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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

June 2021

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Stepping out can be a bit scary after spending so much time at home. Start small and build up your confidence. There are a number of places to meet outside for coffee if you aren't ready for an indoor environment. Garden Centres are excellent for getting the balance between open spaces and retail therapy. Parks remain safe and fresh air is what we all need more of!

When it comes to gaining your composure, breathwork is a scientifically proven way to get to a calm state of being. We explore this topic further on p28/29.

Please remember that each ad in the magazine represents a local trader or service provider whose livelihood (and those they employ) depends on your custom. We can all help to get our local economy back on track. Thank you for your continued support. Stay well and enjoy June!



Liz Barker, Editor

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# Students scoop manufacturing industry accolades

Ben Bott, Max Weatherhead and Suraj Mistry pose with their awards.



Students from Keighley College have achieved six manufacturing industry accolades as part of the Milner Awards.

Sponsored by Keighley Training Consortium, the annual awards recognise the achievements of first year apprentices on the Advanced Manufacturing and Engineering (AME) programme at the college.

Three apprentices have been selected to receive the main awards: Outstanding Apprentice, Academic Achievement and Skills Achievement, and have been given a cash prize in recognition of their accomplishments. Three additional students have received special recognition awards.

William Jowitt, director of Keighley Training Consortium and member of the supervisory board of the AME, said: "Apprentices are one of the key engines of economic growth; each year we see ambitious learners strive for excellence through the AME programme.

"The collaborative approach we've seen among apprentices and local employers has been remarkable, clearly demonstrating the value of apprenticeships. These winners, who studied the programme in 2019, have shown exceptional skill development and admirable dedication."

This year's Milner Awards took place at Keighley College. Attending the ceremony were the apprenticeship employers, including Produmax and CarnaudMetalbox Engineering

and winners Toby Woodhead, Ben Bott, Max Weatherhead, Gabby Lloyd and Suraj Mistry.

Ronnie Magee, Deputy Head of Technology at Keighley College, commented: "We're extremely proud of our apprentices' achievements. They've gained valuable experience while demonstrating impressive commitment to learning and development. These awards are an amazing opportunity to show how important working together with local employers is for the community."

The yearly awards were formed in 2015 as the AME programme launched at college. The AME board is part of a district-wide initiative in partnership with the local council and the Careers and Technical Education partnership. The programme is designed to inspire young people to work within the industry, enabling them to obtain the skills needed for employment.

Ben Bott, who won the Outstanding Apprentice Award, added: "I feel incredibly proud to receive such a prestigious award. My mechanical engineering apprenticeship at Produmax has been a pivotal point in my learning and development, equipping me with the technical skills needed to flourish in my career. I have spent the prize money on a new computer in order to complete my college work."

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## WORTH VALLEY

It's great to see and hear steam trains back in the Valley. Since the shed doors were forced to close back in March 2020, We (The Keighley and Worth Valley Railway) have had several false dawns, with a reopening in August, then early December and again in April of this year. We do hope that the government's roadmap is as one way as they've suggested and that we can now focus on the future.

As lockdown eases, we are able to offer a more flexible service rather than the pre-booked compartment operation that we have run so successfully during the periods of the most stringent restrictions. As this flexibility returns, we hope shortly to be able to offer once again our **Members' and Local Residents' concessions.**

Please check the website for the latest details and timetable as we adapt the service to ensure we continue to comply with the latest guidance. We can now also plan for the rest of the year, and are looking forward to the reintroduction of our **Haworth Haddock** fish and chip supper services; trains that make use of our exquisite luxury Pullman carriages, including **cream tea, Prosecco tasting** as well as full dining services: and we hope to be able to re-introduce our much-loved on train catering services shortly (we might have to stick with bottled real ale to begin with, but fingers crossed that normal real-ale bar service can resume on board shortly!) For the latest information on these and other events in our 2021 programme, please visit the Railway's website and check for announcements on the Facebook page.



To be able to talk so positively about the future is thanks to the fantastic support that the Railway has received since the first lockdown was announced. We have had hundreds of thousands of pounds in donations, for which we will be eternally grateful, and a number of significant grants from the National Heritage Lottery Fund, representing funding from central government, as well as grants from BDMC and a number of other sources, including the KWVR charitable trust. We have also benefitted from the hundreds of volunteers who have continued to give so much of their time to the Railway during the periods of lockdown that has prepared us for the three reopenings in the last few months. I do hope that we can now look forward to a better second half of the year, and that we can welcome you all back on board very soon. **www.kwvr.co.uk**

~ Matt Stroth, Chairman KWVR

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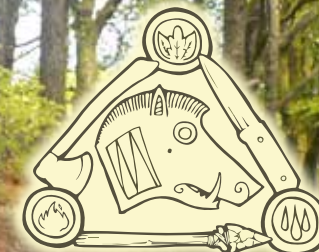
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## WELCOME BACK to the BRONTË PARSONAGE MUSEUM

By the time this lands on your doormat, the Parsonage will have been welcoming back visitors for a number of weeks and maybe some of you will have already been along. If not, read on to see what you can expect.

Just like last summer, admission continues to be by pre-booked timed ticket only – even for those who live nearby! Those of you familiar with the Museum will know that it is an intimate, historic building with our collections displayed in a number of small rooms. It's therefore very important that we control numbers and facilitate social distancing. All visitors over the age of 16 will need to provide full contact details in line with NHS Test and Trace requirements.

Booking is via the Visit Us page of our website ([www.bronte.org.uk/visit-us](http://www.bronte.org.uk/visit-us)) After reading the safety information, you will be directed to Art Tickets where you will be asked to select a date and time and type of ticket. Once you have completed the transaction, your ticket is then emailed to you so you can print it out or download it to a mobile device.

Visitors are also required to wear face coverings. Until restrictions are lifted further, just six people at a time will be admitted at 15 minute intervals. The museum shop is open when the Museum is and screens have been installed at the cash desk and in the shop. Contactless payments are preferred, but we will accept cash where this is not possible. As we were closed for much of last year, our Anne Brontë bicentenary exhibition, 'Amid the brave and strong', is still running and we have two other new exhibitions



Photo by John Sargent

to share with you. In the foyer, you will find 'Gondal Arise!', an exhibition of illustrations by Isabel Greenberg depicting maps and scenes from the Brontës' childhood imaginary worlds. Elsewhere in the Museum, you will notice an installation by ceramic artist Layla Khoo. 'Contemplating Hope' is inspired by the diary papers of Emily and Anne Brontë and invites visitors to record their hopes and dreams and post them in one of a series of specially-commissioned ceramic vessels. 'Contemplating Hope' will run until May 2022 and the vessels will be opened and their contents shared in 2025. Online, our Brontë Lounge events continue, with Heather Clark, author of 'Red Comet: The Short Life and Blazing Art of Sylvia Plath' joining us on 24 June. Also, keep an eye on our Whats On pages for the return of our Brontë Festival of Women's Writing at the end of July - it's going to be a good'un! After months of uncertainty, it's good to be back and we look forward to seeing you soon.

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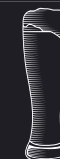
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	2							3
	4		5		9			
4				3				
	9						6	
			2					7
			8		1		3	
9							1	
8		1			6	2		

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

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

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

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The May location was Worth Valley Fisheries and the winner was Drew Burrell from Oakworth.

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# Creating Magic for Manorlands

Glamorous garden party to help hospice bloom



A fabulous floral fundraiser is being organised to raise much-needed cash for our amazing local Sue Ryder hospice in Oxenhope.

Rosa Rugosa florists in Haworth have teamed up with Nikki Denny, (formerly of Firth's boutique in Haworth) and Manorlands supporter Helen Lynch, to host the **“Creating Magic for Manorlands” Garden Party on Friday, July 16, 2021.**

Taking place in the picturesque setting of Nikki's Oxenhope garden, the soiree starts at 7pm. It will feature an evening of flower-arranging demonstrations by renowned Rosa Rugosa florist Annie Milner, along with Prosecco, nibbles, good company and all-round fun. Each guest will receive a surprise gift on the night.

Annie said: “We all so need a glamorous night out to look forward to right now – and with flowers, Prosecco and wonderful company, what more could you ask? It's a chance to unwind and have fun while

supporting a great cause at the same time. “Charities like Manorlands have suffered like the rest of us during Covid restrictions, with charity shops having to shut and fundraising events cancelled, so they need our help more than ever. Just a heads up, there are only 50 places at this fabulous event, so you need to act quickly if you want to join us.”

Tickets cost £40 each, with all proceeds going to Manorlands, and you can get them directly from the organisers. To buy tickets from Rosa Rugosa, you can pick them up from the Mill Hey shop, message on Facebook or give them a call on 01535 500134. To buy from Nikki please call 07505 903133 or from Helen, it's 07966 914151. If you can't get to the event, there is another way of supporting the cause. The organisers are on the look-out for exciting raffle prizes from local businesses. Anyone who donates a prize will get a special mention on Rosa Rugosa's social media as well as on the night.

~ Gerry Crookes, Crux Communications

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# Courgette Dip [vegan]

This flavoursome courgette dip is made with courgettes, tahini, mint and parsley. Delicious with raw vegetables and pitta bread but also perfect in wraps or smeared on a baguette, this dip also makes a nice addition to a mezze platter.

Many Middle-Eastern courgette dips use yoghurt but this vegan version is completely dairy-free. Do not hesitate to play around with the amount of mint and parsley to suit your own taste.

The courgettes are roasted first in the oven before being blended with the rest of the ingredients. I like to top this courgette dip with crushed walnuts and a drizzle of extra-virgin olive oil. It makes a scrumptious alternative to babaganoush.

This dip is ideal if you are trying to find new recipes to use that glut of courgettes. They always seem to come all at once!

## Ingredients

- 500g courgettes [1.1 lbs]
- extra-virgin olive oil
- 1 garlic clove
- 50g tahini [1.75 oz]
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 2 Tbsp chopped mint leaves
- 1 Tbsp chopped parsley leaves
- 1- 2 Tbsp lemon juice and salt to taste.

## Method

- Preheat oven to 220°C / gas 7.
- Cut courgettes in chunky 2cm [0.8 inch] dice. Spread the courgette dice on a medium baking tray, drizzle with some olive oil. Cover with foil and bake in the oven for 25-30 mins until soft.
- Place cooked courgette in a blender with tahini, garlic clove, ground cumin, ground coriander, mint and parsley. Whizz until smooth. Transfer to a bowl and season to taste with lemon juice and salt.
- Enjoy!

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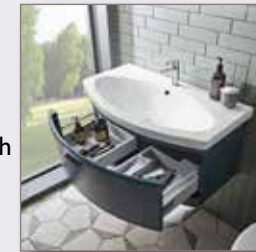


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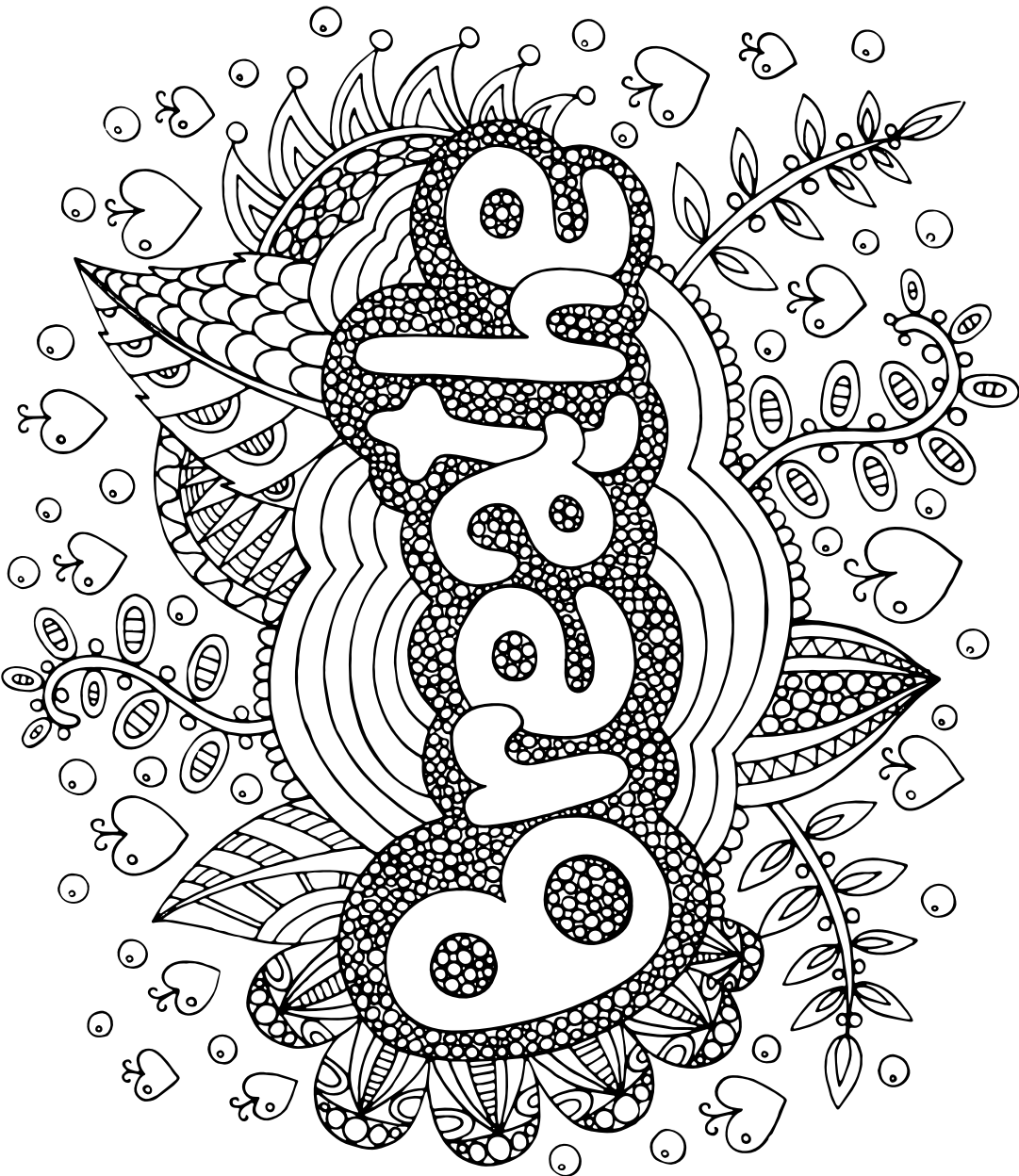
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# JUST breathe



## What is breathwork exactly?

Breathwork is a general term used to refer to any type of breathing practices and breathing exercise therapy to improve mental, physical and spiritual health. During breathwork, you consciously and intentionally change your breathing pattern using different techniques. These attentive breathing exercises require you to be aware of your inhales and exhales, and have different variations of timing and patterns of breathing.

Breathwork involves a set of exercises and techniques that can fundamentally alter your health, leaving you feeling focused, energised, and deeply relaxed.

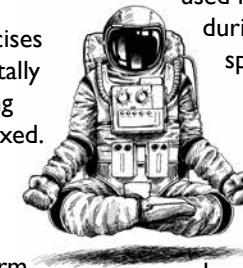
## Where does breathwork originate from?

While breathwork is a new-age term, many breathing techniques and breath-based therapies have been around for thousands of years in spiritual and traditional roots. This explains why breath is still a core foundation of many meditation, yoga and qi-gong schools originating in South and East Asia.

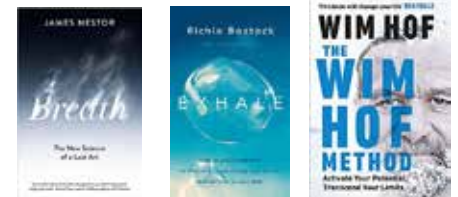
Breathwork was pioneered in the Western world in the early 20th century, most famously by Wilhelm Reich who used this non-verbal exercise as a form of therapy for emotional release, maintaining overall well-being and helping individuals stay centred while battling personal challenges. Today, it is practiced by everyone from professionals and crisis counsellors to astronauts and recreational breathworkers.



A common approach is **4:8 breathing**, a technique that became legendary when Soviet cosmonaut Nikolai Rukavishnikov used it to calm himself and his team during an emergency when he led a 1979 space mission; but you don't have to be a cosmonaut or wait for an emergency to try it for yourself.



Before you start, slow down and breathe slowly with your belly. If you want to achieve maximum relaxation, the best way is to lie down. Inhale through the nose for 4 seconds, exhale through the mouth for 8 seconds, and repeat this process at least 10 times. Notice what changes you feel in your body. One thing's for sure, it is scientifically proven that breathing better can improve your health and sense of well-being.



If you want to learn more, check out these books: *Breath: The New Science of a Lost Art*, by James Nestor, *Exhale*, by Richie Bostock and *The Wim Hof Method* by Wim Hof.

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