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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2021



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May is here and the positive vibes are really surging as the sun shines and our gardens, verges, parks and private patches green up!

There is nothing quite like nature's ability to revive and renew our spirits.

This month we focus on mental health and general wellbeing. You can learn more about what is available locally to support those suffering with anxiety or needing help coping with the isolation that has been so persistent and present this past year.

It's Worth Talking About and Keighley Healthy Living are two groups offering compassionate, practical and focussed help in the community. You can find them on p26 & p23 respectively.

Thank you again for supporting local businesses as things open up; I hope you feel more comfortable to get out to the shops.

Have a great month!



Liz Barker (Editor)

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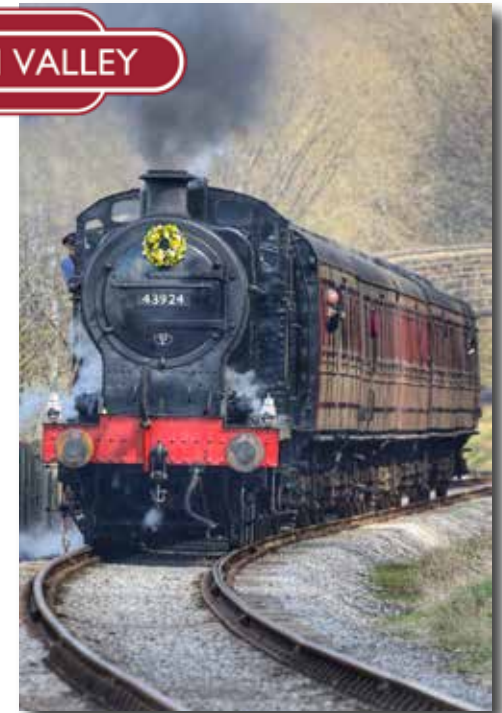
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It was 1968 when the Keighley and Worth Valley Railway was first reopened by the Preservation

WORTH VALLEY

Society and we enjoyed celebrating the 50th Anniversary of that very special occasion back in 2018. We simply wouldn't have believed that we would have three further reopenings of the line to celebrate, all within a 12 month period, but that's what happened. With the impact of the lockdowns meaning the Railway had to cease operations for months at a time, it's been a challenging year, as it has been for so many other organisations and individuals.

As ever, our 700 volunteers have responded magnificently to the challenge that circumstances posed. Essential maintenance on the track and the operationa fleet has continued behind the scenes, and more recently we ran a series of training events to make sure that we were ready for the reopening on 17th April. To comply with the current restrictions we have continued to run our compartment carriages, which keeps travelling groups separate from other parties. We are very much looking forward to being able to operate our more usual corridor coaches when circumstances permit, but we know that many passengers enjoy traveling as a small group in their own compartment. With the plan for the easing of restrictions now clarified in the government's roadmap, we have a better picture of what the rest of the year might look like (continuing to appreciate, of course, that's it's "data and not dates" that drives the phasing). That means we have been able to schedule our programme of events and we have released the plan on Railway's social media channels and the website and tickets are going on



sale at the end of April. We are planning a range of special train services, including the popular Haworth Haddock's fish and chip suppers, cream tea trains, Pullman dining experiences and 'Sparkle and Steam' prosecco tasting events. We also have the return of our steam gala events and later in the year the return of the Beer & Music weekend. We've also been speaking with Santa and he's agreed to join us for another season of 'Elf Express' trains in December.

Please check the website for the details on how to book for the special events as well as the latest information on the services that are now running every weekend. I do hope that we can welcome you back on board very soon after what's been a really challenging 12 months.

~ Matt Stroh

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~ Paul and Tahrim
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BEHIND THE SCENES at the BRONTË PARSONAGE MUSEUM



When I was furloughed in March 2020, I couldn't have imagined that it would be fourteen months before I would

set foot in the Museum again.

The outreach element of my role means that I spend time working with groups who – for various reasons – might not ordinarily visit the Museum, and so as lockdown began, I found myself emailing my contacts in order to put our activities on hold. I signed off with an optimistic 'see you on the other side!', imagining that this would be the other side of spring, or at a push, summer. I don't think any of us predicted 'the other side' would actually be another year.

The groups I presently work with are Bradford and Keighley-based, and so mindful of the community on the doorstep here in Haworth, at the very beginning of 2020, my colleague Sue Newby and I issued invites to the residents of Heathcliff housing for coffee and cake, and the opportunity to chat and take a look at the new Anne Brontë exhibition. A handful of residents took us up on the offer, and we were keen to follow up on that first get together to talk further about potential activity that residents might want to get involved in. Covid put paid to those plans, but as I prepare to return to work, I am aware that the pandemic will have had a profound effect on many local residents, and the Museum is keen to work with other

Haworth-based organisations in order to provide the support that may be welcomed by some.

A health and wellbeing agenda underpins my outreach work, and in recent years, the use of social prescribing (which involves GPs helping their patients improve their health, wellbeing and social welfare by connecting them to non-clinical community services) has led to heritage and cultural organisations being viewed as spaces for wellbeing, and increasingly organisations similar to the Brontë Parsonage Museum are partnering with local healthcare services in order to deliver activities that can help alleviate social isolation, depression and mental health problems.

Working with others is key to this work, and some time ago – way before any of us knew that a global pandemic was around the corner – I had a chat with Dr Jo Buckley at Haworth Medical Practice about ways in which the Museum could get involved in local social prescribing. My feeling now, as I return to work after more than a year away, is that it is more important than ever that the Museum joins forces with other organisations and community groups in order to offer a support network for those most in need, particularly those who have found themselves largely alone for the past year. The Museum is for everyone, whether visitor or local resident, and we look forward to welcoming you all back soon.

~ Diane Fare

Audience Development Officer (Outreach)
Brontë Parsonage Museum

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WEDNESDAY 19 MAY (TBC)

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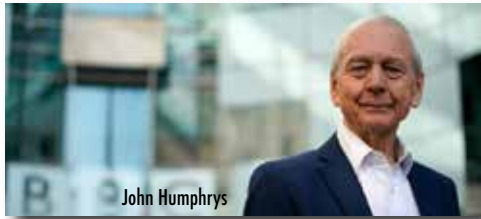
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This will take you through to the ticketing page where you can check out all the details and buy your tickets. If you need any further information then please e-mail: info@haworthrotary.co.uk.

The Rotary Club is offering a **special deal 'Early Bird' to anybody who books their ticket by May 10th.** Up until that date tickets will cost £8.50 after which the admission price will be £10.00.

Ian added: "The wonderful thing about the event being on-line is that it will be available not just to Haworth Rotarians but to anybody who would like to see how John responds to being on the receiving end of tricky questions.

"A professional broadcaster will host the evening and we are raising money for John's Kitchen Table charity that supports small charities around the world, particularly in Africa as well as for Rotary charities so that we can continue helping other people in the Worth Valley and beyond."

British broadcasting's arch-inquisitor John Humphrys will be virtually visiting the Worth Valley later this year when, instead of asking the questions, he will be taking the hot-chair and giving the answers!

The 77-year-old Welshman, who was one of the presenters for BBC Radio Four's 'Today' programme and the recently retired question-master of BBC Television's 'Mastermind' quiz programme, will be the guest of the Rotary Club of Haworth & Worth Valley for an 'Evening with John Humphrys' at 7.30pm on Tuesday, June 15th.

The on-line event is being staged on behalf of the Kitchen Table Charities Trust that was founded by Humphrys in 2005, as well as Rotary Charities.



Ian Park, President of the Worth Valley Rotary

Haworth businessman Ian Park, the current President of the

Rotary Club, said: "This is probably one of the biggest events that our Club has ever undertaken and we're really grateful to John Humphrys for agreeing to be our guest.

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

3			2			7		
		9		7				2
				3		6	9	
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			9					7
					1		6	2
	5			2		1		

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The winner will be selected from all correct answers received by the 20th May 2021.

The April location was Branshaw Golf Club and the winner was David Smith from Oxenhope

Please See page 27!

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POLLING CARD FOR THE NEIGHBOURHOOD PLAN



the Plan has been through three rounds of community consultation in an effort to reflect local concerns and views.

Now, finally, the Plan is finished and ready for adoption, subject to the public referendum to be held on May 6th.

So, why is the Plan important for you?

Why should you give it any of your valuable time and attention? What can it do for

our villages – and what can't it do? First of all, the Neighbourhood Plan recognises what is special about Haworth, Cross Roads and Stanbury – whether it be our green environment or local heritage - and looks to protect all of this and improve on it wherever possible. The Plan can also work to build more sustainable villages by protecting existing and encouraging new and improved community facilities, and by promoting walking, cycling and public transport, while also addressing the huge challenges of traffic congestion and village centre parking.

Neighbourhood Plans like ours are a first. For the first time, Government has given communities the power to produce plans which, once adopted, carry real legal weight in the planning system. But that doesn't mean they are all-powerful. Our Plan cannot dictate housing numbers, for example, or dispute the sites on which houses are built - that's down to Bradford, and the

You will receive a Neighbourhood Plan Referendum Polling Card through your door for the local elections on May 6th and may be wondering what it's all about?

We all know that Haworth, Cross Roads and Stanbury are special places. But they are also subject to change, particularly Haworth and Cross Roads – some wanted, some not. Our population is set to grow over the coming years, due to planning decisions by Bradford Council. New houses are set to be built – and not always where the community would like.

So what does the future hold for us and what can we do about it?

For the last 9 years, your parish council and community volunteers have been working hard to prepare a **Haworth, Cross Roads and Stanbury Neighbourhood Plan**, to guide and shape the future development of the parish over the next 10 years. During this time,

Produced by Haworth, Cross Roads & Stanbury Parish Council



Photo by Tito Arana

The Haworth, Cross Roads and Stanbury Neighbourhood Plan is a key tool for the parish. It's about you, your life, your villages, your future and your voice on future planning applications. This is your neighbourhood and this is your Plan. Make sure you have your say!

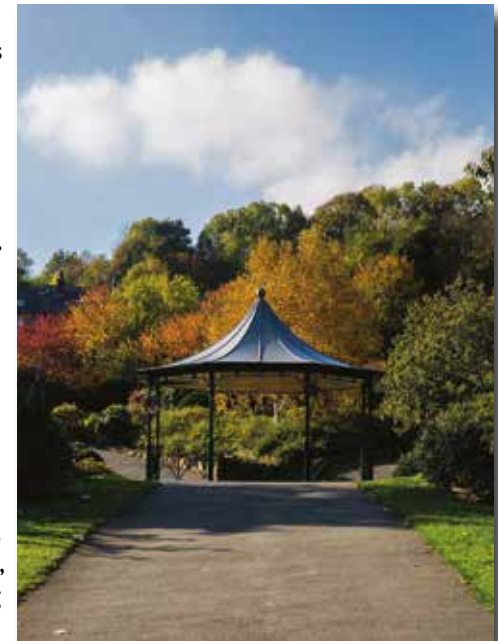
Photo by John Sargent

Neighbourhood Plan has to live with that. But what it can and does do is set out strict rules as to how new housing sites will be delivered on the ground.

In other words, **the Plan cannot stop change, but it can help control it so that we get the best possible deal for our villages and for you, the residents.**

★ **You can view the plan** by going to either Haworth, Cross Roads and Stanbury Neighbourhood Development Plan | (haworthcrossroadsstanburyndp.org.uk) or Neighbourhood Areas | Bradford Council.

★ Or if you want to **see a hard copy** of the plan, you can visit either Britannia House, Bradford or Keighley Town Hall, by appointment, or request your very own loan copy by emailing clerk@haworthcrossroadsstanbury-pc.gov.uk



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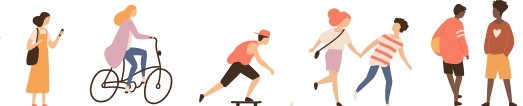
Keighley Healthy Living have lots to keep you happy and healthy this Spring!

First of all we have a brand new **slimming group**, either in person at our building or online. We have a qualified nutritionist and an exercise coach on hand to help you lose the pounds in either a supportive group setting or on a one to one basis.

For those of you ready to get out and about in the great outdoors once again our **walking groups** are now back up and running with a Men's only group being a new addition to our variety of group walks on offer.

To find out more about either of the above or to see all of our current activities go to www.khl.org.uk or phone **01535 677177**

Want to talk to someone about a health worry? KHL are proud to celebrate the opening of the 'first of its kind' **Digital Health Hub at the Sue Belcher Centre**. You can get advice from a Social Prescriber, and/or use the IT facilities to complete an e-consult, book an appointment or order a repeat prescription online. You can contact the **Digital Health Hub** on **07759 396511** to make your appointment. It is open every Thursday between 1pm and 3pm.



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Understanding Back Pain

~ David Hanson, Haworth Physio



However, there may be times when our back pain isn't easy to understand and this may be due to an inflammatory component.

Inflammatory back pain is a chronic condition that occurs when inflammation or swelling starts to occur in the spine and may be attributed to rheumatoid arthritis.

Rheumatoid arthritis is an autoimmune disease in which the body's immune system attacks its own tissues. Symptoms include pain, swelling and stiffness of the joints and although it usually affects the hands, wrists and knees, it can also affect the lower back.

The key differences between mechanical and inflammatory back pain are summarised in the following table.


Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide.

The cause of most back pain is mechanical – meaning the source of the is triggered by movements of the spine. **Mechanical back pain** affects the moving parts of the spinal column which includes the ligaments, tendons, muscles, intervertebral discs, vertebral bodies and facet joints. A common region for mechanical back pain is the lumbar spine – the 5 lowermost vertebrae which absorb and distribute most of body's weight during static and active movements.

We can usually pinpoint the reason for our back pain – heavy lifting where we place a lot of strain on our lower back, long bouts of gardening when we are knelt down and leaning over which places a strain on our muscles and discs, or prolonged bouts of sitting at a desk or driving where the lower back may be inadequately supported due to poor posture.


Mechanical Back Pain	Inflammatory Back Pain
Occurs at any age	Age of onset is less than 45 years
More acute onset	Pain duration more than 3 months
Onset is variable – may be caused by a specific event	Insidious onset
May worsen with movement or exercise	Improves with movement or exercise
Improves with rest	Does not improve with rest
Little or no morning stiffness	Early morning stiffness which lasts more than 30 minutes

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Say you saw it in the Worth Valley Mag!

It's Worth Talking About Mental Health & Well-Being

Groups in Keighley, Bingley, Silsden, Wilsden, Haworth & Saltaire.



It's Worth Talking About

was started in March 2020 by childhood friends Ryan Anderton and Andy Clements in Keighley, West Yorkshire in

response to a few factors that convinced the pair that more mental health support was required in the town.

One of those factors was Ryan was working at Mind (the mental health charity) as a community peer support worker and his role was to assist frequent attenders to Airedale Hospital with local support. What he came to realise is that the support available wasn't sufficient and thus wanted to provide more to both men and women.

The second and a major reason was the death by suicide of popular Oxenhope AFC footballer Tom Marshall at the age of just 25 (both Ryan and Andy had also played for Oxenhope AFC in their younger years too). The passing of Tom proved that more support and awareness was needed.

The first men's group that It's Worth Talking About held was in a local pub called Hop on Worth that opened on a Monday night just for the group to provide us an environment which is one that many men are familiar with, that many often resort to in times of difficulty, was safe, confidential and provided a social feel to what can often feel like a very off putting clinical subject.

From the single men's club we were approached by other individuals that had suffered loss and what to get involved and quickly we had a second men's session in

Haworth, this was quickly followed with women's groups in Keighley and Haworth.

Covid stop started the groups throughout 2020 but in June 2020 Sam Mckalroy, a 20 year old lad from Wilsden near Bingley took his own life and in response to this It's Worth Talking About were again approached about opening men's and women's groups in Bingley.

One of the attendees of the Bingley group loved the concept so much he asked to open a group in Saltaire and very quickly one group had become seven.

In January 2021 after a period of closure due to lockdown restrictions we restarted the groups in new venues that have been provided by the community after an appeal but again the area hit the area was struck by another suicide tragedy with the passing of local rugby player Alex Barusevicus whilst away at Nottingham University.

This created more interest in It's Worth Talking About. Silsden Storm ARLFC contacted us to start groups in Silsden and a teacher at Alex and Sam's old school contacted us to open a Wilsden group, the village that they both were raised taking us to eleven. face to face groups. An online session is also being held on Google Meets now too and interest in the groups has spread to places as far away as Cardiff and Tenerife as the need for mental health support is being identified by others as lacking in their areas.

It's Worth Talking About never intended to be more than a few local peer support groups but through demand, interest and the devastating sadness of other we have developed, we've been approached about doing workshops and groups at



local schools, colleges, sports clubs and businesses as more and more people are acknowledging the need to support people near and far.

In March 2021 after an offer from a local videographer we recorded some real life short stories from people that attend or are involved with the groups. The feedback from this has been phenomenal with views exceeding 60,000 people on Facebook alone. This is the video of Tom's dad Tony: <https://www.facebook.com/watch/?v=767085260860531>

What the videos really showed us was that whilst it is still difficult to talk about mental health and suicide that the men and women that use our groups or have been affected by either are so passionate about not wanting others to experience it or to tell others know that they aren't alone that they will put themselves in this difficult position to get that message out to the wider public.

With 18 facilitators, 4 trustees, and several willing fundraisers It's Worth Talking About is in the process of applying to be a CIO charitable organisation with the goal of expanding across the UK and provide peer support groups within easy reach of every town or village, and not just the cities where many mental health support service only exist.

Training is provided to everyone involved covering aspects such as safeguarding, conflict management, equality and diversity, understanding well-being and suicide prevention to name just a few of the elements covered.

You can get involved as an attendee to enhance your own well-being and support others with theirs, as a facilitator to run your own local group or as a fundraiser etc. to support the work we are looking to do as we develop.

Local Peer Support Groups

Keighley Men's Mon 7-9pm Cougar Park
Keighley Women's Tues 7-9pm Civic Centre
Silsden Men's Thurs 7-9pm Many Handed
Silsden Women's Tues 6-8pm Many Hands
Cross Roads Women's Weds 7-8:30pm Burnt Bear
Haworth Men's Tues 7-9pm West Lane Baptist
Bingley Men's Weds 7-9pm Bingley Arts Centre
Bingley Women's Thurs 7-9pm Bingley Arts Centre
Wilsden Men's Tues 7-9pm Village Hall
Saltaire Men's Tues 5-7pm Higher Ground Cafe
Mixed Group (All genders) Sun 7-9pm online
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6	2	1	4	3	9	8	7	5
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8	7	3	9	1	5	4	6	2
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Haworth Cross Roads & Stanbury

Parish Council p18/19

It's Worth Talking About p17, 26 &27

KHL p23

KWVR p7

Robbie Moore MP p21

Worth Valley Rotary p14

Building Services/General/

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Airedale Property Maintenance p8

Broomhill Roofing p29

D&R Construction p17

Golden Acorn Roofing p29

Handyman p8

Haworth Handyman p8

Kingfisher Build & Design p25

MB Roofing p29

Queensbury Kitchens p32

Superior Resin Drives p11

Yorkshire Loft Ladders p31

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Ask Andrina p25

Care/Cleaning / Domestic

Adele's Ironing p28

Driving Miss Daisy p9

Hygienic Jet Wash p21

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Cars

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Computer Repairs p21

Computer Universe p4

DVD Conversion p28

Main Road Computers p21

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Doors/Windows

Bingley Windows p3

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Garolla p15

Drainage Specialists

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Gardening/Trees

Greener Gardens p20

JE Home & Gardens p21

Sue Can Do p21

SAS Landscape & Gardening Services

p21

Worth Valley Trees p20

Holidays/Travel

Steels of Addingham p15

Hot Tub Hire

Bubbles2u p29

Knitting/Sewing/Soft

Furnishing design

Hilarys Keighley p2

Material Worth p28

Wildfell Alterations p28

Locksmith

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Haworth Physio p24/25

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Pure p4/5

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Marsh Top Farm p13

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