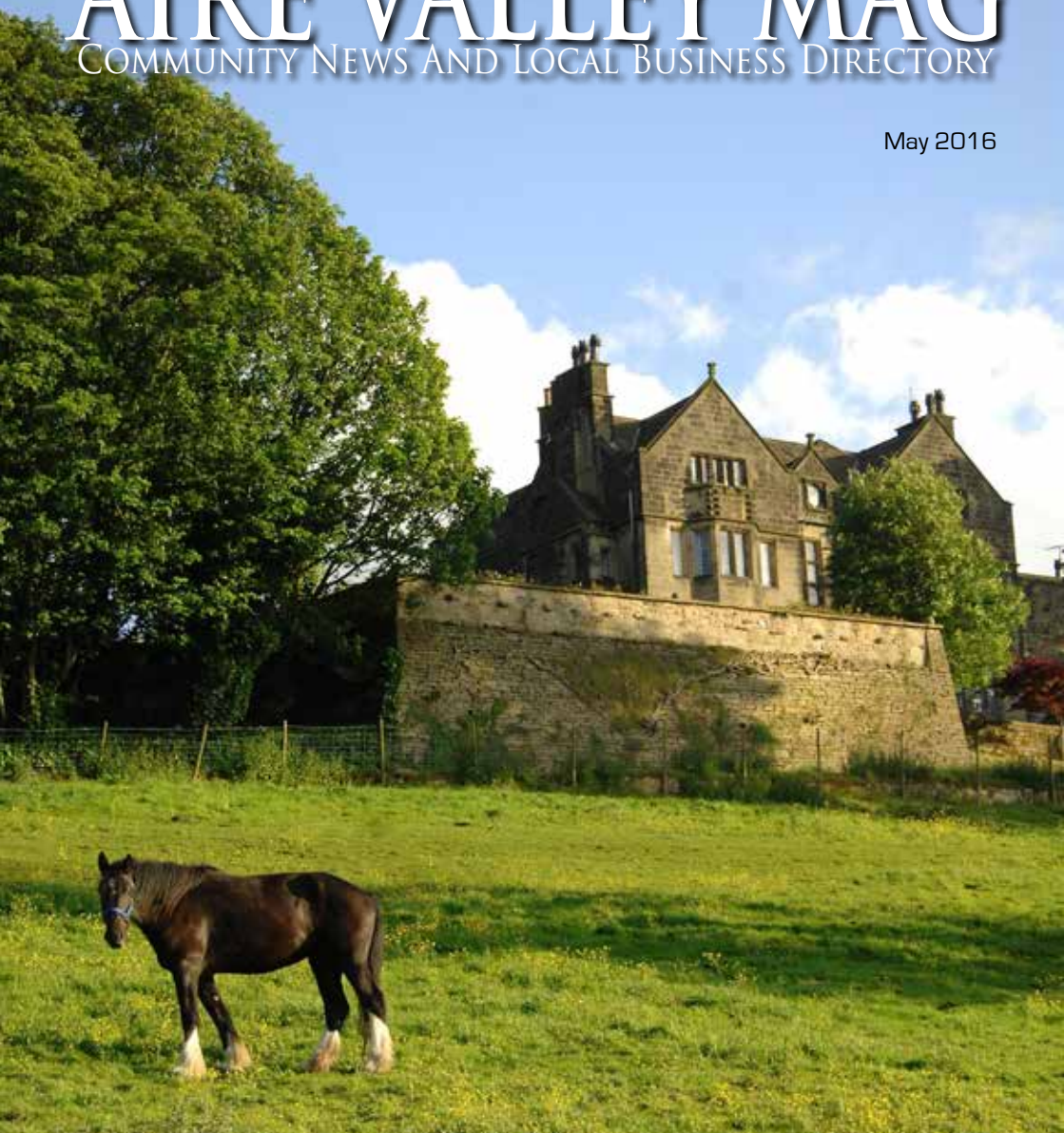


# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2016



DISTRIBUTED FREE TO OVER 7,000 HOMES IN SILSDEN,  
STEETON, EASTBURN, SUTTON, CROSSHILLS, GLUSBURN

[www.airevalleymag.co.uk](http://www.airevalleymag.co.uk)

# Queensbury Kitchens Bedrooms & Bathrooms

Fully fitted or supply only. Made to measure replacement doors, worktops also available.



**We will not be beaten on price-trade or retail**

Contact us on: 01274 882349 • [www.queensburykitchens.com](http://www.queensburykitchens.com)  
Black Dyke Mills, BD13 1QA

## THE UK'S LOWEST PRICED KITCHEN APPLIANCES... ...RIGHT HERE ON YOUR DOORSTEP



**HOOVER** **BOSCH** **STOVES**

**BRAND NEW & FACTORY GRADED APPLIANCES  
ALL WITH MANUFACTURERS WARRANTY OVER 600 ITEMS ON DISPLAY  
EXPERT, FRIENDLY ADVICE**

[www.appliancestar.co.uk](http://www.appliancestar.co.uk) 01274 925181

**appliancestar**

Unit 3 Black Dyke Mills Queensbury Bradford BD13 1QA

**24/7 LOCKSMITHS** **NO CALL OUT FEE**

- Locked out • Keys Locked in car
- Upvc door specialist
- Locks supplied and fitted
- 12 years experience • Fully insured

Call **07801 438638**  
[www.247locallocks.co.uk](http://www.247locallocks.co.uk)

**Absolute Locksmiths** 01535 275906  
24 Hour Locks 07905 186930

- Ⓞ Lock-out specialists
- Ⓞ Upvc expert
- Ⓞ Locks supplied & fitted
- Ⓞ Snap secured
- Ⓞ Cylinders fitted
- Ⓞ Police vetted

[www.absolutelocks.co.uk](http://www.absolutelocks.co.uk)

Was that snow in April or am I imagining things? Thankfully it didn't accumulate and my seedlings are safe in the ground.

Thinking warm summery thoughts, read more about Gobbledigook Theatre's new production set in the stunning grounds of Bolton Abbey: Wind in the Willows. It should be amazing (see p6). May means vintage fun in Haworth as the 21st 1940's weekend gets underway. Enjoy the spitfire flypasts (weather permitting) and big band sounds on the street. If you are a Happy Valley fan, you might be interested to learn more about Sally Wainwright's latest creation on page 26. Have a great month.



Liz Barker, editor

**Cobbydale Construction Limited**

Specialising in the following areas:

- Extensions
- New Builds
- Renovations
- Conservatories
- Garage Conversions
- Flagging & Block Paving
- Joinery
- Plastering

*Accurate written quotations  
A prompt professional service*

view our website @ [www.cobbydaleconstructionltd.co.uk](http://www.cobbydaleconstructionltd.co.uk)  
or call us on: (01535) 653530 or 07966 906782



Say you saw it in the Aire Valley Mag!



# Haworth 1940s WEEKEND

## 13-15 May 2016

**A FABULOUS WEEKEND CELEBRATING  
AND COMMEMORATING THE 1940S**



**ssafa**  
— the  
Armed Forces  
charity

Registered Charity No. 215760 (Est. 1885)  
All proceeds to benefit  
SSAFA, the military charity



[www.haworth1940sweekend.co.uk](http://www.haworth1940sweekend.co.uk)  
General enquiries: [firthsboutique@live.co.uk](mailto:firthsboutique@live.co.uk)



## CLARUS OPTICIANS DISCUSSES CATARACTS

It has been reported that most people over the age of 65 will have some degree of visual impairment caused by cataracts. This condition can affect any one of us, therefore an understanding of the symptoms and prevention is essential to ensure swift access to treatment.

### Cataract patients often complain of:

- Blurred, cloudy or misty vision.
- Difficulty seeing in either bright or dim lighting.
- Colours can appear to look faded.
- Glasses becoming less effective over time.

At Clarus Opticians, we are concerned that there are many people suffering in silence, not realising treatment is available to substantially improve their vision.

For this reason, we perform extensive eye examinations, using a variety of methods to examine the back of the eye and the lens to detect any changes, diagnose the type of cataract present, if any, and offer the most appropriate advice going forward.

A number of studies have indicated that nutritional supplements may reduce the risk of cataracts. In particular, higher intakes of Vitamin E (found in sunflower seeds, almonds and spinach) and the carotenoids: lutein and zeaxanthin (found in spinach, kale and leafy green vegetables) were associated with significantly decreased risks of cataract. Other studies have shown Vitamin C and foods containing omega-3 fatty acids may also

reduce cataract risk.

Cataracts can seriously affect your ability to drive safely and you may not meet the minimum legal requirements. To maximise the quality of your vision, it is essential to keep your prescription up to date, by attending regular eye examinations, in addition to considering the use of a broad rim hat and tinted lenses.

Our tinted range includes: full tints, transition lenses (which adapt to different light conditions wherever you are), polarised lenses to eliminate glare and drivewear lenses offering a combination of the above protections to optimise your vision whilst driving.

## FREE TRANSITION LENSES

when you **book a sight test** in  
May 2016\*

For further information about cataracts or to find out about how we can enhance your optical care experience, speak to our experts who will be hosting a free drop in session on:

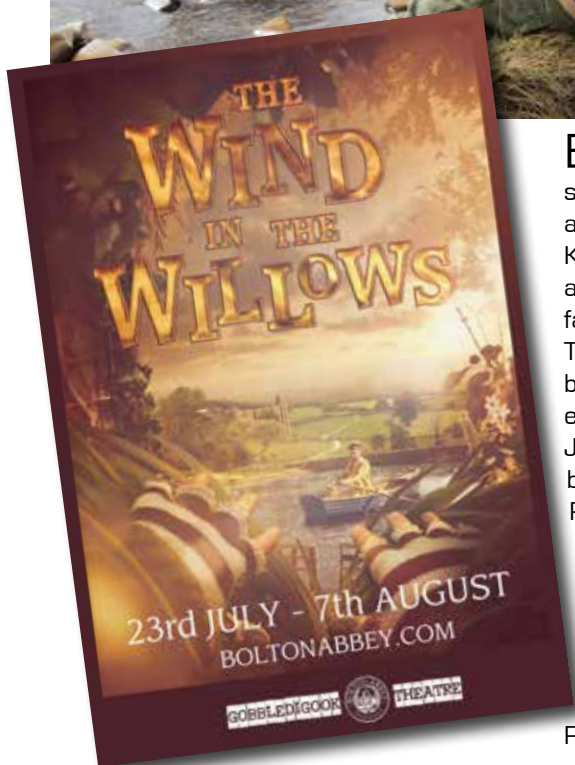
### Thursday 26th May 2016

9.30 – 11.30am

Alternatively, **Clarus Opticians are open Monday-Saturday & offer late night appointments on Wednesdays & Thursdays until 8.30pm.**

Call our team at Clarus Opticians on **01535 930116** to book your appointment today. \*T&Cs apply see instore for details.

# Wind in the Willows at Bolton Abbey



Bolton Abbey Estate is the spectacular setting for a brand new outdoor theatre adaptation of 'Wind in the Willows', Kenneth Grahame's enchanting tale of adventure and mischief featuring childhood favourites Ratty, Mole, Badger and Toad. The production from North Yorkshire based Gobbledigook Theatre, written especially for Bolton Abbey, takes place July 23rd - 7th August 2016 and will be set against the backdrop of Bolton Priory Church and ruins on the banks of the River Wharfe. It's the first time Bolton Abbey Estate has embarked on a bespoke outdoor theatrical event and the performances are expected to attract hundreds of visitors from across the region.

Phil Grainger from Gobbledigook Theatre

## Escape for the Day to BOLTON ABBEY

**And enjoy the freedom to...**

- Explore the Priory and ruins.
- Stroll along riverside and woodland walks.
- Taste local produce and browse in the Estate gift shops.
- Visit the Strid and Priory on one of our electric wheelchairs (Apr-Oct).
- Simply relax by the river with a picnic while the children play.

**ALL ENQUIRIES**  
 Tourism Department, Estate Office,  
 Bolton Abbey, Skipton, North Yorkshire BD23 6EX  
**T: 01756 718009**  
**E: [tourism@boltonabbey.com](mailto:tourism@boltonabbey.com)**  
**W: [www.boltonabbey.com](http://www.boltonabbey.com)**

**WHAT'S ON 2016**

**WELLY WALK 28 MAY - 30 OCT**  
**CHILDRENS POTTERY WORKSHOP 3 JUNE**  
**NEW WIND IN THE WILLOWS 23 JULY - 7 AUG**  
**PUMPKIN TRAIL 22 - 30 OCT**  
**BONFIRE 5 NOV**  
**FATHER CHRISTMAS 3, 4, 10, 11, 17, 18, 19, 20, 21, 22, 23 DEC**  
**NEW PANTO TRAIL 17 DEC - 2 JAN 2017**

PLEASE CHECK OUR WEBSITE FOR MORE DETAILS  
[www.boltonabbey.com](http://www.boltonabbey.com)

commented: "So much of the novel is about nature and so Bolton Abbey Estate couldn't be a more perfect setting for the story. It's an absolute dream to stage the production in such a beautiful place and one which could have been the original setting for the novel."

"The production is a new adaptation of the novel and it stays true to the book but with a re-imagined timeline. We will bring the story to life with real props including a



classic car and a rowing boat, as well interesting locations to make the experience extra special for our audience who will also be part of the scenery and action. Expect a few surprises from the moment you arrive." As an immersive theatre experience the production has no stage and visitors will move around with the characters as the performance is delivered. Tickets are available now from [www.boltonabbey.com](http://www.boltonabbey.com)

## COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



### EGGS WITH SPINACH SERVES 6

I hope you liked my Aunt Janet's tablet recipe last month. One of my aunt's carers recently told me about this egg-and-spinach dish, and I think it's rather tasty. I've done it a couple of times with groups now, and have learnt what mistakes to avoid. Really, it is an idea rather than a precise recipe. You can easily make it for one person or for many, so it is a good 'quickie', as Janet would have said.

Janet also used to call the mid-week deal in a restaurant the 'cheapo'. She was pretty discerning about which food offers were worth having, and which were not! But this dish is no poor-value 'cheapo'. If you take care with it, then you can serve it up elegantly and feel that you have had a 'right good nosh'!

The main thing to remember is to dry the spinach really thoroughly after washing it. Yes, you are 'sweating' it, but you do not want it to be soggy; otherwise, you will end up with a sad green puddle on your plate.

Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at [www.facebook.com/foragercathyorkshire](http://www.facebook.com/foragercathyorkshire)

#### Ingredients:

- 1 large bag of spinach, washed
- 6 eggs
- A knob of butter
- A handful of mature cheddar, grated
- Salt, pepper and any other seasoning you would like

#### Instructions:

Put a knob of butter in a large pan, with the heat on medium.

After washing the spinach, shake it dry in a tea towel and place in the pan with a lid on.

Gently steam/sweat the spinach until it starts to wilt (usually at this point there is too much water rather than too little, so strain some off – or, if you are sure the pan is too dry, you can add a little)

Carefully break the eggs on top of the spinach, keeping them separate from each other.

Put the lid back on and let the eggs cook.

When the eggs are nearly done, scatter the cheese across them and add anything else you would like (e.g. fresh coriander, chilli flakes and seasoning).

Put the lid back on until the eggs are cooked to your liking.

Serve with bread or rice.



keighleycollege.ac.uk

## GET AN APPRENTICESHIP

GET REAL PAY. GET REAL TRAINING. GET A REAL JOB.

We offer a range of Intermediate, Advanced and / or Higher Apprenticeships from Teaching Assistants to Engineers and lots more.

Contact our Apprenticeships Recruitment Team:

t: 01535 685 000 e: [enquiries@keighleycollege.ac.uk](mailto:enquiries@keighleycollege.ac.uk)

## COMPUTER UNIVERSE

No fix, no fee + free diagnosis + advice!

PC / Apple / Laptop servicing and sales.

Fixed rate competitive pricing.

Fast friendly service by experienced, local experts.

Virus removal, upgrades, speed-ups, data recovery + more.

New and refurbished laptops from £200. Custom PC's tailored for you.

Game console, iPad, iPod, iPhone etc repairs.

VHS to DVD conversion, Internet cafe + training.

19A Briggate, Silsden, BD20 9JS

[www.thecomputeruniverse.co.uk](http://www.thecomputeruniverse.co.uk)

01535 952082

[info@thecomputeruniverse.co.uk](mailto:info@thecomputeruniverse.co.uk)

Say you saw it in the Aire Valley Mag!

To advertise call Jo or Liz on 01535 642227

# THE YOUNG WRITERS' CLUB

## What is a ward councilloror?

Ward councillorors are elected by the public, that is, by those who are eligible to vote! Councillors represent the people of their area or district. If you have a local issue then you can write to your local ward councillorors and they will try and sort it out for you. They listen to the views of the people who they are elected to serve, and they hold council meetings with other members of the council to agree how to provide services to the community. You can also send petitions to your local councillor if you want to change something in your local area or protest about something you don't agree with.

Continuing with the theme of citizenship, the Young Writers' Club interviewed Russell Brown about his experience as an active citizen and a ward councilloror.



Russell Brown

### How did you become a ward councilloror?

I became a member of a political group and then attended an interview where I was selected to become that group's Council candidate. I was then elected.

### What qualifications or background do you need to become a Councilloror?

You can't already be employed by the council nor be bankrupt, apart from that you don't really need any qualifications to stand as a councilloror.

### Do you remember when you first became an active citizen?

I have always worked hard in our local community; becoming an 'active citizen' was an extension of my teaching career which has happened over the last ten years.

### Did your parents encourage you?

Yes - I was brought up in Oldfield's farming community, my Dad was a farmer and my mother always encouraged me. I worked on many local farms in the area and got to know many people in my community.

### What is the best thing about your job?

Being able to help people, definitely.

### What is the worst thing about your job?

The worst thing is when people criticize you unfairly, when they don't listen and having to make unpopular decisions which the council have to make from time to time due to the cutbacks.

### What is your typical day like?

No one day is the same. It can range from a few enquiries from the public to spending long days sitting on council committees making difficult decisions such as in the planning and educational appeals committees.

### What do you hope to achieve as a councilloror?

A fair distribution of the limited resources Bradford has available.

### What do you think is the best way to get young people involved in becoming active citizens?

Show young people respect, try and put yourself in their shoes and get them involved in volunteering - which many do already.

### How would you get young people interested in politics?

Talk to them, invite them to visit council meetings or visit government.

*Interview conducted by Toby, Lainie and Chloe*



The Young Writers' Club meets weekly in term time at Cobbles & Clay in Haworth. The group is open to both Primary (year 6) pupils and secondary school students who are interested in writing, photography, multi media and digital arts in the Worth & Aire Valley. Contact Liz Barker for details. 01535 642227

**eBit Technology** STAMP OF APPROVAL  
 ...affordable IT for everyone!  
 Tel: 01535 212519 Mob: 07779 631370  
**Computer Service for the Home & Business**  
 www.ebit-technology.co.uk

**FENETIC WELLBEING**  
 www.feneticwellbeing.com  
 Internet Prices from Local Company!!!!  
 Winner Keighley BUSINESS Awards  
 ...Business of the Year  
 Wheelchair from £69.99  
 Recliner Chair from £249.99  
 Walking Frames from £39.99  
 Based in Keighley we have a huge selection of products.  
 For more information call 0800 567 7618 or check out our website [www.feneticwellbeing.com](http://www.feneticwellbeing.com)

**Bellbird IT**  
 07761 640 799  
 PROFESSIONAL, FRIENDLY COMPUTER REPAIRS  
 CUSTOM BUILT SYSTEMS - VIRUS REMOVAL - ACCESSORIES & TUITION  
 PICKUP & DELIVERY AVAILABLE  
 EVENINGS & WEEKENDS NO PROBLEM  
 MIKE ROGERSON  
 E: MIKE@BELLBIRDIT.CO.UK - WWW.BELLBIRDIT.CO.UK

## Don't lose those precious moments! VHS to DVD Conversion



Photo slideshows  
 Audio tape to CD/MP3  
 DVD to MP4

Tel: 07944 023 597  
 email: [jjorrimer@icloud.com](mailto:jjorrimer@icloud.com)

## Keighley Worth Valley Railway: A Journey Back in Time

The Railway really is on top form. Being able to write about beer (proper, real ale!), cream teas, and in a bit of a contrast, fish & chips, plus - tangentially at least - cheese, is what makes the role of chairman so enjoyable.

As well as running steam trains every weekend and daily in the school holidays and in June, we have a range of special events that I'm particularly looking forward to.



Beer: on all the steams we have our real-ale bar, but for the weekend of **28-30 May** we are running our inaugural Steam & Ale Trail.

This will see a bar serving real-ale on each of the stations. There will be over 40 beers to choose from, with a different brewery represented at each station as well as on the bar on the train. You can purchase event tickets on the day or beforehand by calling Haworth Station on 01535 645214 during office hours.

Fish & Chips: our ever-popular 'Haworth Haddock' service is next running on **30th April, then 21st May and 18th June**, with further dates in July, August and September. With the food served to your seat on board the train, you also get to enjoy a stop at Keighley station where live music to entertain you at Keighley. The train departs from Oxenhope at 7.30pm and returns around 11pm, with two return trips to Keighley and a stop at one of the stations en route when the food is served to you at your seat.

Cream teas: if fish & chips is not your thing, or you just fancy being treated a bit like royalty, our afternoon cream teas are great.

You will get to experience the splendour of our Pullman carriages, being reminded of the truly golden age of rail travel, served a pen afternoon tea of cakes, sandwiches and tea or coffee at your sumptuous seat. The afternoon tea is served on board the Pullman carriages on the train on **1-2 May and 28-29 August**. During the Haworth 1940s weekend (**14-15 May**) as well on Vintage Train Sunday's in June, July and August, when we serve the Cream Tea in the Pullmans, but based in our Exhibition Shed at Oxenhope rather than on the moving trains, but this does allow you to 'walk on' rather than have to pre book. We are also offering Afternoon Cream Teas on certain weekdays: **31st May and 3rd June**, then Monday to Friday **11th July until 2nd September**.

Cheese! Following the success of Postman Pat (and Jess!) visiting us earlier in the year, Wallace & Gromit will be making personal appearances on **1st and 2nd June**, with face painting and various craft activities planned for all the family to enjoy.



That's a wide range of activities and all the details can be found on [www.kwvr.co.uk](http://www.kwvr.co.uk), and of course don't forget that we're supporting the 1940s weekend (**13-15th May**) running an intensive service to help alleviate the challenge of parking in Haworth for the weekend, as well as running trains every weekend and in the school holidays. We look forward to welcoming you on board. In the meantime,

**I'm for a pint in anticipation of the Steam & Ale Trail weekend. Cheers! MS**

Your company can sponsor this popular competition!  
phone our office for details: 01535 642227

## Where in the Aire Valley? COMPETITION

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

This month's prize is generously donated by **Keighley & Worth Valley Railway**

Day Rover Pass

Email your answer to:  
[mail@worthvalleymag.co.uk](mailto:mail@worthvalleymag.co.uk)

The winner will be selected from all correct answers received by 18th May 2016



Last month's location was Marley Sports Centre. The winner was Sheila Ruddock from Silsden.

Google Earth ©

# Wallace & Gromit



Personal appearances at intervals throughout both days on the Keighley & Worth Valley Railway.

1st & 2nd JUNE

Aardman  
© Aardman Animations Ltd 2016.

Come and join the fun, don't forget to bring your camera!

[www.kwvr.co.uk](http://www.kwvr.co.uk)

Keighley & Worth Valley Railway  
Haworth Station, Keighley, West Yorkshire BD22 8NJ  
Tel: 01535 645214 Email: [admin@kwvr.co.uk](mailto:admin@kwvr.co.uk)

WORTH VALLEY





### Cliftonville

We have on offer a nostalgic trip to the Kentish coastal resort of Cliftonville - which has been rejuvenated back to its former glory, the affluence of the area is in abundance - it is the place to be. Our hotel enjoys a commanding position overlooking the sea on the Eastern Esplanade. Our hosts are very much hands on purveying nothing but the best, fresh, good wholesome food. Two excursions are included one around the vicinity of Herne Bay and the historical town of Sandwich on the River Stour and a second to Rye, one of our best preserved Cinque ports. Just fantastic value.

### Segovia - Spanish heritage

This is an amazing tour to Central Spain to visit some of the most historical and formidable places imaginable. Having travelled down to Plymouth we start the wonderful cruise out to Santander through the Plymouth Sound and passed the Breakwater Fort and the headlands of Rame and Westbury. Observing the Eddystone lighthouse as we sail by to Spain. Our line of route once docked is via Valladolid - a prolific wine growing region, consequently there is a lot of interest



**ESTABLISHED SINCE 1940**  
STILL FAMILY OWNED AND OPERATED.  
TRAVEL SAFELY IN COMFORT AND STYLE  
WITH OUR MODERN FLEET OF COACHES.






*12 up to 60 seat coaches available for private hire, corporate & group travel. Ideal for weddings, Airport, School Groups, Special Occasions.*  
Local en-route pickups within 20 miles of Addingham

### 2016 Tours

June Kent Coast	Sept Ireland/Wales
July/Aug Segovia - Spanish Heritage	October/November Scottish Autumn Tints North Wales

Also Mystery Weekends, Edinburgh Tatoo, Thursford, Xmas in Scotland

TEL: (01943) 830206 / 830720

www.steelscoaches.co.uk info@steelscoaches.co.uk



along the terrain. Segovia is indeed, a UNESCO World Heritage City. The history is immense but what meets the eye is even better. For instance, the ancient Roman 160 arch aqueduct linking the walls of Segovia is just an awesome feat of architecture likewise so is the gothic cathedral and so it goes on. We spend 7 nights (half board) at a central 4 star hotel which is just perfect in every way to enhance your holiday. Contact Steel's of Addingham to find out more.

*Upcoming Haworth Village events...*



**HAWORTH FESTIVAL**  
MUSIC • ART • COMEDY

**Saturday 18th June 7:30pm West Lane Baptist Church.**  
An Evening with Sally Wainwright.  
Writer of Last Tango in Halifax, Happy Valley, and the Bronte inspired 'To Walk Invisible,' currently being filmed in Haworth.

**Wednesday 22nd June 8.00pm Patrick Monahan £8**

**24th June 7.30pm**  
Haworth Film Club showing Woodstock at WLBC £4 / £2.

**Saturday 25th June**  
Haworth Ukulele Group Extravaganza. OSR all day.

HAWORTH VILLAGE

# 1960s Weekend

25TH - 26TH JUNE

Bands, music, petite fair, 1960's vehicles, entertainment, food, beer & cocktail tents.



29th/30th October 2016  
Saturday 29th Dragon day  
Sunday 30th The Parade of Ghouls  
Also: Pumpkin Carving competition



18th, 19th & 20th November 2016



Join us for a magical Christmas in our historic village...

Victorian Christmas

Weekend Events  
26th November to 24th December  
26th & 27th Nov Scroggling The Holly  
3rd & 4th Dec Victorian Weekend  
10th & 11th Dec Torchlight  
17th & 18th Dec Victorian Weekend  
24th Dec Nativity

Tandies dressed in Victorian Costume  
Main Street and shop windows decorated for the festive season...  
For more details please visit  
@haworthxmas  
Haworth Victorian Christmas

Follow on Twitter: @HaworthExperience | @HaworthSteampunk | @HaworthFestival | @1960sHaworth | @Haworth1940s | @HaworthXmas

Follow on Facebook: Haworth Experience • Haworth 1960's Weekend • Haworth Steampunk • Haworth Festival • Haworth 1940s Weekend • Haworth Victorian Christmas



# Gardening

WITH  
STEVE THORPE



The soil should now start to be warming up to help to germinate the seeds that have already been sown directly into the ground.

Once all the carrots, beetroot, parsnips, turnips and other sown crops have started to grow, they will need thinning out to give each individual plant its own space to grow in. It always seems a shame pulling out healthy plants but if you don't you will be left with lots of small vegetables all growing into one another.

Later this month it should be alright to start planting out all the cabbage, cauliflower and Brussels sprouts that have been brought on indoors during the last few weeks. Birds love to eat newly planted brassicas. It is a good idea to cover them in netting, fastened onto bamboo canes.

Always be aware that we can still get keen frosts during May that can finish off those tender young plants.

Earth up all your potatoes as they begin to appear to ensure you get the maximum crops. Plant out leeks that have been grown from seed in the greenhouse. Make a hole with a dibber and drop one plant into each hole. Do

not fill the hole with soil, just fill it with water and enough soil will automatically drop into the hole.

Prune clematis montana once it has finished flowering. Begin by removing any dead and diseased wood and then prune back as far as needed depending where it is growing. This will encourage new young growth that will flower next spring.

Beware planting out summer bedding plant too early. Garden centres will have them in stock from early in May but I never plant up until about the second week in June when the risk of frost has passed.

Carefully hoe between plants and rows whether it is in the vegetable or flower garden. The secret is to catch the weeds before their roots become established. If you manage to pick a warm sunny day you can just leave the weeds on the surface to dry up and die.

Lawns will need mowing weekly to help to thicken up the grass. Try and mow it in different directions every time as this lays the grass in different directions and also helps to thicken up the lawn. Give your lawn a feed if you haven't already done so as this will give you a lush green lawn throughout the summer.



make them **mint**  
mobile valeting & detailing



- Leather repairs
- Interior trim repairs
- Windscreen repairs
- Full deodoriser systems
- All vehicles considered

Tel: 07807 902786

[www.makethemmint.co.uk](http://www.makethemmint.co.uk)

e: [makethemmint@outlook.com](mailto:makethemmint@outlook.com)



**Adele's**  
CLEANING & IRONING  
SERVICE

**£20 for 35 items**

Telephone:  
01535 648895

Mobile : 07837 452604

**Free Collection & Delivery**

**Craven Carpet Cleaning** **50% OFF**

Half Price carpet & upholstery cleaning

• Single room 12' x 12'	<del>£60</del>	£30
• Lounge 12' x 18'	<del>£70</del>	£35
• Hall, Stairs and Landing	<del>£70</del>	£35
• 3 Piece Suite (from)	<del>£100</del>	£50

Prices subject to sight of work

Domestic & Commercial work  
Trained professional, fully insured, local operator  
Phone lines open till 9pm

Call  
**07710 787399**

**Craven Carpet Cleaning**  
Carpet & Upholstery Cleaning

[www.cravencarpetcleaning.co.uk](http://www.cravencarpetcleaning.co.uk)

**OVENCLEAN**  
The original oven cleaning specialists

**Ovenclean will transform your oven and put the sparkle back into your kitchen!**

- Ovens • Grills • Extractors
- Hobs • Ranges • Microwaves

Call Janet for a free quote **07592 813155**

AS SEEN ON TV

**GREEN & IDY**  
TREE CARE

All aspects of tree work undertaken from hedge trimming to large tree removal. Fully insured and qualified with over 10 years experience. Logs and woodchip supplied.

Call for free quotes/advice  
07506 729731 or 01535 531634

City & Guilds NPTC

**R.P. DECORATING**

All Aspects of Decorating  
Interior & Exterior  
Domestic & Commercial  
City & Guilds Qualified  
Over 20 Years Experience

FOR FREE PROFESSIONAL ADVICE AND QUOTATIONS CALL

T: 01535 642 864 M: 07989 560 206  
MEMBER OF THE PAINTING & DECORATING ASSN.

Est 1989

**Jacques F. Balson**  
Painting & Decorating  
Apprentice Trained  
Free Estimates  
All Work Guaranteed  
No Job Too Small  
Over 30 Years Experience!

**01535 661823** Any distance covered

Member of the Painting & Decorating Association

# Less Stress with Yoga



Everyone has different ways of coping with stress, all of which have their place. Stress triggers the release of hormones and activity

- reducing blood hormone levels
- supporting the immune system

The ancient sage, Patanjali, offered a holistic system in Yoga that calms the body and mind along with providing insight. The system consists of personal and social observances, a comfortable body, breathing exercises, sensory awareness, contemplation, concentration and meditation.

Sensory awareness, known as pratyahara in Sanskrit texts, can include relaxation techniques. It may serve as a gateway to meditation - which some people find difficult to practice. Relaxation provides an opportunity to control the effects of stress in your everyday life - a useful skill when many long term health problems are related to the stress of life today.

Whilst the ultimate aim of yoga relates to personal understanding at the deepest level, yogic practices can give direct and tangible benefits to everyone.

Shelley has taught Yoga for over 25 years. In her work with the NHS she set up and delivered the Cancer Information Centre at BRI and is also a qualified Senior Health Promotion Specialist, more recently working on a freelance basis. She is a British Wheel of Yoga qualified teacher further qualified with Mandala Yoga Ashram - an internationally recognised centre, teaching the integral practices of Yoga. Ring 07957488639 or visit [www.shellyyoga.com](http://www.shellyyoga.com) for more information.

**Information source:**

NHS Choices  
 Ogden J (2012) Health Psychology: A Textbook. Buckingham : Open University Press  
 Satyananda Sw (2013) Four Chapters on Freedom : Commentary on the Yoga Sutras. Yoga Publications Trust

of the nervous system. The stress hormones work hard to deal with pressure or threats - often recognised as the fight or flight response. If you remain under stress an excess of hormones stay in your body. This puts a strain on your physical system and risks long term health problems.

**Relaxation techniques provide one way of helping to alleviate some of the symptoms.**

The fight or flight response affects us physically through the increased activity of the sympathetic nervous system to meet and resist the perceived stressor:

- agitating the breathing pattern
- brain wave activity is on constant 'alert' and unable to 'switch off'
- muscles are tense
- heart and pulse rate are increased
- blood pressure is increased
- the body floods the system with stress hormones
- the immune system is suppressed

Research demonstrates that relaxation techniques activate the parasympathetic nervous system - controlling the effects of unrelieved, long term stress and tension:

- calming the breathing process
- changing the brain function from beta (wakeful, active mental state) to alpha (relaxed, creative mental state)
- reducing muscular tension
- reducing heart rate
- lowering blood pressure

To advertise call Karen or Liz on 01535 642227

**Wharfedale Woodburning & Multifuel Stoves Ltd (Otley)**  
 "We Sell 'Em And Fit 'Em"  
  
 • All Stoves  
 • Chimney Products  
 • Fireside Accessories  
 • Hetas Registered Fitters  
**Tel: 01943 461350**  
 sales@wharfedalestoves.com www.wharfedalestoves.com  
 3 Horse Shoes Yard, Otley LS21 1BQ  
 Car Park behind Horse & Farmer Pub. we are next to B&T

**Chiropody to your door**  
 Corns & Callus • Ingrowing Nails  
 Thickened Nails • Diabetic Foot Care  
  
**Treatments £27.50**  
  
**HPC Registered Podiatrist**  
**Victoria Harrison MChP**  
**Tel: 01535 68 10 48**

Love your fire   
 Seasoned Hardwood Logs | Kindling | Log Stores  
**Tel: 01756 748342**  
**07977 011215 or 07801 595333**  
 Email: [anchorlogs@hotmail.co.uk](mailto:anchorlogs@hotmail.co.uk)  
 Web: [www.anchorlogs.co.uk](http://www.anchorlogs.co.uk) (order and pay online)

**Adrian Butterfield**  
**PROPERTY SERVICES**  
  
 Tel: 01535 671359  
 Mobile: 07726 350 890  
 Central Heating • Boilers • Plastering • Roofing  
 Tiling • Fitted Kitchens • Bathrooms • Bedrooms  
**13 Sunnyhill Grove, Keighley BD21 1RU**

**Worth Valley Fencing**  
 Fencing manufacturers & suppliers  
 • Palin Panels • Decking  
 • Overlap Panels • Bespoke Panels  
 • Feather Edge • Met Posts  
 Full fitting service available  
**Tel: 01535 665040**  
**email: [newfabs@btconnect.com](mailto:newfabs@btconnect.com)**  
**Unit 3, Crown Works, Worth Way, Keighley BD21 5LR**

**MICK'S**  
**ROOFING REPAIRS**  
 plus **Guttering Cleaning & Repairs**  
**Boundary Wall Repairs & Maintenance**  
  
 Serving the Aire & Worth Valleys  
**Phone:**  
**01535 648895 or 07837 452604**

Love where you live,  
 contribute to community life,  
 support local trade



**AIRE VALLEY MAG**  
 COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

# Sudoku

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

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

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

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

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.

**PROFESSIONAL TUTORING**

- ✓ Reading
- ✓ Science
- ✓ 11+ Entrance Exams
- ✓ GCSEs / Sats / A-levels
- ✓ English
- ✓ Maths

**Kip McGrath** "We help build the foundations for academic success."

Call our Keighley centre today to book your **free assessment on 01535 610222**  
 visit [www.kipmcgrath.co.uk/keighley](http://www.kipmcgrath.co.uk/keighley)  
 E: [keighley@kip-mcgrath.com](mailto:keighley@kip-mcgrath.com)

**Office Furniture Outlet**

10,000 Sq Ft of Quality  
New & Used Office Furniture

**01535 681111**  
[andrea@officefurnitureoutlet.co.uk](mailto:andrea@officefurnitureoutlet.co.uk)  
[www.officefurnitureoutlet.co.uk](http://www.officefurnitureoutlet.co.uk)

Eagle Mill • Dalton Lane • Keighley • West Yorkshire • BD21 4HT

**Ask Andrina**  
Office Solutions

Sage 50  
VAT Returns  
Cash Flow  
Bank Reconciliations  
Bookkeeping  
Credit Control  
Office Duties

Tel: 07876 345422 Silsden  
Email: [andrina@askandrina.co.uk](mailto:andrina@askandrina.co.uk)  
Web: [www.askandrina.co.uk](http://www.askandrina.co.uk)  
Twitter: @askandrina

**I.L.R Aerials**

Digital Aerials & Freesat Systems Supplied and Fitted

**freesat** **Freeview**

For Prompt Reliable Service Guaranteed

**01535 646039 07916 144709**

Accountax

- Self Assessment returns
- Partnership returns
- VAT services
- Monthly Bookkeeping
- CT600 Returns

**For an affordable accountant in your area**

Call Laura on 07582 669144 or email [laura.alderson@accountax-kly.co.uk](mailto:laura.alderson@accountax-kly.co.uk)

**Digi-Man Aerials**

Digital Aerials & Satellites

Fully Qualified Installer of

**Freeview** **freesat**

Sky & Sky HD Problems Solved  
Freeview / Digital Problems Solved

For a **FREE** Quote & Advice  
Call Digi-Man Aerials

Mention this magazine & Get **10% Off**

Friendly Professional service

**Freephone: 0800 0377011**  
**call now 01535 646141**

**DIGITAL AERIALS**

CALL TODAY FOR A FREE QUOTE ON:

**0800 0132341**

Call Gary on: 07850636902

- \* 10% OAP discount
- \* Digital Aerials
- \* Phone Lines
- \* CCTV Installations

**FAMILY RUN BUSINESS**

## The 3 Acres - 'Sweet Chilli Sauce'



3 Acres chef, Tom Hudson

This tasty sweet chilli sauce can be served as a dip, dressing or marinade. We recommend it smothered over 'Chicken, Chorizo & Pepper Skewers' as follows:

### Ingredients:

- 450ml of water
- 450g Granulated Sugar
- 3 Fresh Chillies (Finely Diced including seeds)
- 1/2 Lemon
- 1/2 Lime
- 1/2 Red Pepper (Diced)
- 1 White Onion (Diced)
- 1/2 Tsp Paprika
- 1/2 Tsp Powdered Ginger
- Dash Malt Vinegar
- 2 Tbsp Tomato Ketchup
- 2 Tbsp Tomato Puree

1. Add the water & granulated sugar into a pan and bring to the boil.
2. Allow to boil and reduce in quantity by half.
3. Once reduced by half add in your lemon and lime chopped into chunks.
4. Add in your diced chillies, onion and red pepper.
5. Add in 1/2 tsp of paprika and 1/2 tsp of ginger and continue to boil for approx 12-15 minutes.
6. Add in 2 Tbsps Tomato Ketchup, 2 Tbsps Tomato Puree and a Dash of Malt Vinegar to taste.
7. Once all of the above is completed, you should have a syrupy consistency.



## Chicken, Chorizo & Pepper Skewers

### Ingredients:

- 2 chunks of Spanish chorizo
- 2 Chicken Breast Fillets (small)
- 2 Chunks of Fresh Red Pepper
- Wooden Skewers x 2

1. Pan fry your chorizo chunk, chicken breast fillet and red pepper chunk.
2. Once browned, smother in sweet chilli sauce and place in a preheated oven (180 degrees) for approx 4-8 minutes.
3. Ensure chicken is cooked thoroughly.
4. Skewer your chicken, pepper and chorizo and serve on a bed on mixed leaf garnish.
5. Spoon over your remaining sweet chilli sauce from the pan and serve.

Chef, Tom Hudson, has worked in catering from the age of 14 and completed his catering qualifications at Craven college whilst working at The Grouse Inn at Oldfield. He is now completing a Nutrition, health & lifestyles degree at Sheffield Hallam University and is due to graduate this year.

# THE 3 ACRES

Formerly The Quarry House

FAMILY RESTAURANT, BAR & FUNCTION VENUE...

Great Food. Great Conversation & A Warm Welcome...

**10% OFF SATURDAYS\***

**BOOK A TABLE NOW...**

\*Book your table with us on a Saturday with 24 hours' notice & receive 10% off your total bill when spending £30.00 or more

CALL 01535 644895 TO BOOK

**THE PERFECT WEEKEND TREAT**

## Summer is Coming...

Why Not Join Us & Enjoy Our Beer Gardens or Children's Playground?




Food Served 11:30am - 9:00pm Monday to Saturday & 12:00pm - 8:00pm Sundays & Bank Holidays

BINGLEY ROAD, LEES MOOR, CROSSROADS, KEIGHLEY, BD21 5QE  
TEL: 01535 644895  
EMAIL: THESACRES@BTINTERNET.COM  
PLEASE VISIT WWW.THE-3-ACRES.CO.UK FOR MORE INFORMATION

# Bar NEW YORKIES Grill



Special Offer!

Buy one get 2nd half price\*

\*Milkshakes & Coned Icecreams. Conditions apply. Valid till 30/06/16.

**SERVING: STEAKS, BURGERS, HOTDOG, SLOWCOOKS, PANCAKES, WAFFLES, MILKSHAKES, SMOOTHIES, CHILDRENS MENU, BEERS & WINES.**

**59 CHURCH STREET, KEIGHLEY BD21 5HT**  
**FREE PARKING TO REAR**  
**TEL: 01535 613888**

**Staincliffe Court Luncheon Club.**  
**Lunch and socialise for over 50's.**  
Have a tasty, home-cooked, nutritious 2 course hot lunch and make new friends all in a relaxed and pleasant atmosphere. **Every Thursday - Staincliffe Court, Elliot St, Silsden.** Please call 01535 677177 to book a place. £4.00 per session.

**Church Green 50+ Ruggers meet in the Shared Church Hall (between Church Green & Morrisons in Keighley) on the first Wednesday in every month, 10.00-12.00hrs.** Men, women and beginners all equally welcome. £2 per session. Refreshments available in Age UK cafe next door. Phone Amy or Michael on 01535 669605 or email amy@oaktex.co.uk .

**Skipton Community Ladies Choir meet every Thursday evening (term time) in the Baptist Church Hall, Otley Street, Skipton.** No scary audition just come and join in. For more info call Glyn 01535 630735 or email greavessusan@sky.com or www.skiptonladieschoir.co.uk.

**First Wednesday in each month Breathe Easy Aire Valley at Community Hub, Stone Grove, Steeton. 1.45pm until 3.45pm** We are a local support group for people who have breathing problems. We welcome new members to come and enjoy a couple of hours with us. For more info. ring 01535 671259 or 01535 652493

**May - 4th Sept Keighley & District Photographic Association at Cliffe Castle Museum.** Displaying a selection of their members' works alongside our Alice in Wonderland



exhibition. Photography played a key role in Alice author Charles Dodgson meeting his muse Alice Liddell.

**Sat 7th & Sun 8th May 10am - 4pm Bronte Vintage Gathering** is an annual two day fun filled family event taking place at Haworth Road Cullingworth. The attractions this year include the Xtreme Stunt team, plus The Sheep Show, humorous view of dancing sheep! Dog agility display, terrier racing, clay pigeon shoot, Blackpool donkeys, SMJ falconry, various fairground rides, bouncy castles & slides. Vintage vehicles, trade stands, craft tent, Saturday at 5pm is the collectors sale in the adjoining field.

**Sat 14th May Craven Ramblers Coach Ramble to Goathland.** Meet 8.30 a.m. Old Bridge Ilkley GR SE 112 480 Cost of coach £15 pp. Meal in Topcliffe £15 pp before return to Ilkley. Details from Andrew 01756 795455

**Sat 14th May Silsden Methodist Church 10am to 4pm. An exhibition of Modern Quilting** with demonstrations by hand and machine. Various stalls. refreshments available all day.

**Sat 14th May 10.30am - 11.15am Readers (age 9-11)** Fun activities & talks at Crosshills Library.

**Sunday 15th May. Train rides for all the family.** Miniature passenger hauling trains running at **Marley sports field approx 13:30 until**

**17:00.** Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at [www.kdmes.org.uk](http://www.kdmes.org.uk)

**Thurs 19th May 7.30pm at Crosshills Library Conscientious Objectors in South Craven** - talk by local historian Floe Shakespeare. Tickets £2 01609 534502

**Sat 21st May Laycock Village Hall, The Rotary Club of Haworth & Worth Valley - Dinner with Dewhirst.** Ian Dewhirst is a local historian and his talk is entitled 'Notes from the back of Old Postcards! Tickets cost £10 each and this will include a fish & chip supper. Further details available from Rotarian Gordon Green on 01535 646232 or [green.oldfield@btinternet.com](mailto:green.oldfield@btinternet.com)

**Thurs 26th May 11am** Under 5's story telling at **Cliffe Castle Museum.**  
**Thurs 26th May Clarus Opticians, 46 Cavendish Street, Keighley 9.30am - 11.30am . FREE** drop in session - discussions on Cataracts. (includes cake & tea) Everyone Welcome.

**Sat 28th May The Bay Way Walk at 11 am starting and finishing at the Bay Horse Oxenhope.** Do you want to take part in our 7th annual sponsored walk? Circular 8 or 11 miles to raise funds for the Charity EMBRACE which support child victims of crime. Please contact Diane Watts to register on 07970 720068.

**Sat 28th until Mon 30th May KWVR Steam & Ale Trail** is a 5 mile long ale trail where you hop off at each station to enjoy a pint of fine Yorkshire ale from a selection of local breweries. With over 40 beers to choose from you can visit each station where each different brewery will be bringing their brewery bars where you can choose from their range of beers..

**Thurs 2nd until Sat 4th June Skipton Beer Festival** at Ermysted's Grammar School.

**Sat 4th & Sun 5th June 9.30am - 4pm Saltaire Vintage Home & Fashion Fair** at Victoria Hall, Saltaire With 40+ stalls of vintage loveliness for you and your home including genuine vintage fashion, such as 1940's tea dresses, 1950's prom gowns, jewellery, accessories, furniture, homewares, vintage vinyl, toys, books, kitchenalia and collectables, all from the 1920's to the 1980's.

**Sun 5th June Skipton Car Show** Retro, Classic, Hot Rod, Vintage, & American Cars in a free Car Show for all the family. Spend the day in Skipton with its fantastic local places to eat & drink. During the day there will be a Charity Auction in addition to a display of over 180 spectacular cars + 40 bikes.

**Sun 5th June Real Food Ilkley Market at Ilkley Town Centre.** Open-air market showcasing fine food and local produce, with live entertainment from local performers plus 'foodie' demonstrations. Hawkesworth Street, opposite the main town centre car park, from **10.30am to 3.00pm.**

# To Walk Invisible

Early in June, there will be a fabulous opportunity to see Haworth Main Street as it looked in the Victorian era AND to see a film set being built.

Sally Wainwright, the writer & creator of 'Happy Valley' and 'Last Tango in Halifax', amongst many others, is set to film 'To



Walk Invisible' in and around the village during the week after the Spring Bank half term. The film, a feature length drama,

is based on the lives of the Brontë family in Haworth. Wainwright suggests that this will not be the chocolate box image of a cosy village, but will show the 'true grit' realism of life at that time.

During the half term week itself, many of the shops towards the top of Main Street will be taken back to the 1840s. All of the shops will still be open while the transformation takes place giving locals and visitors this unique opportunity to experience the village at the time of the Brontës as well as seeing how a TV company creates a film set.

You may have seen the construction on Penistone Hill where a temporary mock up of the Parsonage and the Old School Rooms is being constructed. It's difficult

NOT to see it - it can be viewed from as far away as Harecroft, 4 miles from Bradford. It is being built as, during the period when the film is set, there were no trees around the building, and where many of the houses in the area now exist, there were fields - the area around the Parsonage looks very different today! At the end of filming, this new 'old' Parsonage is due to be completely removed by the middle of June!

The week after half term is when the filming takes place. Much of the upper part of Main Street (from the Black Bull Inn down to Lodge Street opposite the chocolate shop) will be closed to visitors and traffic between Monday 6th and Thursday 9th June. Arrangements are being made for locals and visitors to bypass this section, and a vintage bus will run during that time to improve access to the rest of Main Street as it will remain open throughout this time.

The production company will likely use local people as extras in the production and have prioritised people on Haworth Main Street who might like to be involved.

Follow the 'Haworth Experience' Facebook page to keep up with the latest developments.

The drama is due to be screened this Christmas on BBC1.

## ADP Joinery of Oxenhope

We specialise in fully fitted kitchens & room conversions. All joinery work undertaken.

**Free design service**

Call Andy Peacock  
07968 824 431 or  
Andrew Marsden  
07976 721 299



## PAR Masonry Services Limited



### Specialists in:

Pointing & Restoration, Building Cleaning, Weather proofing, Lime mortar, Stone & Brick Replacement

### Contact us for a free quotation

We are available to discuss any project and provide help and advice. We look forward to offering you the very best in craftsmanship and the highest quality of service.

Please contact **01535 648809**  
enquiries@parmasonry.co.uk • www.parmasonry.co.uk

**FENSA**  
Registered Company

**Bob Beattie**  
From a single window to a complete house

**PVCU**

**REPLACEMENT WINDOWS & DOORS**

**CONSERVATORIES...FASCIAS & SOFFITS....REPAIRS**

also replacement high security handles and anti snap locks

Tel:01535 646761 Mob:07973 846825

## Shaws Garage Doors

- Repairs To All Makes/Types of Garage Door
- Door Replacements • Remote Control Systems
- Roller Shutters

Call Simon Shaw on  
**07540 892959 / 01423 847957**  
www.shawsgaragedoors.co.uk  
We Now Accept Debit/Credit Cards

## Sudoku Solutions

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

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

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

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

## To Walk Invisible cast

Jonathan Pryce



Patrick Brontë

Chloe Pirrie



Emily Brontë

Charlie Murphy



Anne Brontë

Finn Atkins



Charlotte Brontë

Adam Nagaitis



Branwell Brontë

## P Jagger Blasting

SANDBLASTING & PRESSURE WASHING SERVICE  
APPROVED WOOD WORM CONTRACTOR



info@pjaggerblasting.co.uk  
www.pjaggerblasting.co.uk

01535 646783  
07976 721893

# Cobbles and Clay, the café that keeps growing and giving



Jill Ross behind the counter at Cobbles & Clay, 70-72 Main Street, Haworth. The café is open 7 days a week, 8:45am-5pm

Cobbles and Clay, the creative café located on Haworth's Main Street, celebrates its 10th year in business next month.

Within a decade Jill Ross and her team have established a convivial space for the community and its visitors, serving up scrumptious homemade cakes, soups, stews and lashings of lovingly prepared meals, in addition to thousands of scintillating cups of ethically sourced coffee and tea, not to mention some super smoothies!

Over the years, countless people have had a go at painting a pot, or mug, or a bauble of some description with a friend or loved one by their side. It is a kind of therapy. And also just good fun.

The café has been the location for numerous gatherings of groups and Jill has championed many special interests, from raising money for charity, hosting live music and local Open



Mic nights, fostering a fledgling Ukelele group, supporting festivals, Fairtrade fortnights, and various literary and creative meet ups.

Food, fun, creativity, and social engagement have played a big part in creating what is now a well established and valued local business.

I interviewed Cobbles & Clay owner, Jill Ross, who on the day was juggling her work and home life with what looked like to me, casual ease.

## **What made you decide to start Cobbles & Clay?**

*I have always had an interest in food, even from an early age, and one of my first jobs was working at Brown Muffs café in Bradford.*

*I have been a vegetarian, a macrobiotic, and I ran a wine bar in Guernsey in my twenties after University. Food has played a big part in my lifestyle choices and experiences.*

*I went into teaching, had my children, and a*

*homeopathy practice. That was all fine and good. But in the back of my mind I wanted to have a job that was more fun and creative.*

*I was coming up to a milestone birthday...and I decided it was a 'now or never' moment.*

## **What is important to you in the context of business and community?**

*I love the community aspect of it.*

*We have shared peoples special and meaningful occasions, from birthdays, to funeral receptions.*

*We have got to know young mothers and fathers, watched babies grow up to be toddlers and school age, and watched teens turn in to young adults setting off to University. My friend who has been coming to the café with her family for ten years says, "My kids have grown up on your lentil soup!"*

*And it is true. She started coming when she was pregnant. That kind of thing, well, It is heartwarming.*

## **In the 10 years, what has been the most gratifying thing about the business?**

*I do feel so fortunate. That is, when everyone has turned up on time for work and no ones off poorly. It is fantastic to have created a place where people can gather. Someone walks through the door and there is someone else here in the cafe that they know and they are so pleased to meet one another. And when the place is all buzzing. I'm really proud of that.*

*The staff development is gratifying. I've had apprentices for example, and now they can practically run the café; that feels good.*

## **Are there people you would like to acknowledge or thank for being supportive or your cheerleaders in the background?**

*All the staff, so many over the 10 years, some of whom have gone on to set up their own businesses; my suppliers, they've been supportive, but mainly the customers who keep coming back, and are now friends. Of course,*

*my family have been tremendous. They have been there through it all.*

## **What have you learned about yourself?**

*I have more energy than I thought I had; I'm surprised at my stamina.*

*I love being around all these young people. My daughters say that the girls in the café are like my surrogate daughters, and I suppose that is true. I've learned about technology. I couldn't even send an email before I took on the cafe.*



*I know it sounds funny but I can talk about the weather all day and I don't mind. I love the light and happy environment. And I don't feel like it is superficial, I really do like to greet people and have a friendly chat.*

## **You outgrew your first building and moved a few doors up the**

## **street? That was a bold thing to do.**

*Yes, there is lots more space here to expand and do new things on both levels.*

*Hosting special occasions, business meetings, away days, schools painting pottery trips, and we are toying with the idea of creating a kind of after school youth group where there is music, shakes, chocolate and activities.*

*The other difference is the investment in the new kitchen facility and dedicated professional catering staff. It steps it up a level and it is wonderful to have that kind of input.*

*We have more specials and a variety of interesting things on the menu. Our customers favourites, like Tuscan bean stew and Chilli con carne, have remained, and our commitment to a no gunk, no junk menu for children is as strong as ever.*

*It keeps getting better. And I am grateful to be celebrating 10 years. It is a fabulous place to be and I'm loving it!*

You can find Cobbles & Clay on:





# BUSINESS DIRECTORY

## Accountancy/Business related services

Accountax p21

Ask Andrina p21

## Aerials/Audio/TV

ADI p21

Digi-man Aerials p21

ILR p21

## Attractions/Groups/Events/Community

Bolton Abbey p6/7

Cath Bromwich p8

Gardening with Steve

Thorpe p16

KWVR p12/13

SSAFA p4

Sudoku p20

Yoga p18

Young Writers Club p10

## Building Services/Joinery/Repairs

ADP p27

Adrian Butterfield p19

Cobbydale p3

PAR p 27

Shaws Garage Doors p27

## Chiropody

Chiropody to your Door p19

## Cleaning / Domestic

Adele's Ironing p17

Craven Carpet Cleaning p17

Oven Clean p17

P Jagger Power Washing p27

## Computer Related

Bellbird IT p11

Computer Universe p9

DVD Conversion p11

ebit Technology p11

## Fencing

Worth Valley Fencing p19

## Fuel/Heating

Anchor Logs p19

Wharfedale Woodburning &

Multifuel Stoves p19

## Gardening

Green & Tidy p17

## Health & Mobility

Fenetic Wellbeing p11

## Holidays/Travel

Steel's of Addingham p14

## Locksmiths

Absolute Locks p3

24/7 Locksmith p3

## Opticians

Airedale Opticians p32

Clarus Opticians p5

## Painting & Decorating

Jacques Balson p17

R.P. Decorating p17

## Plumbing /Tiling/

## Kitchens

Adrian Butterfield p19

Cobbydale p3

Queensbury Kitchens p2

## Retail

Appliance Star p2

Office Furniture Outlet p21

Wharfedale Stoves p19

## Restaurants/Pubs/Cafes

Cobbles & Clay p28/29

New Yorkies p23

The 3 Acres p22/23

## Roofing

Micks Roofing p19

## Sandblasting

P Jagger p27

## Solicitors

Walker Foster p32

## Tuition/Schools

Keighley College p9

Kip McGrath p21

## Valeting

Make them Mint p17

## Windows

Bob Beattie p27



Worth & Aire Valley Magazines

Want to promote your business or organisation?

Call us on 01535 642227

How to contact  
Kris Hopkins MP  
for Keighley & Ilkley  
Churchill House  
North Street  
Keighley  
BD21 3AF  
01535 211152  
Kris.hopkinsmp@parliament.uk

# WORTH & AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Reach 20,000 households in Worth & Aire Valley



**SPECIAL OFFER: 3 for 2!**

**Go in 2 Groups, get 3rd one FREE!**

From only **£29.66** (+VAT) per magazine\*  
(\*1/8 page colour, 3 month commitment)

**Established in 2006 we are genuinely your local Community Magazine.**

- ✓ Local Business Directory
- ✓ Supports LOCAL Groups
- ✓ Puts money back in to the local economy

- ✓ Delivered through doors monthly
- ✓ Community News
- ✓ Business Profiles



## Here's what our advertisers say...

Advertising in the Worth and Aire Valley magazines has been critical to the success of my business. The magazines are highly rated by my customers and I have lost count of the number of people who tell me that they found me in these magazines. I have tried numerous ways to advertise my business but none of them have been as successful as advertising in the Worth and Aire Valley magazines. Sensible advertising costs and local content make these magazines a focal point in the local community.

Chris (Bristles Chimney Sweep Service)

I have advertised with the Aire Valley Mag now for a number of years to which I have had a fantastic response, I feel that the magazine is an honest publication that local people have learnt to know and trust. I know from the feed back that I have received from my customers that this little book is not only an interesting read but also provides a solid base for local business to promote their services. I can only thank Joanne and the team for consistently providing a quality publication that is well presented, has great distribution and is favoured above other such magazines that we receive through our letter boxes. May all your great work continue!

Steve Edwards, Managing Director,  
Cobbydale Construction Ltd, Silsden

Contact Us: 01535 642227 Email: info@worthvalleymag.co.uk

[www.airevalleymag.co.uk](http://www.airevalleymag.co.uk)



# An independent family run Opticians in Keighley & Cross Hills



**New Designer  
frames including:**  
Lindberg, Silhouette,  
Etnia, RayBan,  
Oakley  
Sports glasses

## We offer;

- Eye health advice
- Highly trained expert staff
- Dry eye assessments
- Fit all types of contact lenses
- Blepharitis management
- Individual frame fitting service
- Macular degeneration monitoring
- Visual stress tests
- Local professional Optometrists



**Airedale  
Opticians**

Keighley 01535 690077 Crosshills 01535 635856  
[www.airedaleopticians.co.uk](http://www.airedaleopticians.co.uk)

**Lexcel**  
Practice Management Standard  
Law Society Accredited

# WALKER FOSTER

*Solicitors*



## 'The Big Local Firm'

Wills from £125+ vat  
Lasting Powers of Attorney - £350 + vat  
House Protection Trusts  
Inheritance Tax Planning  
Free Home Visits  
Friendly Professional Service  
Estates Administered - Fixed Fees Available  
House Conveyancing - Ask us for a quote

**Est. 1919**

[www.walkerfoster.com](http://www.walkerfoster.com)

[info@walkerfoster.com](mailto:info@walkerfoster.com)

Contact:

**Stuart Rowland or  
Susan Weeden on  
01535 656000**

**Skipton  
01756 700200**

**Silsden  
01535 656000**

**Ilkley  
01943 609969**

**Barnoldswick  
01282 812340**

**BIG ENOUGH TO MATTER, SMALL ENOUGH TO CARE**