

WORTH VALLEY MAG


COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2015



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It hardly seems two minutes since we wished you a happy summer and the schools were finishing up for a break. We hope you managed to find the sun somewhere and that you were able to get a little rest and relaxation.

Knowing the British weather, the best of the sunshine and warmth might come in September...fingers crossed for an extension of summer!

Don't miss the Picnic & Proms at Bolton Abbey on the 12th; a fabulous family occasion in a beautiful setting and held in support of Sue Ryder Manorlands, Oxenhope.

Another 'must' and following last year's success, mark your diary for the Great Stanbury Harvest Festival Bake Off, Saturday, September 26th. See page 20 for the extensive categories. Join in the fun, and help raise funds for the Stanbury church roof.

Enjoy your September,

Liz



Liz Barker

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PRAISE FOR THE POWER OF SONG

Are you a closet shower singer, or a Karaoke King or Queen? You may prefer the privacy of your shower room to a sparkly lit corner in the pub with a large TV monitor throwing out lyrics in time to a chosen song, but the bottom line is, you like to use your vocal cords, and it probably feels good.

Singing has been shown to boost our immune system, reduce stress levels and, according to a report published in the Journal of Music Therapy, helps patients cope with chronic pain. It's not surprising then, as a flurry of endorphins flood through the body, we experience that feel good factor.

You may not be a wet room warbler nor an Elvis impressionist, but you are certainly welcome to transform your Monday evenings in the Worth Valley by joining the Oxnop Singers each week, 8pm in the Oxenhope Community Centre.

This friendly social group of mixed ages, around 40 in number, sings choral pieces from the stage and screen, pop music and light opera under the direction of Helen McClorry. "The friendship, fun and joy of making music have made my time in the choir extremely enjoyable," Helen

confirmed. "We welcome everyone."

One of the youngest members of the choir added, "We sing a wide range of different musical pieces so there is something to suit everyone. After a sometimes stressful day at work, I find that singing with the choir in the evening relaxes me. We are all good friends and we sing for fun, so why not give it a try yourself?"

The Oxnop Singers, established 23 years ago, has raised nearly £18,000 for local charities since its inception. There are three concerts staged annually: April, October, and December, usually with accompanying guest bands.

Come along on a Monday night and experience the joy of singing. Call Helen on 647434 or simply turn up!

In the words of Ella Fitzgerald, "The only thing better than singing - is more singing."



Haworth Primary School Open Day

Thursday 19th November
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1.15pm — 2.45pm

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Richard Wine, Funeral Director

Richard was born and brought up in the village of Oxenhope and now resides with his family in Oakworth. A committed Christian and local Church Warden, he is married to Tracy and is father to three children, Emma, Ben and Will.

Richard has spent the whole of his forty years in the funeral profession, taking care of the bereaved and their loved ones both in the Keighley area and in the City of Bradford. He holds the National Association of Funeral Directors Diploma in Funeral Directing, the Funeral Service Managers Association Certificate in Funeral

Management and is a fully qualified member and past Yorkshire Divisional chairman of the British Institute of Embalmers.

Richards compassionate, personal, flexible approach to the requirements and wishes of each individual bereaved family are second to none and following a long career working for larger organisations, he feels the time is now right to apply that approach in his own, well established name.

Richard says, "It's always been an ambition of mine to own and run my own funeral business. Now after four decades of working in the funeral sector, I can truly serve and care for the people I've grown up amongst and come to love".

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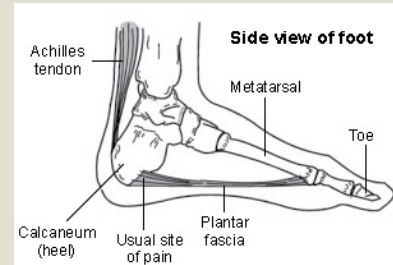
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PUTTING FEET FIRST

What is plantar fasciitis?

The plantar fascia is a band of tissue under the foot that stabilises the arch and acts as a shock absorber protecting the underlying soft tissues during walking (gait) Repeated pulling of this such as overuse injuries e.g. sporting activities, excessive pronation of the ankle joint (subtalar joint) are



potential contributory factors leading to degenerative changes of the plantar fascia resulting in plantar fasciitis. Plantar fasciitis is reported to be usually self-limiting. Typical symptoms that may be present when first weight bearing in the morning and perhaps during periods of inactivity are: throbbing, searing, piercing pain.

What can you do about it?

Footwear - Shoes or trainers with a lace up or fastening and thicker soles may help, especially for those people who walk/stand for long periods. Footwear should have good shock absorption. Sometimes use of orthotics may have to be considered to provide shock absorption and/or control any biomechanical dysfunction occurring in the foot/ankle.

Cold therapy - this may help in the initial

stages; reducing pain and swelling. Application of a cold stimulus (e.g. ice pack) provides an analgesic effect. However, prolonged application should be avoided. Contraindications include patients with peripheral vascular disease, neuropathy and vasospastic disorders (e.g. Raynaud's). Suggested cold therapy can be achieved by rolling the foot over an iced can/bottle, which provides a combination of cold therapy and stretching of the plantar fascia.

Standing calf stretch

Sitting plantar fascia stretch

Achilles stretch

Towel stretch

Frozen can roll

Exercises - Plantar fascia stretching -
Christine Harker
Heel2Toe
07504 714072

KWVR: Stopping at the Museum of Rail Travel and the Ingrow Loco Museum.

The railway is full of gems that it's all too easy to take for granted and to miss something very special as a result. I hope that we've all marvelled at Oakworth Station, in all its Edwardian glory with its Railway Children charm; Keighley station with a very different character, bringing the railway into town and which has been the backdrop for many a filmmaker wanting an urban location as a result; the diminutive Damems; the now-tranquil Oxenhope, but which once boasted a bustling goods yard; and Haworth, where passengers alight for the village or to catch a glimpse of the engineering magic that goes on in the locomotive works. But Ingrow (West) station is all too overlooked.

Ingrow (East) closed to passengers in 1955 and was on the line that once took passengers from Keighley to Queensbury. Ingrow (West) station continues to thrive and is home to both the Bahamas Locomotive Society (BLS) and the Vintage Carriages Trust (VCT) each with a museum that's well worth a visit. BLS' 'Ingrow Loco' museum tells the story of their star locomotive 'Bahamas' and their recently restored education carriage will soon be welcoming visitors, particularly school groups to learn about the railway.

The VCT's 'Museum of Rail Travel' gives an insight into how passengers have been catered for since Victorian times. The station building itself has a fascinating story to tell... when we reopened the railway in

1968 the station had been vandalised to a point that made it beyond repair. It took until 1989 for Ingrow to be brought back to its former glory, which we did by dismantling and relocating stone-by-stone the Midland Railway station building from Foulridge in Lancashire on the former Skipton to Colne line. Inside the station building is a pictorial history of the relocation, and as the branch was a Midland Railway line, the building looks just like it has always been there.

Since the reopening of the station in 1989, we have worked with our partners to develop the site, relaying the stone sets and restoring the Midland Railway goods sheds, in which the Ingrow Loco museum is now housed. Over the past year have been developing a plan to make the site even more appealing and you may have noticed the first part of the plan, which was a series of family-friendly events in recent months, including a summer celebration of the history of railway excursions to the seaside for which we brought a beach to Ingrow-by-the-sea.

Passengers with Day Rover railway tickets get free entry to the BLS and VCT museums, so can combine a visit with a journey on the railway. Details of what there is to see and do at Ingrow can be found via www.KWVR.co.uk or by searching for 'Museum of Rail Travel' and 'Ingrow Loco'



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WORTH VALLEY
Keighley & Worth Valley Railway

START/FINISH

At the entrance to Cross Roads park, on the A6033 Haworth Road, Cross Roads near the junction with the A629 Keighley / Halifax Road. G.R. SE045377.

WALK INFORMATION

As the title suggests you will be walking on the hill tops where even in summer the breeze can be quite cool, therefore it is advisable that you dress for the season and include an extra sweater a waterproof coat, and strong footwear.

This walk is not suitable for wheelchair and pushchair users or people with limited mobility.

If you are confident that you can walk the distance this walk is suitable for reasonably fit occasional walkers and has the advantage of starting near the top of the hill, therefore there is no prolonged climbing.

It is advisable to print out the description of the route.

Go to www.bradford.gov.uk/countryside and click on Self guided walks, then Haworth Stanbury and The Worth Valley, and finally, Hill Top Hamlets.

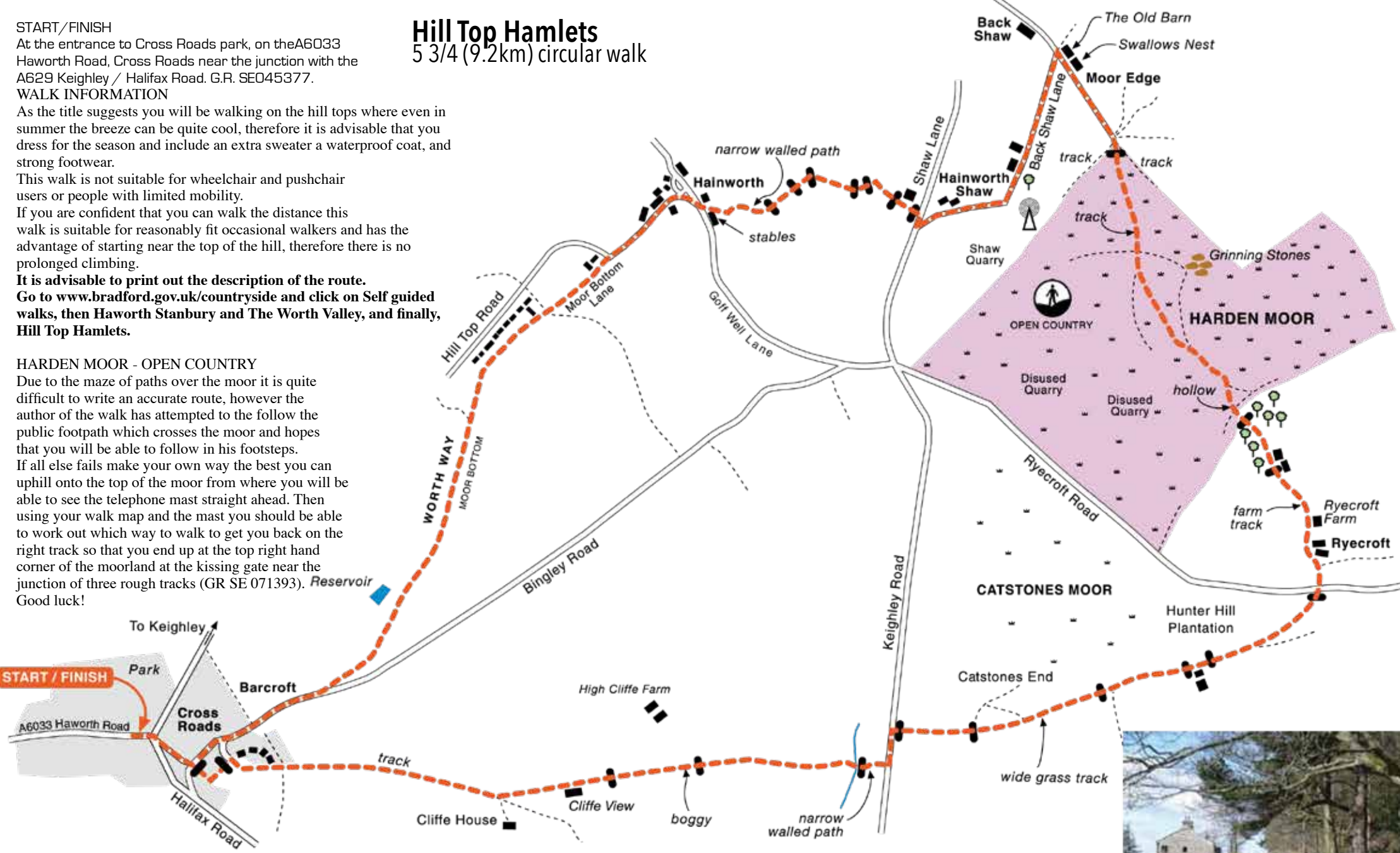
HARDEN MOOR - OPEN COUNTRY

Due to the maze of paths over the moor it is quite difficult to write an accurate route, however the author of the walk has attempted to follow the public footpath which crosses the moor and hopes that you will be able to follow in his footsteps.

If all else fails make your own way the best you can uphill onto the top of the moor from where you will be able to see the telephone mast straight ahead. Then using your walk map and the mast you should be able to work out which way to walk to get you back on the right track so that you end up at the top right hand corner of the moorland at the kissing gate near the junction of three rough tracks (GR SE 071393). Reservoir. Good luck!

Hill Top Hamlets

5 3/4 (9.2km) circular walk



Key	
	Route
	Stile/Gate
	Footpaths

Footnote

We hope you enjoyed your walk. If so tell your friends, if not, or you have encountered any problems please tell us at: www.bradford.gov.uk/countryside
e-mail: danny.jackson@bradford.gov.uk



Footpath at Hunters Hill

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

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THE GREAT STANBURY HARVEST FESTIVAL BAKE OFF!

TO ENTER DAY COMPETITION
£1.00 first item
20p thereafter

Saturday 26th September 2015

St Gabriel's Church * Stanbury

Competition

Competitors display goodies 12.00pm - 12.30pm
Judging 1pm - 1.30pm

Refreshments being served
Winners announced on the day

Money to Stanbury Church Roof Fund

Competition:

Bake / make at home. Please bring all entries to the Church to display 12.00pm - 12.30pm

Categories:

- * 6 biscuits
- * 3 iced buns
- * 3 pieces of tray bake
- * Madeira cake
- * Celebration cake
- * 4 petit fours
- * Sweet preserve
- * Savoury preserve

Home Grown Produce

- * 3 Tomatoes
- * 3 Root vegetables
- * Leaf vegetable
- * Flower arrangement
- * Individual flower

Best Egg

- * 3 x white or cream hen eggs
- * 3 x brown hen eggs
- * 3 x any other colour hen eggs
- * 3 x duck eggs (any colour)
- * 1 x contents hen egg
- * 1 x decorated (any variety)

Hints & Tips: All eggs should be clean and free from any nest marks. When showing 3 eggs together they should all be the same size, shape and colour. All eggs for Contents will be cracked open

Handicraft

- * Handicraft item

Children (14 and under):

- * 4 fairy cakes
- * Miniature garden
- * Decorated wellie
- * Painted pot

Pets:

- * Pets arrive 1.15pm
- * Pet judging 1.30pm
- * Best groomed
- * Best behaved pet

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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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Email your answer to:
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The winner will be selected from all correct answers received by September 20, 2015.



Last month's winner was Adam Hinchliffe. The correct answer was Cross Roads Park

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COMMUNITY PAGES

Every Thursday 2-4pm, Worth Valley Art Group: Meeting at Haworth West Lane Baptist church. An informal gathering of local people interested in art where one can explore creativity in a friendly and relaxed environment. All abilities welcome. £1.50 per session. Phone Mary for more details on 01535 691169.

Friends of the Park meet every **2nd Tuesday** of the month at **Parkside Social Club, Haworth at 7.30pm.** **Oldfield Tiddlers Toddler Group** runs every **Wednesday term time 1.30-3pm at Oldfield Primary School.** Contribution of £2. More Info contact Rosie 07530883422

Ox'nops Tiny Tots - group for under 5s and their parents/carers, meets every **Tuesday, 1.15pm to 2.45pm at St Mary's Church, Oxenhope.** **Little Owls Toddler Group** for under fives and their parents/carers meets at **Tree Tops Children's Centre, Haworth.** Weds 9.30am to 11.30am and Fri 10am to 11.30am. All welcome.

Coffee Shop Every Friday 10am - noon at Trinity Church, Fell Lane, Keighley, Serving Fairtrade coffee & tea. Call in for a friendly chat.

Fri 4th Sept 7.30pm - 9pm Nelly Dean Novelist Alison Case at West Lane Baptist Centre, Haworth. Part of the 2015 Brontë Festival of Women's Writing.

Sat 5th Sept. Train rides for all the family. Miniature trains running at **Marley sports field approx.11:00am**

until 16:00 pm in conjunction with the Keighley Show. Steam and electric trains providing trips for all ages. Great for all the family. Refreshments available. Details at www.kdmes.org.uk **Mon Sept 7th 2pm Trinity Church, Fell Lane, Keighley** Meeting Point Speaker is Mr Alan Bonfon "It shouldn't happen to a coach driver". All Welcome.

Tues 8th Sept Oakworth Village Society at 8pm Holden Hall. **Tues 8th Sept Shall we have a 60's weekend next year in Haworth?** All interested are invited to the meeting at **Parkside Social Club, Haworth at 7.30pm.** to form a committee to discuss and push forward ideas new & already suggested.

Thurs 10th - Sun 13th 11am - 5pm Heritage Open Days at Ingrow Railway Station. Free admission to the museums throughout this four day event. Chance to fully explore the wonderful exhibitions, and learn more about the history of our railways and the preservation societies which help keep the past alive. www.ingrowlocomuseum.com.

Sat 12th Sept Picnic at the Abbey. Bring the whole family for this low cost fun afternoon of entertainment and activity. To find out more or order tickets go to www.sueryder.org/picnicattheabbey. The event is followed by Proms at the Abbey later that evening.

Sat 12th Sept Proms at the Abbey 7pm-11pm. Big Screen TV links to Last Night at the Proms live from

the Royal Albert Hall. In aid of Sue Ryder Manorlands Hospice. More info & tickets www.sueryder.org/promsattheabbey.

Sun 13th Sept 11am - 4 pm Fabric Of Society Curator's Talk at Cliffe Castle Museum, Keighley. (Part of the Heritage Open Days).

Thurs 17th Sept at 7.30pm Oxenhope Gardening Club in Oxenhope Community Centre, Shaw Lane, Oxenhope, BD22 9LS Michael Myers, lecturer at Craven College and self-confessed plantaholic with a weakness for snowdrops, will talk about Autumnal Interest in the Garden.

Sat 19th September 2pm The Education Room at Cliffe Castle Museum, Keighley Free talk - All welcome. An entertaining illustrated talk on trees ancient and modern and a stunning Yorkshire conservation area. The talk will be given by Keith Wilkinson MBE, a Voluntary Speaker for the Woodland Trust. For more info 01535 607497 or email info@cliffecastlepark.org.uk.

Sat 19th September Airedale Opticians Towngate, Keighley & Main Street, Cross Hills (all day event) are hosting a special Open Day. Food & drink on hand and the latest glasses, sunglasses from designers showcasing the latest trends. New customers welcome to call and ask questions.

Sun 20th Sept Bronte Mountain Bike Challenge at Oxenhope Recreation Ground. The Bronte Mountain Bike Challenge is a highly regarded event which has a route suitable for all standards of mountain bike and cyclo-cross rider.

Sun 20th Sept. Train rides for all the family. Miniature trains running at **Marley sports field approx.13:30 until 17:00.** Steam and electric trains providing trips for all ages. Great for all the family. Refreshments available. Details at www.kdmes.org.uk

Sat 26th Sept Stanbury Bake off & Stanbury Egg Show, St Gabriels Church. Entries to be displayed before 12.30pm and judging to start at 1 pm. See more details on page 20.

Sat 26th & Sun 27th Sept 10am - 4pm Haworth Craft Fairs at Haworth Old School Rooms.

Sat 26th Sept Starlight Hike (Oxenhope and surrounding villages), In aid of Sue Ryder Manorlands. To register call 01535 640448 or email hayley.ibbotson@sueryder.org.

Fri 2nd -Sun 4th Oct Skipton Puppet Festival takes place at venues all around Skipton, both indoors and out. Many event are free of charge and all are suitable for all ages. The festival brings artists from all round the world to Skipton. www.skiptonpuppetfestival.co.uk.

Tues 6th Oct Cross Roads and Lees Ladies Group meet at St James Church Hall, Cross Roads at 7.30pm. Speaker by Roger Hartley "School Inspection".

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Friday 25th September - Coffee morning

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Things you can do to help your child at school

Today the pressure to succeed at school begins even earlier than ever. Children in nursery and Key Stages 1 & 2 are held to a standard of success that their parents never had to worry about. While in the past those first few years of schooling were pressure free and simply intended to introduce children to formal education, today children are tested on their knowledge and ability within the first weeks of Reception and that testing continues throughout the rest of their public school education. There are several simple steps every parent can take to give their child the edge at school.

Bedtime routine - Make sure your child has enough sleep the night before. Many parents do not send their children to bed until they themselves go to bed. Growing children need between 10-12 hours of sleep a night. While there are a few children who seem to require less, the majority of children need at least this much.

Mind what they eat - Make sure your child has a good breakfast and is provided with a good lunch and snack. Growing children need to eat frequently. They should never be sent to school on any empty stomach and they should not be expected to succeed at school for an entire day without regular meals and snacks.

Think practically about clothes - Make sure your child is appropriately dressed for the day and their school environment. When the weather is hot make sure they are dressed in cool clothing, when the weather is cold make sure they are dressed in warm clothing. When the weather or school environment is changeable then

provide layers so the child can adjust accordingly.

Your attitude counts - Your attitude toward school and your child's education is vitally important. If you send the message that school is not important, that the teacher is not worthy of respect, and that your child's learning is not essential then your child will receive that message loud and clear.

Get involved - Know your child's teachers and school administration. Be familiar with their classroom, routine, special events, and assignments. The more you know about your child's school life then the more proactive you can be to head off potential problems and help them succeed in school.

Professional Tutoring - You may want to seek professional advice early if your child is falling behind or does not progress in step with their peers. If your child is doing exams this year then preparation is the key to success. Weak areas need to be highlighted as early as possible. Kip McGrath Education Centre in Keighley has been offering the highest quality teaching for the last 10 years to local students. **It is currently offering free introductory Educational Assessments for students 4 - 16 years old with immediate feedback.**

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