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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2021



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You can get an appointment with a Social Prescriber, simply by contacting your GP practice and asking for an appointment with us; you do not have to see a Dr or nurse first. Your first appointment can be in the local doctors surgery, or somewhere else you might feel more comfortable. During the pandemic I set up walk and talk sessions so the meeting can even be outside. I spend that first session getting to know you and finding out what challenges you face. This can be anything from loneliness caused by the pandemic, relationship and family problems, addiction, employment, anxiety or debt. For example I met with Mrs S a few months ago who was feeling isolated and had lost touch with friends. Over a couple of walk in talk sessions we discussed how she loved gardening and I was able to

introduce her to a local allotment group, this enabled her to build her confidence to chat and make friends who then introduced her to a local Well being café where she was able to have a brew and share her experiences.

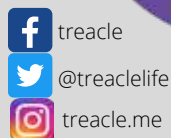
Social prescribing is a hugely rewarding yet challenging role and no two days are ever the same. I feel privileged that every day people put their trust in me and have the courage to ask for help in times of need.

Our service provides signposting to information and specialist support services across a wide

range of community groups and activities. Those groups can all be found on **www.treacle.me.**

If you need to find local services, but do not feel you want a full social prescribing appointment, then you can always check out Treacle.me. It is a brilliant online place where you can go to find all the local and national social prescribing information you need, in one, easy to use web site.

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Say you saw it in the Worth Valley Mag!

October is National Home Security Month (NHSM).

It's no coincidence that National Home Security Month is held in October as the evenings draw in, the kids are back to school, the clocks go back

and crime rates rise. It is well documented that burglaries spike by up to 1/3 during the autumn and winter months. As 1 in 4 people take no security precautions, this figure could be lowered with a few simple steps to improve your home security.

Taking simple security measures can have a huge impact on the security of your home. Here are top autumn/winter security tips brought to you by your local security experts at Keybury:

As nights draw in use lighting to illuminate your home. **Leave a light on and draw the curtains if you're going out in the evening.** Timers and smart switches can be used to light up your home when you're out.

CCTV is often recommended as one of the best tools to deter criminals. If you're considering installing CCTV, be sure to get quality cameras which offer excellent pictures in the dark.

Have you started Christmas shopping yet? Make sure packaging for expensive items is not left on display as this can tempt opportunist burglars!

Remember to you use your house alarm system and set it at night time. ONS figures show that 64% of burglaries occur while someone is on the premises. Monitored panic alarm buttons can be linked to your alarm system and used to call for help should you find



yourself in the frightening situation of having an intruder in your home.

Always lock your doors and windows to avoid opportunist sneak in thieves.

According to studies,

more than a quarter of us don't lock our doors, and almost half leave windows unlocked. The West Yorkshire Police's Easy Street Campaign recommends checking your doors and windows meet minimum security standards of PAS 24. The NHSM website offers more advice: www.homesecuritymonth.com.

Doorbell cameras add to the security of your door, alerting you to doorstep activity, including potential burglars, so you can take appropriate action.

Your garden can help to keep your home more secure. What you plant where can make a difference, for example planting hardy shrubs along garden walls and fences makes it harder for criminals to access your garden.

Visual signs of your security measures work to deter burglars.

Clear signage, cameras and an up to date alarm bell box are all external clues that you take your home security seriously. *It's recommended that anyone seeking to install a security system or device use a reputable installer who complies with industry standards.* Keybury are a family run local security company who specialise in home security systems including CCTV, doorbell cameras and intruder alarms. They've been installing and maintaining security systems to NSI Gold standards locally since 1982.

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BEHIND THE SCENES AT THE MUSEUM

Maria Brontë, mother of the Brontës

15 September 2021 marked the 200 year anniversary of the death of Maria Brontë, the mother of the Brontës, so I thought it a good opportunity to let readers know a little more about her. Like her husband Patrick, she was not a native of Yorkshire. She was born Maria Branwell in Penzance in 1783 to a prosperous merchant family, but following the deaths of her parents and uncle, Maria moved to Yorkshire to assist her aunt with the running of Woodhouse Grove School, in Rawdon, which is where she met Patrick Brontë. There was apparently instant chemistry, and they enjoyed a rapid courtship through the summer of 1812. They wrote to each other regularly, and the text of Maria's surviving letters reveal a moving and intimate relationship. One begins: 'My dear saucy Pat, Now don't you think you deserve this epithet, far more, than I do that which you have given me?' They were married on 29 December 1812 and the early years of their marriage seem to have been very happy. In Spring 1814 they celebrated the birth of their first child, Maria, and within a month of the christening, Maria was pregnant again, giving birth to Elizabeth on 8 February 1815. When Elizabeth was finally christened on August 26 (and the family had moved to Thornton) Maria was at least a month pregnant with her third child, Charlotte, who was born on 21 April 1816. With a baby and two toddlers to care for, Maria certainly had her hands full! By January 1817 she was pregnant with her fourth child, and Patrick Branwell was born on 26 June. She celebrated her 35th birthday pregnant with her fifth child, and in July 1818 gave birth to Emily Jane. By this

point Thornton Parsonage was occupied by five children aged under five, two parents and two servants. It was a very crowded house, and so when Patrick was offered a job at Haworth it seemed like a natural next step. They moved in April 1820, by which time Maria had given birth to her sixth child, Anne.

Tragically, just after Anne's first birthday in January 1821, Maria collapsed with pains in her stomach and it became clear she was very seriously ill. An internal cancer was diagnosed, and Maria died on 15 September at the age of thirty-eight, having suffered greatly. In a letter to a friend, written after Maria's death, Patrick described how she suffered 'above seven months of more agonizing pain than I ever saw anyone endure'.

In 1850, just before Valentine's Day, Patrick allowed Charlotte to read Maria's letters from the summer of 1812. At this point, having lost five of his six children, perhaps he was keen for his remaining child to have a glimpse of the lively, energetic, intelligent, witty young woman he fell in love with. Charlotte later told her friend Ellen Nussey: 'it was strange to peruse now for the first time the records of a mind from whence my own sprang – and most strange – and at once sad and sweet to find that mind of a truly fine, pure and elevated order ... there is a rectitude, a refinement, a constancy, a modesty, a sense – a gentleness about them indescribable. I wished She had lived and that I had known her.'

If you want to learn more about Maria, Sharon Wright's *The Mother of the Brontës* (2019) is available from the Brontë Parsonage Museum shop. ~ Diane Fare



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Keighley & WORTH VALLEY Railway



We've just come to the end of one of the hardest summer seasons we can remember. Still dealing with the backlog of maintenance projects that were deferred through the various lockdowns, our volunteers have had to do so much to catch up. The locomotive fleet continues to need care and repairs even when not operational, and a core member of the steam fleet is nearing its 101st birthday and another locomotive that has just re-entered traffic is older still. The line itself is over 150 years old, so there is constant cycle of planned maintenance to keep the wheels turning. With the changes of restrictions during the year, we have had to adapt the services we offer and events programme to make sure we comply with the latest rules, that has added an additional layer of challenge to this year's operation. We are now fully open, and walk-up as well as pre-booked tickets are available.

As we end the period of seven-day per week operation, we focus on civil maintenance projects working on the trackwork and infrastructure. This year the team are replacing the gates at Oakworth Level Crossing as well as many of the behind-the-scenes work that can only be undertaken when there are no trains

running for a few days at a time. Once that work is complete, we will be turning our attention to the next phase of our programme of events as we near the relaunch of the **Beer & Music Festival 14th-17th October**. We are also nearing Christmas (I know the summer is only just over, but we have already sold out most of the tickets we have released for the Elf Express!), so it would be wrong not to mention the **Elf Express** and – new for this year – the **Mulled Wine Specials** that are open for bookings on the website.

I do hope that you will be able to join us board soon as you continue to support us through this very difficult period, but we are running every weekend and through the October **"Jurassic Specials"** dinosaur-themed half term, and full details are available on the website. Every one of our 700+ volunteers has risen magnificently to the challenges we have faced over the last 18 months, and we are so very grateful to all of you that have continued to support us during what has turned out to be a very busy summer season. **Thank you!**

~ Matt Stroh Keighley & Worth Valley Railway Chair

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COMMUNITY PAGE

Every Thursday 1 - 3 pm The Shed at Oakworth Village Hall. New members welcome. Learn, practice or share your skills.

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall. New members are welcome to this friendly group.

Mondays 1 - 3pm Keighley Tea Dance at the Civic Hall

Every Tuesday 1 - 3 pm Digital Health Hub at Highfield Centre, Keighley A new way to connect to your doctors.

Well-being Wednesdays 1 - 2.30pm at Cliffe Castle Park, Keighley. Every Wednesday (term time) for adults. Relaxing wellbeing, nature walks, arts & crafts, campfire cooking, Tai Chi. Places are limited so book your free place www.getoutmore.co.uk/takepart/wellbeing.

Every Thursday 1 - 3pm Digital Health Hub at Sue Belcher Centre, Keighley.

Every Thursday 9.30 - 12pm is Games Cafe at KHL 13 Scott Street, Keighley. Free, just drop in.

Keighley Mens' Forum meet every Thurs 9.45am to 11.30am. Open to men over retirement age. 1 Devonshire Road, Keighley (only 3 steps to manoeuvre). Weekly dues are just £2 and an annual membership fee of £5 per member which includes membership to Keighley Playhouse.

Fri 8th - Sun 10th Oct Haworth Steam Punk Weekend

Sat, Oct 9, 6:30 - 8:30 PM Light Up Keighley - Lantern Parade, Bradford Boar, Peace Artiste & Fire Drawing. Cliffe Castle. Bring a torch!

Sat 9th Oct Manorlands Starlight Hike to book: manorlands.fundraising@sueryder.org

Mon 11th - Sat 16th Oct Keighley Playhouse Re-opens **Talking Heads by Alan Bennet**

Thurs 14th - Sun 17th Oct Keighley & Worth Valley Beer & Music Festival.

Sat 23rd Oct onwards Half term fun at East Riddlesden Hall, Riddlesden. Spooky adventures around the home and gardens. Along with crafts and activities.

Mon 25th - Fri 29th Oct is the **Keighley & Worth Valley Railway Jurassic Specials** Book now to see Giant T Rex & Raptur Battles.

Sat 30th Oct Keighley Town Spooktacular

Sun 31st Oct Haworth Halloween Craft Fair at The Old School Rooms, Haworth.

Rhyme or Reason is on at Cliffe Castle Museum, Keighley. On your visit can you spot the mouse from Hickory Dickory Dock climbing one of the clocks? Pussy Cat Pussy Cat hiding under a chair? Or the characters from One Two Buckle My Shoe in the cobbler's shop? There are over 30 rhymes to find!



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Sudoku

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

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

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

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

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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The September location was West Lane Baptist Church and the winner was Michael Callan from Haworth.

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Join the Local Rotarians Campaign for Children's Hospice

Worth Valley Rotarians are going global to raise much-needed funds for Yorkshire's Children's Hospice, Martin House. The financial plight of the Hospice in Boston Spa has so touched the hearts of the Rotary club of Haworth & Worth Valley's members that they are linking up with a major international internet charitable crowd-funding site: 'Going Global' in a bid to attract donations from all over to world to Martin House's cause. The Rotary Club launched their campaign September 13th and it will last until just before Christmas. Donations to the club's 'Global Giving' Page can be made by clicking on: tinyurl.com/MartinHouseHospice from Monday onwards. Details about offline pledges can be made by e-mailing: info@haworthrotary.co.uk

Many services that Martin House offer, such as support for bereaved parents and siblings, have been badly hit because the Hospice has lost all its income from fund-raising events and support programmes due to the Covid-19 Pandemic. Now Gary Gardner, who took over as President of the Rotary Club of Haworth & Worth Valley in July, has taken on the challenge of raising money for the hospice so that it can return to offering vital services to the families of stricken children.

"We've have been very touched by the fantastic work undertaken by the people at the hospice and our club is going to take their cause to the world in the hope we can generate some funds for their vital work.

Chris Verney, Regional Fundraiser at Martin House, said: "We're delighted that Haworth and Worth Valley Rotary

Club are giving us their support, and we're excited to work closely with them on this campaign.

"After such a difficult year, we can only carry on providing our care to babies, children and young people with life-limiting conditions thanks to the generous support of clubs like Haworth and Worth Valley Rotary."

Gary has adopted Martin House as his Presidential Charity for 2021 -2022 and he added: "We'll be looking to involve the people and business community of the Worth Valley as well as Rotary clubs around Yorkshire in helping us with this campaign."

Rotary

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5	2	7	3	8	9	4	6	1
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7	9	0	4	5	2	8	3	1
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Bolognese sauce

The Crowd Pleaser

Ingredients

- 1 tbsp olive oil
- 4 rashers smoked streaky bacon, finely chopped
- 2 medium onions, finely chopped
- 2 carrots, trimmed and finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves finely chopped
- 2-3 sprigs rosemary picked & finely chopped
- 500g beef mince
- 2 x 400g tins plum tomatoes
- small pack basil leaves picked, ¾ finely chopped and the rest left whole for garnish
- 1 tsp dried oregano
- 2 fresh bay leaves
- 2 tbsp tomato purée
- 1 beef stock cube
- 1 red chilli deseeded and finely chopped
- 125ml red wine
- 6 cherry tomatoes sliced in half
- 75g parmesan grated

Method

Put a large saucepan on a medium heat and add 1 tbsp olive oil. Add 4 finely chopped

bacon rashers and fry for 10 mins until golden and crisp. Reduce the heat and add the 2 onions, 2 carrots, 2 celery sticks, 2 garlic cloves and the leaves from 2-3 sprigs rosemary, all finely chopped, then fry for 10 mins. Stir the veg often until it softens. Increase the heat to medium-high, add 500g beef mince and cook stirring for 3-4 mins until the meat is browned all over. Add 2 tins plum tomatoes, the finely chopped leaves from ¾ small pack basil, 1 tsp dried oregano, 2 bay leaves, 2 tbsp tomato purée, 1 beef stock cube, 1 deseeded and finely chopped red chilli (if using), 125ml red wine and 6 halved cherry tomatoes. Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce. Check the seasoning. Serve over cooked spaghetti. Add the grated parmesan and garnish with fresh basil leaves. Serves six. (This sauce is usually better served on the following day when the flavours mature.)

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Why do you run? Because it feels good. Because it relieves stress. Because it makes you feel happier. Because it allows you to eat cake! 😊

Whatever your reason for running, being unable to run due to injury can be pure hell - both physically and emotionally. Injury prevention therefore is the key and should play a prominent role in any runners training regime.

1. Build a strong kinetic chain

Running can create muscle imbalances or accentuate the ones you already have. Weak glutes means that your knees may come under extra strain when you run and over time this may lead to an injury. Multiple muscles, bones and joints are called on to work together to create fluid motion. Your feet, lower legs, knees, hips, lower back, core, arms and shoulders are all part of your running kinetic chain, and when one link isn't working the repercussions can be felt at any point in this chain. When you strengthen all the links in the chain and maintain good flexibility, you'll run stronger and significantly reduce the risk of injury.

2. Isolated, single-movement exercises aren't worth your time

Many muscles fire simultaneously or in rapid succession along your kinetic chain

to create the movements associated with running. Functional strength training involves mimicking these movement to create an overload. A seated leg press will strengthen your quads, hamstrings and glutes. A seated single leg press becomes more realistic to the actions require to run. However, if you stand up and perform a single leg squat you are now performing a functional strength exercise which is more mirrors the running action.

3. Prioritise single-leg activities

Running can be considered as a series of jumps from one leg to the other. It differs from walking because of this phase of 'flight' when both feet are momentarily off the ground. Exercises such as hopping, single-leg squats, lunges and step-ups should form the bulk of your functional strength work.

4. Build strong glutes

The gluteus maximus is the biggest and strongest muscle in the human body. When it joins forces with gluteus medius and gluteus minimus it forms a powerful threesome that generate most of the propulsion force when you run. When strengthened effectively, these three muscles will also lead to increased pelvic stability that will in turn reduce unwanted rotational forces that can lead to injuries along the kinetic chain such as runner's knee, ITB (iliotibial band) friction syndrome and Achilles tendinopathy.

5. Control your pain with strength

By shouldering more of the physical workload, strong muscles support vulnerable joints. Even arthritic joints will benefit from having stronger supporting muscles to take up some of the strain. Strong muscles make joints more stable and a stable joint is less likely to get injured.

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