# AREVALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July/August 2016 DISTRIBUTED FREE TO HOUSEHOLDS AND BUSINESSES IN FELL LANE, EXLEY HEAD; KEIGHLEY, UTLEY, LONG LEE RIDDLESDEN, & EAST MORTON www.airevalleymag.co.uk

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The kids will be breaking up from school within the next few weeks. It's time for lining up the summer activities and family outings. You don't have to go far for an adventure...check out the Vintage Summer Bus (Page 13), enjoy Wind in the Willows at Bolton Abbey and Wild Wednesdays at the Bronte Parsonage.

Keighley BID brings the beach to Airedale Shopping Centre, including donkey rides and Punch & Judy! (Pages 16/17). Freebies in the magazine this month include a children's ice cream from 3 Acres, page 7; and The Octagon Bar in

Sandbeds launches Friday Fizz which features a coupon for a FREE mini bottle of prosecco for our readers; see page 9.

Have a super summer!



Liz Barker



#### TUFSDAY

WEDNESDAY

5.30pm or 7.30pm Long Lee Methodist Chapel Call/text Carla on 07881 953118

5pm or 7pm Oakworth Holden Hall Call Andrea on 01535 642319 Call/Text Barbara on 07582 468366

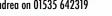
Riddlesden Reformed Church

#### **THURSDAY**

7.30pm

5pm or 7pm, Haworth Baptist Centre Call Andrea on 01535 642319

slimmingworld.co.uk 32 30 0344 897 8000



9am Keighley Catholic Centre Call/Text Lynn on 07800 865331

Consultant opportunities for new group openings are available for past and present members in the area, please call Carla on 01274 401339 for more details.

touching hearts, changing lives

#### SIMPLY COUNTRY COOKING

by Cath Bromwich



# CHOCOLATE FRIDGE CAKE



This is a real 'quikkie' that tastes very good.

I know this because people keep telling me so! I used

to be more of a purist with baking, but sometimes needs must, and I need quick and tasty gluten free options that I can take places and share with everyone. You see, this is a versatile recipe because you can make it with 'normal' biscuits or gluten free ones. Gluten free baking can take a little extra effort so again this is a really nice thing you can do for a friend if they need something gluten free. It is also so very nice for people with special diets to have something that they can share with others, eat the same as others, and that people come back for more.

#### **Ingredients:**

You will need a 20cm x 20cm baking tin lined with any baking paper.

- 100g Butter
- 1 Tablespoon Syrup
- 2 Tablespoons drinking chocolate or 3 dessertspoons cocoa
- 225g Sweet biscuits (gluten free or normal), beaten up into crumbs with a rolling pin
- 1 Handful sultanas
- 12 Glace cherries, sliced in half

For the topping:

- 50g Plain or milk chocolate
- 1 Dessertspoon milk

#### Instructions:

Gently melt the butter and mix with the syrup and cocoa.

Mix in biscuit crumbs, sultanas and cherries.

Press into lined tin, cool and then put in fridge.

When solidified melt the chocolate and mix with the milk, quickly spread on the top of the cake with a spatula, return to fridge.

Cut into 20 squares and keep in the fridge until eaten!

I have made and chilled this ready to eat in an hour but the longer it has in the fridge the better.

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

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## **CAN A WILL BE VARIED?**





What is a Deed of Variation of a Will? It is a legal document by which a beneficiary (over 18 years with mental capacity)

can vary the terms of the deceased's Will following death. The Deed must be in writing and made within two years of the date of death to be effective for tax purposes. When would you consider doing this?

Take the following example. Mary and Stanley make Wills in 1985 leaving everything to each other. If they have both died, their Wills provide that everything will go to their only child, Alan aged 23 at the time the Wills are made. Stanley dies in 2000 and his entire estate passes to his wife Mary. Mary does not change her Will when Stanley dies as she knows that it already provides that everything will go to their son Alan.

Mary dies in 2016 leaving an estate worth

£500,000. By that time Alan is aged 54, a widower with two children; Rita aged 28 and George aged 24. Rita is about to get married and start a family and George is looking to buy a house. Alan's own estate is worth £600,000. If Alan inherits from his mother's estate, the value of his estate will increase to £1.1 million and leave him with a potentially significant inheritance tax liability on his death.

So, what should Alan do? He doesn't need his mother's inheritance and is quite happy to pass this to his children. Alan could inherit from his mother's estate and gift his inheritance to his children as a potentially exempt transfer from inheritance tax; but, if he dies within 7 years of making the gift, the value of it is brought back into his estate for inheritance tax purposes and taxed accordingly. The best option is for Alan to enter into a Deed of Variation to his mother's Will. He can then ensure that the inheritance passes directly from his mother to his children without any worry of needing to survive for 7 years because the effect of the Deed of Variation is to read the gift back into the Will and deem it to be a gift direct from Mary to her grandchildren.

The above is a simple example. It is important to take legal advice before entering into any documentation that could affect your legal entitlement under a Will.

Mrs Maxine Heppenstall LLB (Hons) TEP, Walker Foster Limited



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PUMPKIN TRAIL 22 - 30 OCT
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## PEOPLE AT THE PARSONAGE



Summer is here and once again the Bronte Parsonage Museum is working with Keighley and

Worth Valley Railway to encourage residents and visitors alike to explore both local attractions. Helping us to develop partnerships like this are our newly appointed Outreach and Events Officers, Diane Fare and Lauren Livesey. Together with Sue, our Learning Officer, they are looking forward to forging new and stronger links with our audiences, both in the local community and beyond. This month we hear from Diane.

#### Tell us a little about yourself:

I spent many years teaching English Literature and American Studies at various universities before taking some time off work to raise my family. During these years I started volunteering for Hebden Bridge Arts Festival, eventually joining the Board and becoming the Volunteers Coordinator, which involves looking after the volunteers, running the box office and coordinating the Front of House staffing for festival events. I returned to part-time work with Calderdale Libraries and Museums Service last summer before joining the Parsonage team as a Museum Assistant in November.

#### Tell us about a typical day:

Lauren and I deal with group bookings, so we spend time responding to queries from all manner of groups – schools, colleges, coach parties, book groups, WI groups, family groups or friends celebrating a

special birthday – and suggesting ways in which they can enhance their visit. We are also responsible for Museum events, not only ensuring they run smoothly but also helping to develop the programme. One of the most exciting aspects of our new role is the prospect of building meaningful relationships with local community groups and other venues and cultural organisations across Yorkshire and beyond, and so we might spend some of our day discussing how best to make this happen.

#### What is your favourite item in the Museum's collection?

It's very difficult to limit myself to one item, but I find Anne's collection of pebbles from Scarborough beach very poignant, given that Scarborough became her final resting place, and perhaps also because I love that stretch of Yorkshire coast.

#### And your favourite Brontë novel or quote?

Jane Eyre is probably my favourite, perhaps because, like many others, it was my gateway in to the world of the Brontes, but I do have Agnes Grey on my bedside table at the moment, which I feel has been neglected and deserves more attention. I'm currently reading Charlotte Bronte's letters, and one of my favourite quotes is from 1845: 'I long to travel, to work, to live a life of action. Meantime, life wears away. I shall soon be thirty, and I have done nothing yet ...' How wrong Charlotte was!

#### Anything else you'd like to tell us?

Just that I'm very excited about this new role, and I'm proud to be part of a dedicated and enthusiastic museum team. Lauren and I are already looking ahead to the next four years of bicentenaries and are thinking about how we can build on our existing partnerships and forge new ones throughout Yorkshire and beyond.





## Brian thinks he needs a pension...



#### Meet Brian.

Brian has a bit of money in the bank and plans to pay off his mortgage before retirement. But his house has not increased in value as he expected and having just enrolled in the Company pension scheme he is now thinking that he would like to get all his affairs in order.

Brian decides to look into pensions and gathers up some information

"There is so much choice - Where do I start? Let's look at a simple personal pension" Brian thought.

"A personal pension portfolio gives you the opportunity to exercise choice on the journey to your retirement destination. You'll need to decide how much you can feasibly afford to contribute, and how much risk you're prepared to take"...("Eh? What risks?" thought Brian. "I don't want to take any risks. What does this mean?")

Still reading......"you may also want to think about what circumstances may change your **attitude to risk** and what other types of risks may affect your retirement provision. It is always best to seek financial

advice on such matters......" ("Oh here we go" snorted Brian "it's just a means of them making money.")

He slams the brochure down on the table "this is far too difficult" he moans. "Anyway I am now in the Company pension scheme. That'll do."

#### Brian has his mind changed—a little...

Later, Brian asks his colleague if he has a pension. "Yes" said Rich—"had one since I was 18 years old".

"Well you don't need that now then do you Rich, as there's a company scheme in place!" scoffed Brian

Rich was quick to respond "I do. My Mum had to go on working a long time past when she wanted to finish as she couldn't afford to stop, even though she was in the Company pension scheme. She had severe arthritis and was in pain all the time" he said sadly

"Best to understand what both a personal pension and a company scheme have to offer, I suppose, to make sure you have enough to stop work if you really have to." Brian goes away thinking. Eventually he decides to take some financial advice to see what is best for him.

#### Brian meets with a financial adviser

The adviser meets with Brian and advises

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"As you have a company scheme starting up, I will look into the details of this before advising you further on a personal pension. I want to give you the confidence that you have the right plans in place so that you have the chance of retiring or taking your pension, when you wish."

The adviser clearly and simply explains attitude to risk to Brian and looks at his current financial position. He takes his time understanding Brian's needs and considers his circumstances in the round.

"Well I really didn't think I needed an adviser before, but I am pleased I met with this one. It has straightened a few things out for me and I am now much clearer." "Yes, really nothing to be worried about at all" he said, sighing with relief.

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## Anniversaries abound!



It's nearly 150 years since the Railway first opened in 1867 and in 2018 we will be celebrating 50 years since the Preservation Society reopened the line in 1968.



Both events were all about connecting the valley: the first opening was to connect the mills and the

second for the villages, with local people not wanting to see their local Railway close. Since 1968 the focus has shifted as we now fulfil an important role preserving our industrial heritage and, particularly with us being known as the location for the filming of the Railway Children, our passengers want to understand the history of the line and relive a golden age of rail travel.

Making connections is still what we are about, and helping our passengers to appreciate all that the valley offers beyond a trip on the train is at the heart of a number of recent initiatives.

One such is that we are working with the Brontë Parsonage to fund jointly a vintage 'bus service running between Haworth Station, Main Street and the Parsonage over the summer. We are keen to make it as easy as possible for our passengers to enjoy both the Railway and the nearby attraction of Haworth and the Parsonage in particular, but we know that the hill can be too much of a challenge for some of of visitors. We hope that the combination of the 'bus, which is free to Railway Rover and Parsonage ticket holders, and the discount that we and the Parsonage are offering each other's visitors, will help drive - quite literally - more visitors.

At Ingrow Station, in partnership with the two societies based there, we have launched 'Rail



Story' which links the museums on the site with the Railway's station to explain to visitors the history of rail travel, with the Bahamas Locomotive Society focusing on the locomotives that haul trains, and the other focused on historic carriages, all restored to a fantastic condition, but which still run on Vintage Train days on the Railway. There are a number of launch special events planned, so please check the website for details, and we plan to develop the site further over the coming years to offer even more for visitors to enjoy.

I do hope that will join us over the summer and make use of the vintage bus service as well as see the developments at Ingrow progress. We run trains every day until 11th September and don't forget to apply for a local resident's discount card if you live in BD20, 21 or 22 to get the best value tickets.











# Meeting the Rise in Demand for First Aid Training

Business name: GEM Compliance Training
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## Q. Explain your business in the time it would take the kettle to boil or drink to be poured?

At **GEM Compliance Training**, we specialise in delivering accredited First Aid and other Safety training to support the compliance training needs for workplaces, groups and individuals. You can either book on to one of our public courses open to anybody wishing to book a place or places for a group. We can bring our training courses out to workplaces right across the Yorkshire region and wider areas.

## Q. Where are you based and why is it a good location for your business?

We have training venues based in Keighley, Skipton, Bradford & Bingley. Our office is based in Airedale Enterprise Services in Keighley which is a good central location to support the delivery of our public courses held in Yorkshire and the wider areas.

Q. How did you come up with the idea? My business partner and I have over 20 years' experience within the training industry mainly in the delivery and management of apprenticeships and compliance training. From time to time we had to seek externally to source

First Aid and other Safety training to compliment the apprenticeship we were involved in delivering. This proved difficult at times as there was not much option out there. It was during this period we realised there was a gap in the market for this type of training.

#### Q. What's unique about your business?

We pride ourselves on our approach in meeting our client's needs and offer flexibility to also run courses in evenings, weekends, something our competitors not always offer.

We provide public courses at four locations, open to anybody wishing to book a place(s) that offers more flexibility than our competitors.

We've integrated an online booking system into our website making it easy for our clients to book onto our public courses. We also work with community groups to offer low cost courses and where possible sourced funding to upskill the local communities.

#### Q. Biggest achievement so far?

Recently we were delighted to be given a Special Recognition award at the Keighley Business Awards for the Small Business of the Year category.



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#### Sudoku

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

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

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





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Summer 2016 Vintage Bus Tours - every Sunday in July & August bus tours will operate between Oxenhope & Haworth. For timetable and more info visit www.kwvr.co.uk/summer-2016-vintage-bus.

Wild Wednesdays at the Parsonage. Every Wednesday in the summer holidays the Bronte Parsonage will be offering drop in art & craft sessions. www.bronte.org.uk

Dementia Friendly Keighley classes are every Monday 11.15am -12pm at Central Hall, Keighley, BD21 3JD (£3 donation per session) More info call 07971 527525 or email info@ dementiafriendlykeighley.org.uk. Every Monday at 4pm (except bank holidays) Spring Walks - go walking with KHL. Short hour long walks around Devonshire Park, Cliffe Castle Park, River Worth & Parkwood. Starting from KHL, 13 Scott Street, Keighley, BD21 2JH (behind the library) More info call 01535 677177.

Games Morning At Keighley Healthy Living, 13 Scott Street Keighley. Every Thursday -10am until 12pm. Socialise over a cuppa, come and play some cards, dominoes & board

games. Relax with a newspaper. Find out about local groups & clubs. Please call 01535 677177 for more details

details.

Coffee Stop Every Friday 10.30am - noon at Trinity Church, Fell Lane, Keighley, Serving Fairtrade coffee & tea. Call in for a friendly chat.

Church Green 50+ Ruggers meet

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. . £2 per session. Refreshments available in Age UK cafe next door. Phone Amy or Michael on 01535 669605 or email amy@oaktex.co.uk

Mon 11th July and every weekday throughout summer Keighley & Worth Valley Cream Teas What could be nicer, than travelling through the beautiful Bronté countryside on a sunny Spring or Summer afternoon, whilst nibbling on a home made scone, jam and clotted cream and sipping a perfect cup of English tea (or coffee), served in finest china cups. www.kwvr. co.uk.

Sun 17th July 7.30 am - 9.30am
Bronte Sportive Bike Ride at Keighley
Campus. Sue Ryder Manorlands
Hospice also organises the Bronte
Mountain Bike Challenge.
www.sueryder.org/get-involved/
events/all-events/2016/july/brontesportive.

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

Sun 24th July 12 (midday)
Manorlands Paint Rush at Marley
Sportsground. The route which
is 5Km can be run or walked and
participants will pass through colour
stations along the way where they will

be pelted or sprayed with 7 shades of the rainbow.People can sign up as individuals, families or groups and places are limited. www.sueryder.org/manorlandspaintrush for more and to sign up Family funday after the event with music, food & bar.

Thurs 28th July Oxenhope Antiques & Collectors Society talk by Malcolm Oxley on Medieval Monks & Kirkstall Abbey starts at 7:30pm at Oxenhope Community Centre.

Sat 30th July to Mon 1st August
10am - 4pm Yorkshire Day Keighley
by the Sea. Indoor beach at Airedale
Shopping Centre & Church Green.
FREE family fun, Outdoor events &
activities at locations across town
centre. www.discoverkeighley.co.uk.
Sun 31st July 2 pm Concert at
Cliffe Castle Musem - Hurricane Blue
[Country Rock].

Mon 1st Aug 1.30pm until 3.30pm The Wonderful World of Bees & other Insects at East Riddlesden Hall. Learn more about Bees & other insects from expert keepers.

Mon 1st August 3pm Meeting Point at Trinity Church, Fell Lane. Afternoon Tea with entertainment from Mr Ken Brook and friends.

Tues 2nd August 1pm - 3pm Family Drop in Craft Activity at Cliffe Castle Museum.

Fri 5th August 1.30pm - 3pm Keighley Rotary & Dementia Friendly Singing Teapot Group at Keighley Healthy Living, Spencer Street. Sat 6th August 12 (midday)
Oakworth's Fairy Fest at Holden Park.
Sun 14th & 21st August 2pm
Concert at Cliffe Castle - Jasmine
Kennedy (accoustic singer/songwriter)
Sun 21st August. Train rides for all
the family. Miniature trains running
at Marley sports field approx.13:30
until approx.17:00. Steam and
electric trains providing trips for all
ages. Great family afternoon out.
Refreshments available. Details at
www.kdmes.org.uk/trains.htm
Mon 22nd until Sat 27th Aug The

Mon 22nd until Sat 27th Aug The Sunshine Boys at Keighley Playhouse. Comedy by Neil Simon

Weds 24th Aug 7.30pm Summer Outdoor Theatre - Much ado about Nothing at East Riddlesden Hall. Booking Essential. Call 0844 249 1895

#### Sat 3rd Sept Keighley & District Agricultural Show Family Day Out

- Everyone Welcome Fur & Feather -Pygmy Goats - Livestock - Equestrian
- Handicraft/Produce Horticulture
- Flowers Vintage Tractors Trade Stands - Craft & Local Food and many other attractions.

Sat 3rd Sept Train rides for all the family. Miniature trains running at Marley sports field next to Keighley Show, approx.12:00 until approx.17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at www.kdmes.org. uk/trains.htm

Mon 5th Sept 2 pm - 3.30 pm Meeting Point at Trinity Church, Fell Lane, Mr Maurice Baren "Up the High Street".

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#### Ingredients:

1 small beetroot
20g honey
15g Dijon mustard
1 garlic clove
25ml cider vinegar or white wine vinegar
Salt and pepper
120ml olive oil, plus extra to finish
40g whole almonds, skin on, roughly chopped
10g butter
1 endive
4 small nectarines; 20g rocket
120g gorgonzola, broken into pieces

The last time I was in London I treated my friend Nel to dinner at Ottolenghi's Nopi restaurant in SoHo. We were celebrating Nel's birthday, though I would have come up with any excuse to sidle over to Nopi; it had been on my 'hit list' for a while. The food was fabulous. However, I was surprised that it was the uber fresh salads that resonated with me for the days that followed, despite the more complex dishes being wonderfully sublime and equally worthy.

This Sweet Summer Salad is on par with the sentiment I am referring to as my Nopi experience.

Make sure the nectarines and cheese are

ripe and flavoursome; this is essential.

The beetroot dressing is dazzling red.

Rather than keeping it discrete, as here, you can also toss the ingredients in it.

### Serves four Method:

Preheat the oven to 180C/350F/gas mark 4. Wash the beetroot, wrap it in foil and bake for two hours, or until very soft, then peel.

To make the dressing, put the beetroot, honey, mustard, garlic, vinegar, salt and pepper in a food processor. Process for a few seconds, then incorporate a quarter of the oil at a time. It should be smooth and homogenous.

Sauté the almonds in butter and a pinch of salt for three to four minutes, then set aside to cool. Trim the base of the endive and carefully separate the leaves. Halve the nectarines, remove the stone and cut each half into three wedges. To assemble, spoon some dressing in a circle in the centre of a serving plate. Top with four or five endive leaves, hollow side up. Drizzle with oil and arrange the nectarines, rocket and cheese inside the leaves. Drizzle more oil around and about, and sprinkle with almonds.

source: www.ottolenghi.co.uk

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2.7

### Airedale Enterprise Services (AES) – proud sponsor & supporter of the Keighley Business Awards since 2013



Airedale Enterprise Services - Keighley's leading business support organisation offers business advice, mentoring & coaching to pre start, new start & existing businesses within Keighley and across West Yorkshire. Not just offering Business advice, AES delivers a range of training opportunities to businesses including a popular Social Media, HR, Telephone Sales, Sales & Marketing & ISO Quality Management Systems training full day courses.

Wendy Spencer - Business & Operations manager at Airedale has been part of the KBA steering committee since the awards started in 2013. Wendy is an integral part of the organising group setting the award and application criteria, collating the entries coming in and working alongside the judging panel to ensure the applicants are all judged in a fair & transparent manner. She said the Keighley Business awards are now an integral part of Keighley's calendar - the awards present a fabulous opportunity

to local businesses to showcase what they have to offer, whether retail, financial services, manufacturing, creative & digital or sole traders offering gardening services, they welcome applications from all businesses.

The 2016 glittering award ceremony was once again held at Victoria Hall in Keighley with Harry Gration from BBC's Look North as compere. The overall business of the year was awarded to Acorn Stairlifts.

Wendy and the KBA steering group would like to thank all of the sponsors who without their kind sponsorship the awards could not go ahead. This year's sponsors included Keighley BID (headline) Hayfield Robinson (Associate) and the category sponsors included Rotherwood Recruitment, Timothy Taylors, Barclays Bank, Airedale Springs, Feature Radiators, Keighley College, Waddington Turner Wall sols, Keighley News & Airedale Enterprise Services.

AES started trading in 1983 and have



AES is also the locally trusted organisation for Keighley Valley Big Local a £1m Lottery funded programme delivered on behalf of the Local trust. Big Local is a 10 year programme led by partnership of resident's from Keighley East Ward who plan to make the area a better place to live work & play.

trading for up to 2 years.

AES is also working on the Keighley Community Led Local Development (CLLD) project developing a strategy for Keighley (East, West & Central wards). They will be bidding for up to £6 million of European funding over 5 years, including leveraging in other public funds to implement the strategy and deliver local solutions that plug gaps in existing provision and address the challenges facing businesses that want to grow, potential start business start-ups

who want to work.

For more information about any of the above please call 01535 607775, email info@airedaleenterprise.org. uk or call in at the office Airedale Enterprise Services, Sunderland Street, Keighley BD21 5LE





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

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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 there 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

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