

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2012



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March ushers in new activities and spring finally feels to be on its way.

We celebrate International Women's Day on March 8th; more details on page 5.

Fairtrade Fortnight is featured again this month as the activity straddles two months. The "Take A Step" campaign hots up with the Bradford initiative taking the lead in the district in conjunction with our own Fair Trade Way activities in the Worth Valley; (see page 10).

Mother's Day is also the Big 10K run/walk for Manorlands in Keighley; it is becoming a seasonal favourite.

Another notable event is the inaugural Haworth Beer Festival (This year it will benefit Haworth Parish Church restoration fund and Manorlands.) You will find these and other community events in our community pages inside... Have a great month! *Liz*



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editor, Liz Barker: Liz@worthvalleymag.co.uk

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18th March
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Easter
We have planned a whole bank holiday weekend of events for you and your family at the Grouse Inn

Good Friday, 6 April - Indian Food Celebration
Indian food will be celebrated with a specially designed Indian inspired menu.

Easter Saturday, 7 April - Children's Easter Party 2pm until 4pm
Includes egg inspired Easter games, children's snacks and prizes. Let us keep the kids entertained while you relax over lunch or drinks.

Easter Sunday, 8 April - Roast Dinner Heaven 12pm until 10pm
Join us for a delicious carvery of exquisite locally sourced roasted meats accompanied by irresistible side dishes, sauces and vegetables.

Easter Monday, 10 April - Pie Supper and Quiz evening
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Say you saw it in the Worth Valley Mag!

The Speed of Broadband

Using the internet is second nature to most of us these days. However the benefits can be limited by the speed of the connection. In the early days using dial-up internet could mean a wait of several minutes for an email to download. For many of us the development of broadband systems has taken the speeds of these connections up by about 180 times. This means that live gaming, TV and radio are now being available on your computer via the Internet.

In 2011 Bradford's average broadband speed was highest of all UK cities at just over 6 mbps.

Unfortunately these are not available to everyone. Bradford Council wants to build on this and is currently developing projects that will make the latest Superfast Broadband of 24Mbps available to the majority of premises by 2015.

The benefits of this fast system are:

- ▶ Flexible working for people to have an improved quality of life through having more control over where and when they choose to work, with home broadband connections as powerful as in a city office.
- ▶ People with disabilities or caring responsibilities who would find it hard to travel to work could work from home



- ▶ Older people may be able to stay in their house and enjoy 'telecare' at home or in the doctors surgery
- ▶ Online learning available to allow people to reach their full potential
- ▶ Companies can work with customers in new and exciting ways offering the potential for growth and job creation.

However achieving this target is not going to be easy. In some communities the Broadband suppliers such as BT, Virgin, Orange, and Plusnet need to know that there is a demand for this product before they make it available. You can help us by asking them for access

to 24Mbps broadband. In some of the smaller villages there may be technical problems in making Superfast Broadband available. The residents of the Worth Valley have recognised this and have formed their own group, **FibreValley**, to look at the options: see <http://fibrevalley.net> They are even considering setting up their own network with a specialist community broadband company.

Dave Melling
Rural Economic Development Coordinator
email: dave.melling@bradford.gov.uk

Useful broadband related sites:

<http://www.thinkbroadband.com>
<http://www.broadbandspeedchecker.co.uk/>



In Bradford, the Lord Mayor, Naveeda Ikram, has launched an awards scheme to recognise the achievements of women in the district. A luncheon will be held at Great Victoria Hotel, Bradford to coincide with International Women's Day, March 8th. Go to <http://www.internationalwomensday.com> for more about International Women's Day.

I was completely surprised when my friend phoned me to say that she had nominated me and I was amongst the women in Bradford selected to receive an award on International Women's Day 2012.

You could have knocked me over with a feather! What a tremendous honor and privilege to be considered worthy of such recognition.

Having already decided I would gather a number of inspirational women from the rural district and take a table at the Bradford Women of the Year luncheon to support the Lord Mayor's Appeal, it was slightly embarrassing to send a follow up email to say, "...by the way, I am up for an award."

But the truth is, I am so pleased to be going to the event with 17 women from Worth & Aire Valleys by my side. It is they who have inspired me and supported me in a number of activities over the past years. I also recognise that it is impossible to get truly great things done without a network of people sharing their talents and working together for a common purpose.

It is worth saying, I have not been the

sole leader in most of the projects I have been recognised for achieving success in. Most have been group efforts.

The Bronte Writing Club was a project I supported a few years ago. Education Bradford asked me to publish the amazing and inspiring work of the Worth Valley Cluster of Gifted & Talented primary school children.. It was a sheer delight and privilege to work with the children; they and their teachers were the star attractions.

Haworth Fairtrade Group has achieved much in the 10 years since the village became the first Fairtrade Village in the world, and much of the drive and direction, indeed wonderful vision, has come from Rita Verity and a small team of dedicated campaigners from the community.

Fair Intent's, Haworth's first EcoFair, was formed and directed by the Haworth Fairtrade Group in partnership with the Bronte Parsonage Museum. Fair Intent's was a success because of its focus on showcasing The Worth Valley's vibrant community life.

As for this publication, **Worth Valley Mag**, I can say that the buck stops with me! More importantly though, I recognise that it has been the support and dedication of two fantastic women, Janet Alison Arkwright and Joanne Ingham, who have kept things going in the Worth Valley Publishing office and enabled me to spend time out of the office and in the community working on various projects and campaigns for local and global issues.

Last of all (and really, firstly) I'd like to thank my family...the abiding source that keeps me both grounded and inspired.

Liz Barker
Editor and Publisher, **Worth Valley Publishing Ltd.**

WINED & DINED with Claire Smith from No.10 The Coffee House



There has been much media coverage recently about the therapeutic benefits of cooking and in particular,

baking. Mary Berry was featured in The Mail last week, the heading of her article stating that "Baking helped to heal my broken heart." In it she revealed that after her nineteen year old son died in a car accident cooking was the only way she knew how to regain some normality in her life. Novelist Marian Keyes, after suffering from depression, has just launched her latest book which is entitled "Saved by Cake" in which she presents a similar argument – that baking helped her through some of the darkest hours. Baking it seems, is big news at the moment.



Whether it be baking a cake, grinding the spices for a gloriously tasty main or simply stirring a bowl of rich, deep chocolate (which to me is like gazing into the depths of another world), cooking is the same as painting a picture with colours or words, It doesn't matter how abstract or humble the end product is; the process of creation will satisfy the senses- help you to connect to something deep within.

At the end of a particularly stressful day last week I was making a batch of orange creams for next day's dessert (they need to set overnight). The

custard takes a long time to thicken and has to be stirred continuously until it begins to do so. The warmth of the kitchen and the heady citrus aroma and the deeply frothing, honey-coloured syrup were so soothing and comforting that as I stirred I felt the stress of the day just falling away.

Anyone who has seen the film Julie and Julia, which documents the lives of two women from very different walks of life, will already be familiar with this philosophy. Julia Childs who is wealthy, and childless discovers a passion for food, cooking, and writing about both, that provide her with the meaning and focus lacking in her privileged lifestyle. Julie, though coming from an

entirely different background to Julia finds the same kind of fulfilment through her own love of food and cooking. To quote her character when she arrives home after a very bad day at work and decides to try lifting her spirits by making chocolate cream pie; "You know what I love about cooking, I love that after a day when nothing is sure, and when I say nothing I mean nothing; you can come home and absolutely know that if you add egg yolks to chocolate, sugar and milk it will get thick. It's such a comfort."

I tend to agree. Your kitchen holds all the potential of becoming your sanctuary. A place which enfolds you and in which you can immerse yourself in the preparation of whatever it is that will soothe away the troubles of the day; - even if that happens to be nothing more than a cup of tea.

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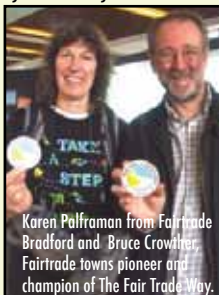


Ilkley to Haworth on April 21;
Haworth to Denholme on April 28;
Denholme to Thornton on May 5; and
Thornton to Bradford Centenary Square
on May 12 (World Fair Trade Day)

Participation in Haworth

Ilkley to Haworth April 21st. After walking from Ilkley to Keighley, the walkers will be met in Haworth by the Rainbow Morris Dancers having travelled on the Keighley and Worth Valley Railway.

Next stop for Fairtrade refreshments at Haworth Old Hall before walking up Main Street to enjoy a play in the garden of the Bronte Parsonage. Bruce Crowther from Garstang will be joining us on this walk and we would encourage everyone to take this opportunity to learn more about Fairtrade and maybe try a sample or two!



Karen Palframan from Fairtrade Bradford and Bruce Crowther, Fairtrade towns pioneer and champion of The Fair Trade Way.

Haworth to Denholme 28th April

Meeting at Haworth Old Hall walkers can enjoy a Fairtrade breakfast before setting off at 12.30 for Denholme where they will be met by the Denholme Fairtrade group at the Mechanics Institute at about 2.30.

For further information on all the walks and to register your interest visit bradford.gov.uk/fairtrade or contact Worth Valley Magazine or Rita Verity 01535 647776

The Fairtrade Foundation hopes to register 1.5 million steps during Fairtrade Fortnight – one for every farmer and worker the Foundation expects to work with.

For more information and to register your steps, visit fairtrade.org.uk/step.

Join us and walk!

Take a Step is the theme for Fairtrade Fortnight (27 Feb -11 March) a national campaign to get everyone to take what steps they can to make a small change which will support Fairtrade producers and raise awareness of the difference you could make to the poorest farmers and workers in developing countries by swapping to Fairtrade products.

The Haworth Fairtrade group are joining forces with Fairtrade Bradford and inviting people to join them on The Fair Trade Way, a circular walking route linking all the the district's Fairtrade places, Bradford, Bingley, Shipley, Baildon, Burley, Ilkley, Haworth, Denholme and Thornton. The Bradford Zone walks will eventually form part of a network covering the country, originating in Garstang Lancashire the World's first Fairtrade Town.

The 9 walks are:

- Bradford to Bingley on March 10;**
- Bingley to Shipley on March 17;**
- Shipley to Baildon on March 24;**
- Baildon to Burley on March 31;**
- Burley to Ilkley on April 14;**

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Scam Alert

Cybercriminals target computer users in Keighley & Worth Valley

by Michelle Thompson, Cloudfree IT

Sadly we've had a few reports from customers recently, indicating internet scammers are again calling homes (and possibly businesses too) in this area. If you get a phone call from someone advising you that Microsoft knows there is a problem with your computer, and offering to resolve the problem through a remote support connection, do not believe a word they say.

To be crystal clear, these callers have no connection to Microsoft whatsoever. Scammers want credit card details or other valuable personal data. Do not let them have access to your computer! Once the caller has remote control they may report that viruses or malware are present. Removal will resolve the 'problem', they'll say. Utter Twaddle, indeed! A scammer cannot know there's malware on your computer before calling you, unless it has been installed deliberately by them, or their collaborators, and data they've already stolen happened to include your phone number.

In a few cases malware may present as a result of the computer being used to visit genuine websites, which have been compromised, or after having been directed to a 'spoo'f version of a genuine website, but in most cases there is no malware present at all before the scammer calls.

Once they have control of your computer the scammer may ask for your payment card details in return for removing viruses/malware, or they may direct you to a website to 'process your payment', or they may 'plant' malware which generates a pop up message warning of viruses and directs you to a website where you are prompted to enter payment card details in return for accessing a link to download spurious



software (if it exists at all).

Whilst some malware is designed to lure you into divulging your payment card details, other examples are designed to run undetected, recording your keystrokes or transferring other valuable personal data from your computer into the hands of criminals.

Microsoft does not monitor the world's computers for software problems, viruses or malware. Nor does it make unsolicited connections between its systems and your computer for any purpose.

Windows may occasionally report that it is recovering from a problem. There are no people involved in this process, so allowing Windows to search for a solution won't trigger a call out of the blue from Microsoft! If you receive an unusual call, immediately ask the caller for their name and phone number and tell them you'll call them back. If they act suspicious by 'making their excuses' and ending the call, you'll know you've had a lucky escape. If they're persistent (and many of them are!) tell them that you know what they're up to, that you're ending the call and you are going to report them to the Police. Then do exactly that.

OK, the Police may find it difficult to take action immediately, but if they aren't made aware of these scams they cannot take action. The more reports they get, the more chance they'll have of gathering evidence. Keighley Police Station is on 0845 6060606.

Solar Power Still Pays!

Solar panels on your roof are still a wise investment, despite the Government's recent unexpected decision to halve the attractive Feed-In Tariff. To combat this, leading installers Electrotect UK Ltd, who specialise in solar photovoltaic installations, are massively reducing their prices in order to still offer a 10 per cent return on investment, so the return will not be much different from before. Electrotect clients will still get the same high standard of installation, and will gain the benefits of a system that can cut electricity bills by up to £400 a year – well worth considering when power companies are projecting rises of up to 60 percent by 2016.

Clients will discover that microgeneration is a sensible means of earning money, cutting power bills and reducing their carbon footprint, whether it's on the family home or a small business.

The Government first introduced Feed-in Tariffs, a Clean Energy Cash Back scheme, to provide an incentive for small scale power generation. Under this scheme, energy suppliers make regular payments to householders who generate their own electricity from renewable sources, such as solar photovoltaic (PV) panels.

The scheme guarantees a minimum payment for all electricity generated by the system, as well as a separate payment for the electricity exported to the national grid. The payments are index linked, tax free and guaranteed for 25 years and are in addition to the savings made by using the onsite generated electricity. Daniel Lang, of Electrotect, advises people on how to apply for the FITs scheme and the expected rate of financial return. "We believe we

have a responsibility to the environment to cut down CO2 emissions", said Danny. "Despite the reduction in FIT payments, this scheme makes microgeneration accessible to a far wider range of people." Daniel added: "We use the latest, technology. Which is guaranteed for 25 years – giving you plenty of time to not only recoup your investment, but also make money and add value to your home."

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Where in the Worth Valley? **COMPETITION**

Can you identify the building or landmark indicated by the red cross in this photograph?

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The winner will be selected from all correct answers received by March 20, 2012



Last month's winner was Richard Wood from Crossroads. The correct answer was Rocking Horse Nurseries Google Earth ©

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Fri. 2nd March- Thurs. 5th April The Garden of Oblivion Art Exhibition at the Bronte Parsonage Museum, Free entry with admission to the museum.

Franklin is an artist based in Brussels, Belgium and has spent many years creating a body of intricate drawings inspired by the Brontes' lives & works. **Fri. 2nd March 'Friday Film Night'**



Christchurch, Oakworth, Colne Road, Oakworth. "The Cinema has come to Oakworth." During the winter months we are showing popular films on our huge cinema screen. Entry is

FREE! Due to our licence restrictions we are unable to advertise, but please call John on 01274 408354 for details or call in Church for a flyer

Sat. 3rd March Haworth Cat Rescue Table Top Sale



11am-3.30pm West Lane Methodist Church, Haworth

A table top sale in aid of Haworth Cat Rescue centre including cakes, bric a brac and books.

Wed. 7th March, Keighley born novelist **Ross Raisin** gives a talk on his latest novel-Waterline. 2pm, West Lane Baptist Centre, Haworth. Tickets are £5 and are available from Jenna Holmes at the Bronte Parsonage Museum, Haworth (01535) 640188 jenna.holmes@bronte.org.uk

Thurs. 8th March 'The Glory that was Rome' guided walk 11am St James Church, Crossroads. Meet with David Oates to learn about the Romans in Brigantia. A pleasant 5 1/2 mile walk with a little history. Packed lunch required.

Sat. 10th March 'Haworth Cinema' 7.30pm at West Lane Baptist Centre, West Lane, Haworth. Adults £3, Children £1 Tickets can be bought on the door. Film: Cowboys & Indians A spaceship arrives in Arizona, 1873, to take over the Earth, starting with the wild west region.

COMMUNITY PAGES

A posse of cowboys & natives are all that stands in their way.

Mon 12th March Stanbury and District WI Open Meeting with speaker Yorkshire Symphony Harpist-Katie Roberts. Meeting held at 7.30pm at West Lane Baptist Centre, Haworth. All Welcome-Visitors £2.

Wed. 14th March Upper Worth Valley History Walks Group-Meet on Worth Way where the road crosses the North Beck (near the far end of Morrison's car park) at 10 a.m. All welcome. Good footwear needed; warm and waterproof clothing. Carry a packed lunch & hot drink. Keighley to Laycock via Holme House Wood and Goose Eye.

Fri 16th- Sat.17th March The Old School Room Haworth Open Days, The Old School Room, Church Street, Haworth. Bronte Spirit would like to meet with you informally over refreshments to discuss and shape the development of this old and historic building. On Saturday we wish to welcome community groups between 10am and 2pm. For more information contact Averil Kenyon on (01535) 642264.



Sun.18th March-Keighley Big K 10 K run/walk in aid of Manorlands. Start/Finish at Victoria Park, Hard Ings Road, Keighley, BD21 3JN. Registration from 7.30am. Event starts at 9:00am Run/walk A multi-terrain 10km route linking the parks and paths of the town. Why not join them in 2012 on Mothers day and run for your Mum! Go to www.bigk10k.org.uk for more details. Suitable for all abilities.

Mon. 19th March Hot Cross Bun baking Masterclass in aid of Haworth Church. 7pm, Old School Rooms Haworth, Church Street, Haworth. Join in workshop with

Sainsbury's master baker Mike Armstrong where you will learn to make Hot Cross Buns. Tickets £10 includes all ingredients and refreshments For tickets or info: catherineprince@hotmail.com or call Catherine on 645045

Wed. 21st March Upper Worth Valley History Group Walks-Meet at 10am by Laycock Cross. 5 mile walk from Laycock to Slippery Ford via Goose Eye and Newsholme Dean. Meet by Laycock Cross - just beyond the school when approaching from Keighley - at 10 a.m. The 710 Laycock service from Keighley Bus Station at 9.30 a.m. will get you there in plenty of time.

Sat. 24th March-'Groovy Happening' Music for Manorlands 7.30pm-11.30pm at the Parkside Social Club, Butt Lane, Haworth. Monthly music event with local artists in aid of Manorlands Hospice.

Sat. 24th March The Rotary Club of Haworth and the Worth Valley's Charity Auction. West Lane Methodists Church Hall, West Lane, Haworth. Charity auction All items will be professionally valued and auctioned. Lots will include small items of furniture, antiques, collectables, jewellery and curios. For more info contact 01756 749301 mobile 07778 804489

Sun. 25th March- The Blessing of the

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Haworth Community-St Michael and All Angels Church, Haworth 7pm-8pm. A service to bless all members of the Haworth community for the coming year. All welcome.



30th March -1st April Haworth Beer Festival 2012 The Old School Room Haworth. Friday 30th 5pm til 11pm Sat. 31st 12pm-11pm 1st April

1pm - until all the beer has gone. £6.00 includes pint, commemorative glass, program & entertainment and nearly 50 different beers. To book contact Kath Thornton kath.thornton@whoyano.co.uk or call 07921 645612 but be quick as there are limited places.

Sat. 31st March Tabletop Sale, 12pm-4pm, Parkside Social Club, Butt Lane, Haworth. Local charities, businesses and individuals selling a variety of items. Tombola for club funds (donations welcome) Last Saturday every month, upstairs. Tables are £5, entrance FREE Teas, coffees and homemade cakes on sale, bar available downstairs. contact Ian (01535) 643470

Sat. 31st March Haworth Cinema' 3pm at West Lane Baptist Centre, West Lane, Haworth. Adults £3, Children £1 Tickets on the door. Tin Tin -

Sat. 31st March Yummy Dummies Clothing Sale 11am-3pm Holden Hall, Colne Road, Oakworth Clothing sale for stylish children and toddlers. More information can be found on www.yummydummies.co.uk

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The Humble Crumble

Sometimes, less is more. Simple is smart; sublime. In the case of the great British crumble both statements are true. As rhubarb is in season, and the very best tender forced variety is readily available, a humble crumble is sure to hit the spot. With its vibrant pink exterior, and acid green flesh, the tangy taste of spring is held within rhubarb's leggy stalks. Sugar is essential to tame the beast but don't be tempted to overdo it; tangy and tart works well. Remember, it is likely to be doused in cream, ice cream, or custard, so there is plenty of opportunity for sweetening.



Rhubarb Crumble 101

Serves: 6

Ingredients:

1 large eating apple, peeled cored and sliced
 4 stalks rhubarb, thickly sliced
 2 - 3 tablespoons caster sugar

Crumble topping:

100g flour
 125g caster sugar
 60g rolled oats
 60g butter
 30g chopped nuts



Preparation method:

Prep: 10 mins | Cook: 45 mins

1. Preheat oven to 200 degrees C / gas mark 6.
2. Combine apple and rhubarb in an oven-proof dish; sprinkle over sugar.
3. In food processor, combine flour, sugar, butter, oats and nuts. Blend until you have a nice, crumbly mixture.
4. Spread over the top of apple/rhubarb mix.
5. Bake in preheated oven for 45 mins or until top is golden and fruit mix is bubbly.
6. Serve with custard, cream or vanilla ice-cream.

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The sums are adding up for a financial expert from Silsden who set up her own business with support from Bradford Council's Kickstart enterprise programme.

Bookkeeper Andrina Bealey-Kay is continuing to grow her client list after setting up Ask Andrina in June 2011.

The mother-of-two specialises in offering a flexible 'pay-as-you-go' service to small businesses, including bank reconciliation, managing cash flow, financial forecasting and overseeing VAT and tax returns, as well as bookkeeping.

She is the latest success story from Bradford Council's Kickstart programme which in the past five years has supported more than 1,500 new businesses and helped to create more than 5,000 jobs.

Andrina, who has more than 20 years' experience as a bookkeeper, worked with Kickstart enterprise coach Candy Squire-Watt who gave advice about business planning,

marketing and networking.

Andrina said: "It has gone really well so far. One of the main areas Candy highlighted was the importance of selling me.

"When you are self-employed, you are the business so I've been networking a lot to get my name out there and build my confidence in promoting myself.

"That's made a huge difference and I wouldn't have done as well without the advice and support from Kickstart.

"I mainly work with smaller businesses which want help with finances but don't want the burden of

hiring an accountant or an extra member of staff.

"You feel more appreciated by businesses when you're working for yourself. As well as providing a service that helps them, they understand and respect what being self-employed involves."

Coun David Green, Bradford Council's Executive Member for Regeneration and Economy, said: "It is great to see Andrina is doing so well and benefiting from the advice and guidance provided by Kickstart.

"The programme has helped people start their own businesses in a huge variety of sectors - from retail to mechanics to financial professionals like Andrina. The only limit is people's ambitions."

Kickstart is part-funded by the European Regional Development Fund. Anyone who wants further information about how Kickstart can call 0800 953 9503 or email info@bradfordkickstart.com.

Contact Andrina: www.askandrina.co.uk 07876 345422



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Exploring Mental Health issues with Tony Gill, RMN

Anxiety affects every individual in a different way due to the fact they are a group of related conditions rather than a single disorder, and can look very different from person to person. Despite their different forms, all anxiety disorders share one major symptom: persistent or severe fear or worry in situations where most people wouldn't feel threatened.

There are a number of emotional symptoms of anxiety to consider including: feelings of apprehension or dread, trouble concentrating, feeling tense and jumpy, anticipating the worst and feeling like your mind's gone blank.

One individual may suffer from intense anxiety attacks that strike without warning, while another gets panicky at the thought of mingling at a party. Someone else may struggle with a disabling fear of driving, or uncontrollable, intrusive thoughts. Yet another may live in a constant state of tension, worrying about anything and everything.

Anxiety is not just about emotional feeling but it is also about the physical symptoms as well, these include things such as a pounding heart, sweating, stomach upset or dizziness, shortness of breath, tremors and twitches, muscle tension, headaches fatigue and insomnia.

The worst thing about this type of illness is the anxiety attacks that people suffer from which can often have a huge impact on their daily living

and how they function. Anxiety attacks, also known as panic attacks, are episodes of intense panic or fear. Anxiety attacks usually occur suddenly and without warning. Sometimes there's an obvious trigger— getting stuck in an elevator, for example, but in other cases, the attacks come out of the blue.

Anxiety attacks usually peak within ten minutes, and they rarely last more than thirty minutes. But during that short time, the terror can be so severe that you feel as if you're about to die or totally lose control. The physical symptoms of anxiety attacks are themselves so frightening that many people believe they're having a heart attack. After an anxiety attack is over, you may be worried about having another one, particularly in a public place where help isn't available or you can't easily escape.

Again some of the more common symptoms of anxiety attacks include: a surge of overwhelming panic, feeling of losing control or going crazy, heart palpitations or chest pain, feeling like you're going to pass out, hyperventilation, hot flushes or chills and feeling detached or unreal.

Finally there are six major types of anxiety disorders, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder (anxiety attacks), phobia, post-traumatic stress disorder, and social anxiety disorder.

In the next edition we will look at how to tackle anxiety with the use of some advice on relaxation techniques.



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