook gently until the top of the tortilla is set too and not runny.

Next is the only tricky bit, be brave! Find a plate the same diameter as your pan. Now, using a spatula, loosen and lift the sides of the tortilla from the pan and give it a good shake to make sure it's loose, place the plate over the pan and flip the pan over so the tortilla ends up on the plate. Wipe out the pan, return to the heat and add the remaining olive oil. Now slide the tortilla back into the pan so what was the top side is now the bottom. Cook for another five minutes then slide back onto the plate and leave to cool for 20-30 minutes. ~ Martin Lingard

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Dementia Friendly Keighley information and support centre is conveniently located in the Airedale Shopping Centre, Keighley, opposite PoundLand.

We are here to help.

Dementia Friendly Keighley (DFK) are an independent local charity for people affected by, or concerned about dementia in Keighley and surrounding villages. DFK was formed in 2014 by a group of local people with lived experience of dementia. Having supported a loved one through a dementia journey they felt that they had gained a lot of insight and experience that could help others going through the same journey. DFK now has dedicated staff and a team of 20 volunteers, most of whom have first-hand experience and understand the challenges faced by someone affected by dementia. Helen Charters, who runs DFK's town centre information and support centre, said 'people don't always know where to turn, we see all sorts of people from someone concerned about their



Helen Charters, from Dementia Friendly Keighley

memory, to others with a dementia diagnosis, as well as people caring for someone with dementia wanting to know what local support is available. We know a lot of family members become carers for someone with dementia without any preparation or training. That's why it's vital for them to have access to the right information, advice and support locally.' 'We have come a long way since those early days' added Alison Barker, Trustee, 'we now get referrals from GPs and other health care professionals

and community organisations and we work with existing providers such as the Alzheimer's Society and Carers Resource. DFK's Information and Support Centre is there for people to drop in for a coffee and a chat at any time or to simply 'off-load' when they need to – and we are all very proud of that'. The message from the DFK team to anyone concerned about themselves or anyone else, is never be afraid to ask for help; it is not a sign of weakness and many people find that they can cope better after seeking help. Peer support groups are immensely valuable. Being able to say just how difficult things can be and what you are feeling to people who understand can really help with your wellbeing. Contact 'Helen' at DFK's Information and Support Centre, (opposite PoundLand) in the Airedale Shopping Centre, open 10am to 4pm Monday to Friday. Call **01535 602529**, email info@dementiafriendlykeighley.org.uk



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OUR NEW AIREDALE HOSPITAL

KEIGHLEY AND ILKLEY MP ROBBIE MOORE UPDATES READERS ON THE GOVERNMENT'S ANNOUNCEMENT THAT A NEW AIREDALE HOSPITAL HAS BEEN SECURED.

As you may have heard, on Thursday, 25th May the government announced a new Airedale Hospital in what was a landmark day for our area and one of the most significant investments announced for our community in decades.

After more than three years of tireless campaigning on behalf of residents across Keighley, Ilkley, Silsden, the Worth Valley and our wider area, getting the news of a new Airedale Hospital was one of my proudest moments to date as Keighley & Ilkley's Member of Parliament.

From the moment I was elected, I made it clear to the government that our area would never settle for the sticking plaster solutions of the past and that only a new hospital would do.

Whether that meant holding numerous on-site visits and meetings at Airedale, assisting the Trust in their proposals for a new hospital, organising parliamentary debates on the rebuild, personally lobbying the Prime Minister, the Chancellor, Health Ministers, and the Health Secretary for the new hospital, or even taking some of Airedale's crumbling concrete into a key meeting at Downing Street—in politics, persistence pays off.

And a new Airedale Hospital wouldn't have been possible without the incredible support of each and every resident who supported this campaign, demanding that our voices be heard.



But now that the funding has been secured, the real work begins. The government's announcement states that our new hospital must be completed by no later than 2030 on the same site, and so time is of the essence.

I am therefore committed to working hand in hand with the government and our fantastic Airedale NHS Foundation Trust to ensure the delivery of this landmark new hospital is a success.

Because this is about so much more than just bricks and mortar. It is about the health and wellbeing of every person in our community. It is about guaranteeing that each and every one of us can access the care we need, when we need it, in a modern hospital that is fit for the future.

Whether it's a broken bone, a chronic condition, or a life-threatening illness, we all deserve the very best care, and successful delivering this project means we'll be able to provide top-notch healthcare facilities for our children, our grandchildren, and generations to come.

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Front plank for core strength

The phrases 'core strength' or 'core stability' are amongst a list of current "buzzwords" used in the world of health and fitness. Everybody can benefit from improving their core strength in order to prevent pain and injuries around their spine, hips and shoulders.

Core stability can be defined as 'the capacity of the muscles of the torso to assist in the maintenance of good posture, balance, etc. during movement'. Your core is the central part of your body. It includes your pelvis, lower back, hips and stomach. It is a 3-dimensional space with muscular boundaries: the diaphragm at the top, abdominal and oblique muscles at the front and the sides, paraspinal and gluteal muscles at the back and your pelvic floor and muscles of the hip girdle at the base. The inherent nature of these muscular boundaries produces a corset-like stabilisation effect on the trunk and spine. Look at an Olympic weightlifter about to lift a very heavy weight from the floor to finish with it pressed above their head. They will all use a strong belt fastened firmly around their waist to give support and stability to their lumbar spine during this incredible feat of strength.

Weak core muscles can leave you more prone to poor posture which can lead to back and neck pain, muscle injuries around the spine and poor flexibility. Spinal pain in the lumbar region (lower back) and cervical region (neck) are highly prevalent

and are often the cause for many lost days at work and for many appointments at GP practices and physiotherapy, chiropractor and osteopathy clinics. Strengthening your core muscles may help your back pain to get better and lower the risk of injury and falls.

The benefits of a strong core are:

- stabilising the lower back
- enhancing flexibility
- helping with balance
- supporting better posture
- increasing stability in sitting and standing
- helping to reduce or prevent pain.

Key exercises

Core strengthening does not need to involve the purchasing of any expensive equipment. Your bodyweight can provide all the resistance required to improve core strength and stability. An exercise mat will help to make some exercises more comfortable if you have hard floors at home. Your bed will probably be too soft and not offer enough support.

Front planks, side planks, push ups, crunches, glute bridges, 'dead bugs' and 'bird dogs' are all excellent exercises to do in order to strengthen your core. Google them or watch a Youtube video if you're not sure what they are or how to perform them. All of these exercises can be modified to make them easier if you are a beginner.

If you're a member of a gym or have weights at home do some squats, dead lifts and dumbbell exercises such as Russian twists, woodchops and renegade rows. A Pilates class, although technically considered to be a total body workout, will primarily target your core muscles and this can be a good place to start if you enjoy the social and motivational aspects of exercise classes or feel that you would benefit from some guidance and instruction from the personal trainer. You might not end up with a 6-pack, but the benefits of having a strong core will be well worth the time and the effort.

Why not give it a try! ~ David Hanson

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Haworth & District Gardeners' Show

returns on **Sunday 27th August** for the 103rd Show. It's all happening at Haworth Village Hall in Butt Lane starting at 2pm. It is one of the biggest shows of its type in the area and, as ever, we would like to make it an amazing show. The show is run by a small committee of enthusiastic locals, with most of the exhibits grown or made by local people from around the Worth Valley and surrounding area.

There are 107 classes in total including vegetables and fruit, flowers and house plants, baking, jams, chutneys, eggs, beer, flavoured gin, handicrafts and 8 classes for children in 3 age categories. For those who are new to showing there are classes just for beginners. There are also 2 photography classes and the subjects this year are 'Haworth Main Street' and 'One Animal', so get out there & get snapping! It's only 30p to enter any of the classes and children's classes are free.

Exhibits need to be taken to the Village Hall from 8.30am on the morning of the show, then the judges of each section begin the task of choosing 1st, 2nd and 3rd in each class. The standard of the exhibits is always high to test the judges skills and makes for an exciting competition.

The show opens to the public at 2pm with a great atmosphere and all the exhibitors eager to see if all their efforts have paid off. The whole room is filled with a beautiful, colourful display of exhibits. There will be refreshments, provided by the Oakworth Manorlands Fundraising Group, raffle and a tombola. The cups are presented to the winners at 4pm.

Prize money of £5, £3 and £2 is given for 1st 2nd & 3rd place which has been



covered by generous sponsorship from local businesses and individuals to whom we are extremely grateful. There's always a buzz at the end of the show when the produce donated by the exhibitors is auctioned in aid of Manorlands. This is a great opportunity to get your vegetables and some home-made baking for the week and support Manorlands in the process.

So why not come along and help us celebrate our 103rd show and if you feel inspired to have a go you have nothing to lose.

For more information or to request a schedule and entry form, please contact Ruth on 01535 643437 or Email haworthshow@gmail.com



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matched with a suitable property. Current local referral routes are:
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 * Bingley Medical Practice
 * The Carers Resource, Skipton
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 If you'd like to know more about **A Bit of a Break** please view the website: **www.abitofabreak.com**
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