


WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2019

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All my spring flowers are bursting from their containers in the garden. We are basking in sunshine. In the back of my mind I'm reminding myself...there is plenty of time for snow yet, so enjoy these moments of bliss while they last.

Put the kettle on and sit in the garden with a cuppa; there's a fair bit going on in our valley and this month's magazine is full of interesting bits to read, do and see.

March 17th you might like to head to the Old School Room in Haworth to hear more about the Bronte Parsonage's new community project and join them for cake in celebration of Patrick Bronte's birthday.

Read about Oxenhope resident Diane Watts and her association with the Channel 4 'Hunted' star, Julie Clegg... and much more.

Have a great month! Liz



Editor Liz Barker




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BAHAMAS BREEZE TO CARLISLE



Whilst some might sit back and relax after the 50th Anniversary celebrations last year, not us! We have just helped the Bahamas Locomotive Society re-launch their centre-piece locomotive, named "Bahamas", back into mainline service after a 25 year absence and with the help of a significant Heritage Lottery Fund grant. We ran two sell-out services from Oxenhope all the way to Carlisle. The inaugural run was on 9th February, which you might recall was a very stormy day. I nervously drove to Oxenhope from Settle in the morning to join the train for the on-time 8.15am departure, but had to pick my way through fallen trees and debris blown into the road. It wasn't entirely surprising, but was very disappointing, to hear that a tree had fallen onto the overhead wires at Steeton, so we were held at Keighley because of the obstruction. What is typical of our "can do" attitude and well-trained volunteers is that we were able to help Network Rail clear the tree and therefore helped re-open the Airedale for the usual service trains that had begun stacking-up when the line was closed. So only around 20 minutes late, we made our way to Skipton, then on to a water stop at Hellifield and another at Appleby, before steaming into Carlisle only a handful of minutes behind schedule thanks the magnificent performance of

"Bahamas". The only disappointment I heard on board from passengers was that one partner hadn't fully understood what they were being treated to when the name "Bahamas" as mentioned. With sleet and hail falling, and the dark night closing in as we returned, we were a long way from the Caribbean cruise that they might have been expecting, but it was a great experience nonetheless!

We ran the second excursion the following weekend, and the weather could not have been more of a contrast, with a beautiful clear blue winter sky overhead, the photographers out in force had a field day. Whilst many camera lenses and well-wishers all across the Settle & Carlisle line might have been focused on Bahamas' exploits, we continued to run a full service on the branch line, as we do every weekend and school holidays through the year. We are now turning our attention to our Spring steam gala (8-10th March), when visitors will be able to enjoy Bahamas hauling trains as well as visiting locomotives and special double-headed and demonstration freight services.

It won't be long until our programme of Haworth Haddock (fish & chip supper) specials recommence, with the first on April 27th; and new for this year is our Prosecco-tasting "Sparkle & Steam" (the first on 1st March) and "Scotch Flyer" (23rd March) whisky-tasting services. Of course, we continue with our usual programme of "Footplate Experience" and hosting Brontë Bar's "Gin Express" trains. With so much to see and do, I hope that you will join us on board soon, as we embark on the journey of the second half-century of Railway preservation.

KWVR Chairman, Matt Stroh

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BEHIND THE SCENES AT THE MUSEUM

2019: Celebrating Patrick Brontë



To tie in with our celebration of Patrick Brontë this year, the Brontë Parsonage Museum is launching a community project to discover more about Haworth in the time of the Brontës and in doing so bring the history of Haworth to life. In last month's magazine, our Learning Officer Sue described how the decision to celebrate Patrick this year was one that we all felt enthusiastic about, but Patrick is not only the father of literary geniuses; he is indelibly linked with Haworth, having spent 41 years serving the parish, and so we want to take a closer look at Haworth this year. We all know that Patrick was a social campaigner who did much to improve sanitation in Haworth and thus transform the lives of his parishioners, but what do we know of the lives of these parishioners? During Patrick's ministry, from 1820 to 1861, Haworth witnessed fast growth and huge change. Our community project, 'A Strange land?': Haworth in the time of the Brontës', will allow us to discover more about the rapidly developing town served by Patrick, but particularly the people he would have encountered.

The project is open to all, so you can take part as an individual, a family, a school, a local business, a community group, Brownie or Cub! And the ways you can

get involved are numerous: if you live in an old property you can research your house and its occupants; you can research your own family tree if your descendants are from Haworth; you can adopt a character or a business to research (the tithe map provides names of residents and their occupation, whilst the graveyard is also a useful source of local residents!); you can investigate what it was like to be a child in the time of the Brontës and think about how our attitudes about childhood have changed, not to mention living and working conditions. The list is endless.

I look forward to learning more about Haworth's history, landscape and its inhabitants through uncovering the stories of Patrick's parishioners. There will be opportunities, as the project develops, to bring different groups together to share their stories, and hopefully we'll all learn a little more about each other along the way.

Patrick's birthday – fittingly St Patrick's Day – on 17 March is being celebrated in the Old School Room between 12 noon and 4pm and everyone is welcome to come along to eat cake and learn more about the project.

If you can't join us on 17 March but want to know more, please contact me at diane.fare@bronte.org.uk or call 01535 640188

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Elly Griffiths

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This project is funded by the Good Things Foundation supported by The Princes Countryside Fund.

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Are you a business or organisation involved in tourism or the visitor economy in Brontë Country?

The third annual **Worth Valley Tourism Forum** is to be held during English Tourism Week 2019, on **Tues, April 2nd**. The aim is to bring businesses and organisations together that are involved in the local tourism economy. Guest houses, accommodation providers, restaurants, shops, pubs, tour guides, event hosts, and organisations that welcome visitors to Brontë Country are all welcome to participate. The first part of the Forum will focus on current developments in Haworth & the surrounding areas followed by a workshop led by Tracey Darley from Changeism Ltd. The workshop will be focused on establishing our shared vision for Tourism in Brontë Country, with an emphasis on working collaboratively to bring this vision to life. Refreshments and a light lunch will be served.

Booking is essential. For more details visit:

<https://www.eventbrite.co.uk> Search: Worth Valley Tourism Forum

This event is hosted by Worth Valley Magazine in association with Visit Bradford



photo by John Sargent

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SMART HOME RENOVATIONS
YOU SHOULD INVEST IN THIS SUMMER!

Some home renovations are best enjoyed in the summer months — think sunlit mornings spent on a balcony terrace and family barbecues that spill from the garden to the conservatory. Any home renovation is a large undertaking, both practically and financially, but scheduling your home improvement work in the warmer months gives you ample time to save in the quiet months following the New Year. We outline three wise home renovation choices. They all carry the label “smart” because of their long-term financial and lifestyle benefits.



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Check out **Pinterest** if you are looking for inspiration as you can find some stunning visual content. **For help and advice on any upcoming renovation or roofing project, call us today and we will arrange for you to discuss your project with our surveyor.**

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Coconut & Cashew Curry



I love this time of year. Spring is bursting through all over. The snowdrops have been replaced by daffodils and crocuses, the birds are singing, and the days are getting longer. One thing I'm not so keen on, however, is the way the sunlight streams into my house highlighting my mucky windows and all the dusting I haven't done over winter;...a mammoth cleaning frenzy ensues. My spring-cleaning session also includes the fridge which, strangely enough, is the inspiration for this recipe!

A quick and simple curry that is perfect for any vegetables that need using up. I added sugar snap and garden peas, potatoes, kale, cabbage and spinach but you really can add anything. It's tasty and packed with goodness.

Ingredients

- 1 onion, roughly chopped
- 2 garlic clove
- 4cm ginger, roughly chopped
- 1 red chilli (optional), roughly chopped – remove the seeds if you don't like it hot
- Handful of coriander
- 15g coconut oil
- 2 tsp garam masala
- 2 tsp cumin
- 1 tin chopped tomatoes
- 1-2 stock cube
- 60g cashews, toasted and finely blended

50g coconut cream
200g vegetables
1 cup of basmati rice
Limes to serve
METHOD

Add the garlic, ginger, chilli and coriander stalks to a food processor and mix until smooth, then leave to one side.

Melt the oil in a wok or large frying pan over a medium to high heat. Add the onion and fry for 4 minutes, stirring regularly. Sprinkle in the garam masala, cumin, the paste you made and fry for 3-4 minutes. Pour in the tinned tomatoes, stock cube and enough water to create a nice sauce, bring to the boil.

Add the green veg and simmer for a further 2 mins, or longer depending on how crunchy you like your veg and season with salt if necessary. Finally, stir in the blitzed cashew nuts and coconut milk, sprinkle over the chopped coriander leaves and serve with rice or naan bread and lime.



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

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MAYBE IT'S JUST ME by Beth Cunningham

Mother's Day will soon be here. Get ready for the social media storm.

Yummy mummies in silk pyjamas will be lying in bed waiting for their adorable children to bring breakfast on a tray. Family matriarchs will be smartening up ready to be taken out for lunch. Apple-cheeked grannies will be beaming behind their bouquets. And before the sun goes down, the pictures will be out there for all to see.

I am more of an anti social media kind of gal myself. What has the world come to when the woman next to me in a cafe takes a photograph of her beans on toast then sends it to a friend? If I received that, my reply would read: 'Big thanks - and the next time you decorate, be sure to send me snaps of the paint drying.'

Mother's Day began in the US. Like many American ideas that we have adopted, it started small and manageable - like a rescue puppy - then got too big and began to bite us on the backside.

In my Sunday School days - the salutary effects of which might not be immediately apparent - we called it Mothering Sunday. We made a card, crayoning in a strip of blue sky and a vaguely female figure with uneven eyes - rather Picasso, in fact - and took that home with a tasteful posy of spring flowers.



Now competition has risen to such a pitch that it is impossible to find a table in a restaurant and Concorde must be brought out of mothballs to provide the nation's mothers with an exciting excursion.

Much though my mother liked being wined and dined and bought bling, it was the corny card on the mantelpiece that meant the most.

With her usual Welsh flair for the dramatic, she picked Mother's Day last year to begin her peaceful exit, aged 96, while my nephew sat by her bed, playing his guitar and singing.

She never lost her sense of humour - even in the face of tragedy. And well into her tottering-and-falling-over phase, when invited out for an impromptu lunch, she would disappear into the bedroom, emerging minutes later with leopard print coat and lip on, and in a cloud of L'Aimant. Forget what I said earlier. That's a picture worth sharin.



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

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

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Sudoku

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

6	4	8						
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			5			4	7	
	5						9	

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

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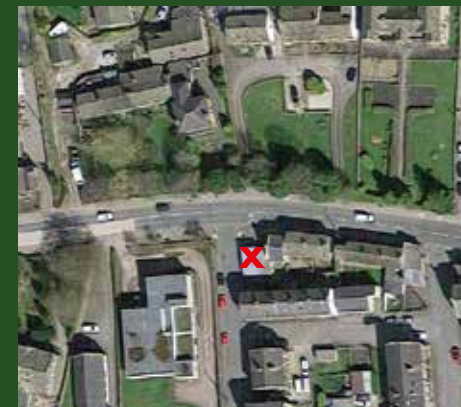
Where is the **red x** located in the photo to the right?

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Email your answer along with your name & address to:
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The winner will be selected from all correct answers received by 15th March 2019.



Last month the correct answer was Oxenhope Pharmacy, Oxenhope. The winner was Andrew Hudson from Haworth.

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COMMUNITY PAGES

Every Friday 10 am to 12 noon is **Shed Group** at Oakworth Village Hall. Building, DIY, Woodwork, Gardening & Repairs. More info call 01535 677177.

Every Weds until 3rd April 12.30pm - 2.15 pm is **Keighley Beginners Computer Course** at Keighley Healthy Living, 13 Scott Street, Keighley. More info and to book call 01535 677177.

Mondays 1 -3pm Tea Dance at the Civic Hall, Civic Centre Keighley £2.50 inc tea & biscuits. **Everyone Welcome Oakworth Young at Heart** meet every Thursday 1-3pm at Holden Hall.

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

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

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

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

Feb onwards **Old Haworth in Pictures Exhibition at The Bronte Parsonage**

Thurs 7th March Oxenhope Methodist Women's Fellowship 7.30pm at The Chapel, West Drive.

Games Night - Marjorie.

Sun 24th Feb until Sun 12th May Haworth Games Cafe 2pm - 5pm at **West Lane Baptist Church, Haworth.**

All Welcome, join us for fun and

refreshments and play your favourite board games or just come and have a chat and a cuppa coffee. More info call Joe 07950935958.

Tues 5th March 6-7pm at West Lane Baptist Church, Haworth. Shrove Tuesday - No Lemon is Safe. Bring your own topping and we'll make the pancakes. All Welcome.

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

Fri 8th March & Fri 12th April 10.00 am to 11.30 am Cafe Eden Coffee Morning for parents & carers of children with autism at **Keighley College.**

Sat 9th & Sun 10th March Keighley Model Railway Club Annual Exhibition at the **University Academy Keighley.**

Sat 16th March Over the Mountain from Keighley to Queensbury 1.30pm at **Cliffe Castle Museum.** FREE talk arranged by the **Cliffe Castle Support Group.** The history of the old Great Northern Railway which linked Keighley to Bradford and Halifax. Booking is essential. to book your place please either call in at Cliffe Castle Museum, telephone 01535 618231 or email: Cliffe.Castle@bradford.gov.uk

Sun 17th March 9.30am Fairtrade Haworth Group's Patrick Bronte Birthday Walk. Meet at St James's Church, Thornton to depart to Haworth 9 mile walk. The walk will end at The Old School Rooms in Haworth where tea & cake will be served.

Mon 18th March 11 - 12am Walking for Health gather at **West Lane Baptist Church, Haworth** - circular walk - nothing too strenuous. More info call Chris 079876 287117

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

Thurs 21st March Oxenhope Methodist Women's Fellowship 7.30pm at **The Chapel, West Drive.**

Bob Schofield - Yorkshire Traditions and Customs

Thurs 21st March Oxenhope Gardening Club 7.30 pm at the **Oxenhope Community Centre, Shaw Lane, Oxenhope, BD22 9LS** The

speaker will be Rosy Hardy, founder of Hardy's Cottage Plants. Rosy will be talking about Spring Perennials and will be giving a demonstration. She will also be bringing a selection of plants for sale from her nursery. Non- members can buy a ticket at the door.

Fri 22nd March 7.30pm Haworth Cinema at **West Lane Baptist Centre** - **First Man** [12A] Adults £4, children & students £2

Sat 23rd March Scotch Flyer, whisky tasting experience at the **KWVR.**

Sun 24th March Music at the Museum - Bradford Festival Choir at **Cliffe Castle Museum** 2pm

Established in 1856, Bradford Festival Choral Society is one of the oldest and most exciting choirs in the North of England. Admission is free and there is no need to book, you can just turn up and enjoy.

Sun 31st March Keighley BigK 10K & 5K Run 9am **Victoria Park 10K** and **Lund Park** for the 5K..

Tues 2nd April 7.30 pm Cross Roads & Lees Church & Chapel Ladies Group Hand Made Chocolates made by **The Chocolate Dinosaur** - speaker **Les Brown.** Meetings held at **St**

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

Sat 6th April 11am - 3pm Haworth Artisan Food & Drink Market at **The Old School Rooms** In support of **Manorlands Hospice.**

Sat 6th April 1.30pm Talk Tai Chi - From Martial Art to Modern Medicine at **Cliffe Castle Museum.**

Philip Sheridan and Helen Parsons will explain how studies show that the ancient Chinese form of exercise is beneficial for both mind and body. FREE event. Booking is essential. Call in to Cliffe Castle Museum, or phone 01535 618231 or email cliffe.castle@bradford.gov.uk.

Sat 6th April The Gin Express on the KWVR

Sat April 6th 10.00am - 12.00pm Operation Oakworth Collect your litter picking kit at 10.00 am from **Christ Church, Colne Rd.** Volunteers meet back at the Church for post clean up refreshments and to return equipment from 12.00pm

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Say you saw it in the Worth Valley Mag!



Haworth appears to be raising its game with a number of quality shops, fine food establishments and chic guest houses appearing on the popular cobbled street. Investment coupled with care, attention and a certain savoir faire, is evident. The country may be in political turmoil but at least we know where to go for a perfectly pink Jospier-grilled chop or a decent glass of Cabernet Sauvignon. Time seems to stop in The Hawthorn. The beautifully restored Georgian building that houses the restaurant appears to have got that right; why rush a good thing? Owner of The Hawthorn, Charlie Cowling, a tall introvert with piercing blue eyes and a charming disposition, is confident and polite. He is in the throws of organising Haworth's Artisan Food and Drink Market, an idea that he has been mulling over for some time. Following a successful fundraiser held at the Bronte Old School Room last year he realised the perfect venue for his event was sitting right underneath his nose.

"I have always been passionate about small scale artisan food production using traditional techniques and ingredients. Together with my brother in law I own a native breed meat wholesaler, based in Skipton, supplying traditional and rare breed meats to London gastropubs. I opened The Hawthorn, just over a year ago to showcase this great product together with the very best of seasonal British ingredients," Charlie explained. "Haworth will benefit from a quality artisan food market. There are so many great suppliers on our doorstep and the reaction from everyone I've approached so far has been fantastic."

The venture is in support of Sue Ryder Manorlands, who will receive the stallholders fees and run a tombola on the day. The Hawthorn are sponsoring the event and covering the costs of hiring the venue. Try, taste, linger for a while in Haworth, and support this worthy event.

HAWORTH ARTISAN FOOD & DRINK MARKET.

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WORLD CLASS AND MADE IN YORKSHIRE



Hunted star, Julie Clegg, signs copies of her recently published book in Salts Mill.

Oxenhope resident, Diane Watts, recently hosted the launch of the new book, 'How to Become a World-Class Investigator' at Salts Mill, Saltaire.

The author, Julie Clegg, is the cyber crime expert on the popular Channel 4 series, 'Hunted'. Julie is also an ambassador for the charity Embrace Child Victims of Crime. Diane is currently Embrace's Chief Fundraiser and Young Victims Care Officer for the North of the UK.

Diane and Julie have a history that goes back decades.

In 'How to Become a World Class Investigator,' Julie tells the story of her relationship with Diane and how their friendship was initially forged through very serious and harrowing events. Diane was a police officer in Bradford for thirty years and when she and Julie's paths crossed Julie was a victim of serious crime and only 17 years old.

In her book, Julie writes, in reference to Diane, "Her professionalism and kindness shattered all of the impressions I had of detectives up to that point, which I only knew from detective novels, where everyone was hard-nosed and typically male. She was the most inspiring person I had ever met...because of the positive way she handled my case, and her incredible support afterward, I realised I wanted to spend my life helping people the way Diane had helped me."



Julie and Diane, working together again in support of child victims of crime.

Five years later Julie became a police officer and found herself working alongside Diane. She writes, "First she was my role model, then she was my mentor, then she was my peer."

Following her career in the Police, Julie moved to Canada and went on to specialise in the investigation of cyber crime. Her book provides the insight and instruction needed to become successful in the field.

Amazon UK review *****

"Stretching from policing in Yorkshire UK to reality TV with Hunted, Julie sets out a range of thoughts and, most importantly, clues as to what makes a good investigator. The most valuable part of the book is its reliance on the human side, morality, tension, and learning."

Purchase **How to Become a World Class Investigator** online: www.amazon.co.uk. Signed copies available at SaltsMill, Saltaire.



GEORGE SETS HIS SIGHTS ON THE GAMBIA

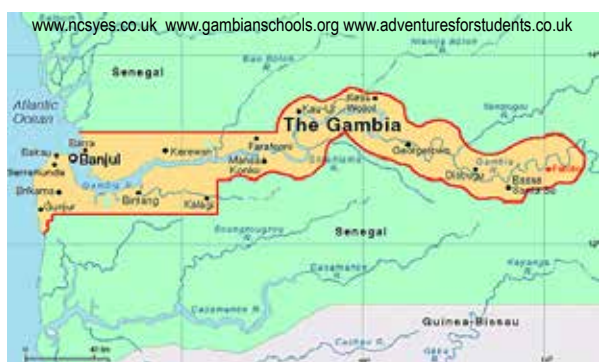


will be working with a handful of the local villagers to build the establishment from scratch with materials shipped in from overseas. The team and I will be in Gambia for eight days while we construct the school in the mornings of each day, and teach the local children during the afternoons when the weather gets hot, with the average temperatures soaring to 32 degrees in October. We will also be taking part in the local culture of Banjul, which is the capital. This will include participating in traditional dancing, singing and other ceremonies, giving us a deeper insight into what life is like in a Sub-Saharan African country. However, I need to raise at least £1150 to cover the costs of food, water, accomodation and flights, not to mention the huge amount of vaccinations required! My team and I have already hosted a race night at the Scout Hut in Lightcliffe, where we jointly raised almost £800, with other

I am a student in Sixth Form from Oakworth and worked for the Worth Valley Magazine as a distributor for almost two years, which was a great introduction to my working life. Since then, I have been taking part in the National Citizen Service (NCS) since September 2018. This consisted of team building,

learning skills and volunteering to help around the community; painting fences, litter picking and holding a community event for the elderly. I have since

been offered a fantastic opportunity by NCS partnered with Adventures For Students and Bradford City Community Trust to travel to Gambia with nine other students. I will be volunteering with the Gambian School Trust who will oversee our construction of either a school or a library in a disadvantaged rural community. We



events to come such as an Easter raffle, bag packing and the Three Peaks challenge in June.

In addition to this, I am individually hosting a **Quiz Night**

event at the Masonic Lodge in Haworth on Fri 5 April with the kind help of local councillors Rebecca Poulsen, Chris Herd and Russell Brown. All are welcome and **tickets are available on 07456 997384**. Any donations or raffle prizes would be gratefully received, and my Just Giving page is: www.justgiving.com/crowdfunding/ncsgambia201 **George Walton**

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KEIGHLEY A TALE OF TWO BUILDINGS

This is a tale of two buildings off Lawkholme Lane in Keighley. One is Keighley Drill Hall home since 1867 of local volunteers for the British armed forces. When it was opened at the height of the Victorian era, Britain ruled the waves and gunboats were despatched to all corners of the globe. Today young men and women still embark on careers in our armed forces from this hall and join perhaps the most professional military in the world. As the local MP I take no vote in the House of Commons more seriously than any which would commit them to action.

Twelve months before the opening of the drill hall, a few hundred yards up the same road, Keighley Rugby League Football Club started playing on a field. The next 150 years were full of ups and downs with the highlights being a Challenge Cup Final appearance in 1937 and Cougarmania when Keighley were the first club in England to bring razzmatazz to the sport. The club became part of the soul of the town which is why the recent news of a fresh start created such a sense of feel good.

My point is simply that over the last century and a half for Keighley and District, just as for our nation as a whole, so called 'soft power' has become as important as military might. Premier League Football,

British music from the Beatles onwards and the BBC are known throughout the world. In the same way all our local sports teams, Cliffe Castle, East Riddlesden Hall, the Keighley and Worth Valley Railway and the Bronte Heritage are very much part of our own identity and attract people both to live in the area and visit it. Everything we can do to strengthen these assets is a priority for me.

Cougar Park and the neighbouring Keighley Cricket Club could become a new sporting hub eligible for grants from a variety of sporting bodies. In Haworth we urgently need a replacement advice centre to assist tourists to replace the recently closed facility. The fight must continue against the incinerator which would overshadow and diminish East Riddlesden Hall.

Finally, we must continue to reinvigorate Keighley's parks with more events like the recent innovation of a Park Run at Cliffe Castle. For inspiration we need look only over the moor to Halifax which has reinvented itself in the last few years.



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MP for Keighley

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British Ambassador to Peru, Kate Harrison, Twining Group head, Rita Verity, John Grogan MP, Twining delegates, Jane Mathewson & Pauline Brown, and Peruvian Ambassador, Juan Carlos Gamarra at the All Party Parliamentary Group reception held February 25th.

On the first day of Fairtrade Fortnight, [25 Feb-10 March] with events taking place up and down the UK, members of **Haworth Fairtrade Group** headed to Parliament. Along with three other people involved with Haworth's twinning with Machu-Picchu they mingled with a Peruvian political and business delegation at a reception where John Grogan MP launched an **All Party Parliamentary Group for Peru**. There will be much more to come on this subject, watch this space next month!

The next Haworth Fairtrade (free) event is 17th March, Patrick Bronte's birthday, where we join the Bronte Society on their Spring walk, again tracing the route the Bronte family took from Thornton to Haworth. All welcome, see full details in the community pages on page 22.

There are now over 600 Fairtrade Towns in the UK and over 2,000 worldwide. For two weeks each year, every Fairtrade Town, Village, school, church etc step up efforts to campaign for a fairer world.

This year the theme is **'She deserves a living income'**

It's actually a three year plan to help farmers, often women, particularly in the Côté d'Ivoire where much of the world's cocoa comes from.

Cocoa crisis

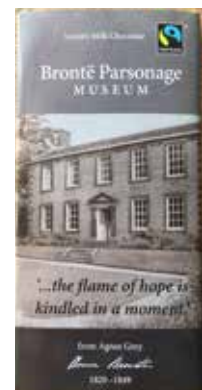
£1.86 is the amount a cocoa farmer in West Africa needs to earn each day in order to achieve a living income. Currently, a typical cocoa farmer lives on around 74p a day. Almost all cocoa farmers in West Africa live in poverty and the catastrophic drop in world cocoa prices the past two years has seen their income fall by 30-40%. Most have never even tasted chocolate.

Of the cocoa produced, only 6% is sold on Fairtrade terms where the minimum price protects the farmers from a cruelly volatile market, plus the premium means they can invest in improved farming methods and equipment as well as schools, health care, clean water, roads and infrastructure for the whole community.

This is why the Fairtrade Foundation are campaigning for a living income to become a reality for cocoa farmers in West Africa. If we can work together with governments, chocolate companies and retailers to make the commitments and policies necessary, then we can make it happen.

One of the simplest ways to support cocoa farmers around the world, is by buying Fairtrade chocolate and cocoa. While this doesn't immediately solve all the issues, keeping up the demand allows farmers to sell more of their cocoa on Fairtrade terms thus increasing their income.

<http://www.fairtrade.org.uk/>



The Brontë Parsonage sell their own branded Fairtrade chocolate.



WALKING FOR HEALTH

Everyone knows that going out for a walk is good for us for many reasons. Fresh air, bird song, bumping into friends and acquaintances... In an ideal world the sun would always be shining, it would never be too hot or too cold, there would never be litter on the verge or dog mess on the pavement... but we live in the Worth Valley, and very often it is windy and grey to say the least.

However, things being as they are, the benefits to body, mind and spirit are still to be had. From the 'walkingforhealth' website:



Healthy bodies: Walking is a normal, everyday activity - and that's partly why we forget it's actually exercise at all. It's good for us. It can help us stay healthy and watch our weight. And it gives us energy (which makes us feel great). There's really no other exercise like it!

Healthy minds: When out for a walk- just like when we do any kind of exercise- our brains release chemicals that make us feel good. And that means walking can help us cope with things like depression, stress and anxiety.

Meet new people: Walking as part of a group is a good way to start and keep

going. You'll make friends, encourage each other, develop a network of supportive fellow walkers and discover new walks in and around your area.

Preventing illness: Being active is a great way to help reduce the risk of a number of different illnesses. People who stay active are less likely to have certain types of cancer, diabetes and heart disease.

All these benefits are free of charge so whatever the weather a group of us are planning a weekly walk **every**

Monday from 11am -12pm, starting on March 18th. We will gather at West Lane Baptist Church, Haworth (there is a free carpark and toilets...both a rarity in Haworth!) and do a circular walk for just one hour. Nothing too strenuous and no-one will get left behind.

The walk coordinators, Keith and Chris have both been trained as 'walking for health leaders' by Champions Show the Way, part of the Bradford District Care Trust, NHS England. More information about the benefits of walking can be found at www.walkingforhealth.org.uk.

Why not come and join us? **For more info call Chris on 07976 287117**



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Yorkshire Loft Ladders, Quality You Can Trust



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

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

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