

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

June 2016



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Here we go....summer time!  
Make the most of the fair weather and get some sun on yourself. That may be as simple as sitting in your own garden or perhaps the local pub beer garden. (The Wuthering Heights has cracking views!)  
Three Acres has a good size play area for the kids to have a romp around and expell any excess energy. The Bay Horse is having a music and real ale festival (see below). Our centre spread features Haworth Festival; music, dance, comedy, and more. Check out the festival website & facebook for the latest developments.

Don't forget, Sunday the 19th of June is Fathers Day. (And there is a free pint on offer at New Yorkies... check out details inside.)

Mark your calendars for these early July events: the 3rd is the 40th Oxenhope Straw Race and the Bronte Parsonage hosts a weekend of poetry and fun too. Have a great month!



Liz

Liz Barker

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## APPRENTICESHIP IN ACTION (case study)

Adam Spilsbury started at Keighley College as part of the schools programme studying Motor Vehicle, after two years he moved onto a Level 2 Apprenticeship with a local employer. He now runs his own business in Keighley- Adam's Autos and has hired his own apprentice from Keighley College.

Adam enjoyed his time at Keighley College as it really prepared him for owning a business and built up his skills and knowledge on vehicles. "The college stood out to me because the tutors were so helpful and went above and beyond their roles to ensure that I progressed." Adam liked the locality of his course; he was able to meet a lot of like-minded people and knew a lot of people who were already studying at the college.

He already had a passion for cars before he started but this grew with the apprenticeship he undertook. "There are huge advantages to completing an apprenticeship; the skills you learn cannot be beaten and the combination of working on the job and the college theory side really

work well together."

Adam found his tutors to be inspiring and encouraging with his ambition to be an entrepreneur: "I cannot thank the tutors enough for their positivity and how they have helped to shape my skills for the trade." He had many opportunities throughout his time at college to learn about setting up his own business and it has always been Adam's ambition to be his own boss. "Once I had decided what I wanted to do the college helped me to develop the skills and ideas that I already had in order for me to feel confident in running my own business."

Now Adam has taken on his own apprentice, who also attends Keighley College and because of his expertise he knows exactly what to look for- "I wanted a forward-thinking problem solver who had solutions and ideas to fix the type of jobs you come across as a mechanic day-to-day." It is a very practical job and Adam knows that the skills are far beyond what you see on paper.

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## BEHIND THE SCENES AT THE MUSEUM



Kitty Wright

June is always a busy month at the Museum. In addition to the monthly free talk, late night Thursday and Parsonage Unwrapped event, on Friday, June 10th, Brontë Society members from all over the world will arrive in Haworth for their Summer Festival weekend and annual general meeting. Preparing to greet them all is the new Executive Director of the Brontë Society, Kitty Wright.

### Tell us a little about yourself:

I was born in the north of England – in Darlington, so my father always told me I couldn't play cricket for Yorkshire, where we lived for the first six years of my life. I grew up in Australia, as my mother was Australian and we moved there when I was six. I came back to Yorkshire in 1999 to work for the Arts Council. I studied journalism at university and have spent my working life moving between the arts, media and publishing. I'm really lucky to have made a career doing things I love and am passionate about.

### How long have you worked at the Museum?

I've just started here – day 2 as I write! - and I feel very privileged to have this job. But I've visited the Parsonage many times,

bringing friends and family, and have always loved it.

### Tell us about a typical day:

I don't have a template yet! But I love working collaboratively, and am looking forward to working with our talented team to help create things greater than the sum of our parts. I'm fascinated by the Society's many aspects – Literary Society, membership organisation, museum and guardian of an important collection, arts organisation, tourist attraction – and how we can meld those strands together to create really special experiences for our members and various audiences.

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

It has to be the miniature books, made by the Brontë children; an early sign of the extraordinary imaginations that were to blossom later.

### And your favourite Brontë novel or quote?

Charlotte's novel Shirley is wonderful. It's an amazing exploration of the role of women and gender, issues of birth, class and privilege, the impact of industrialisation...Charlotte asked important questions and explored issues while telling complex, vivid stories. And those issues and questions are still relevant today.

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

I can't wait to meet the people and businesses of Haworth and explore the things that we all value that make the village so special. I'm also looking forward to our first **Poetry at the Parsonage event on 2 and 3 July** – admission is free and everyone is welcome. I hope to meet many of you there!

Say you saw it in the Worth Valley Mag!

# Keeping the wheels turning



Keighley & Worth Valley Railway

**It's easy to take the railway for granted, what with trains being such a part of the fabric of the valley for so many years, with trains running on the branch line since 1867, bar the handful of years between 1962 when the Preservation Society was formed and was busily restoring the line ready for reopening in 1968.**

We now get to enjoy steam trains running every weekend, and daily from the end of May until 11th September, thanks to the efforts of the mill owners who built the line back in the 1860s, and then thanks to the vision of the founders of the Preservation Society in the 1960s.

With so much history, there is a very long and involving story to tell about the railway and its preservation, so we have been working with our partners based at Ingrow to establish 'Rail Story'. This brings together the Bahamas Locomotive Society's museum and learning carriage that focuses on the history of the steam engine and the Vintage Carriage's Trust Museum of Rail Travel, which lets you sit in – and sometimes travel in – their beautiful collection of historic carriages, explaining the history of rail travel. In Ingrow station building you can see the photographs of the work involved in bringing the station building stone-by-stone from its former

location at Foulridge on the Skipton to Colne line, because the original building at Ingrow was beyond repair. We have a series of events to mark the launch of this exciting new partnership and further details can be found on the website: [railstory.co.uk](http://railstory.co.uk)

We continue to hold events through the year, including cream teas in our sumptuous Pullman dining cars, and on selected summer Sundays you can enjoy our Vintage train special services. **On Sundays 5th & 19th June, 3rd, 17th & 31st July, and 7th & 21st August**, Vintage Trains will operate using some of the oldest locomotives and coaches on the line, many of which date back to Victorian times and rarely see public operational use.



Keeping the wheels turning, as well as the stations maintained to our usual high standard requires

a huge effort and we are always looking for more volunteers to join the team. We offer full training for a variety of roles, both 'front of house' working in the stations, shops, catering outlets as well as operating the trains; and many behind the scenes roles, maintaining the track, the locomotives and the rolling stock, as well as the administration involved in running an operation of this scale. *Matt Stroh*

**Please do consider joining us, and if you would like further information please contact us on [volunteer@kwvr.co.uk](mailto:volunteer@kwvr.co.uk) or by calling the office on 01535 645214.**

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**Hello**, it's Chris from **Bristles Chimney Sweep Service**. I would like to say a **big thank you** to all my customers for your business and I look forward to seeing you all over the coming months. If we haven't met, I hope you will consider Bristles this year for your chimney sweep service and perhaps we will meet soon.

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Say you saw it in the Worth Valley Mag!



# Hello Sunshine

Did you know UV and other radiation from the sun can harm your eyes?

Most of us wouldn't dream of sitting in the park or going to the beach without our sunscreen, but how many of us realise the importance of protecting our eyes from the harsh rays of the sun? Our eyes are as vulnerable from permanent sun damage as any other part of the body, with extended exposure to the sun's UV rays being linked to eye damage including cataracts (an estimated 20% of cataract cases are caused by extended UV exposure), macular degeneration, and photokeratitis which can cause temporary vision loss.

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. You should look for frames with a close-fitting wraparound style provide the best protection because they limit how much stray sunlight reaches your eyes from above and beyond the periphery of your sunglass lenses.

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that our patients wear sunglasses whenever they're in strong sunshine for longer than 10 minutes, from the middle of April until the end of September, when the levels of UV rays are three times higher at midday than they are during the winter. The levels of UVB during the summer can be as much as ten times higher. We also recommend that you should always wear sunglasses if you are sunbathing, gardening or outside for long stretches, and wear sunglasses if you are outside in the sunshine from 11am - 2pm, as 70% of the harmful UVB radiation we absorb occurs around this time. In the UK it is now illegal to sell sunglasses without a UV protection factor, we however recommend that all our patients wear sunglasses which block 100% of UV rays.

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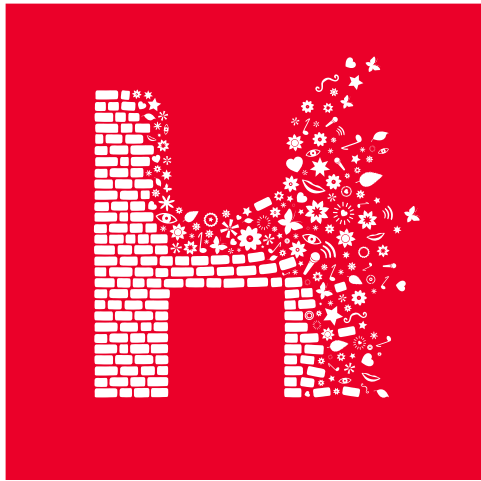
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## Haworth Festival 2016

Haworth Festival is back again with some great events lined up for your entertainment. Have a look at the programme and come along to whatever takes your fancy. **Most events are free. Tickets for those that aren't are available at Haworth Visitor Information Centre or Hawksby's on Main St. More Festival information can be found on [haworthfestival.org.uk](http://haworthfestival.org.uk).**

### Friday 17 June

Open mic at Cobbles & Clay, hosted by Andy Wood Free Entry 7.30pm  
Disco at Black Bull Free Entry



### Saturday 18 June

'Fun Drum' at Haworth Old Hall 2-4pm  
Free Entry  
'Kala Sangam' group at Cobbles and Clay  
7.00pm for 7.30pm



Due to a clash of event scheduling, an evening with Sally Wainwright has had to be moved to **Saturday 23 July**. All tickets will be valid for the revised date or full refunds will be given.

### Saturday 18 June cont..

Live music from Sapphire at the Black Bull 8.00pm Free Entry

### Sunday 19 June

Festival walk to Top Withens. Meet 10am  
Haworth Parish Church steps

'Captain of the Lost Waves' at Pied Piper Pianos. 18.30pm for an early start.

### Monday 20 June

Blues night at the Black Bull with Ben Waters, Martin Plock and Keystone Acoustic. Free entry 8.00pm



### Tuesday 21 June

Social run from the Parish Church steps, 5 miles, hosted by Jane Sedgewick, donations to Bradford Foodbank. 6:30pm start

### Thursday 23 June



"That 80's Show"  
Patrick Monahan returns to the Old Schoolrooms on Church St with his new show 7.45pm £8

Open mic session with Craig Priestly at the Black Bull with featured band Stovepipe, folk/rock with an Irish twist 8.00pm Free entry

### Friday 24 June

Film night at West Lane Baptist Church, 'Woodstock' 7.30pm £4 adults £2 concessions  
60s music at the Black Bull with live band Bag of Tricks

### Saturday 25 June

Haworth Ukulele Group Extravaganza at the Old School Rooms all day.  
Rubik playing at Cobbles and Clay during the day.

### Saturday 25 June cont...

Tony Wright at Cobbles and Clay 7.30pm £10.



### Sunday 26 June

Simon 's Disco featuring music from the 60s at the Black Bull 8.00pm Free entry



# THE YOUNG WRITERS' CLUB

Continuing with the theme of citizenship, the Young Writers' Club interview Kris Hopkins about his experience as an active citizen and Member of Parliament.

## What qualifications or background knowledge do you need to become an MP?

You need some expertise and experience but no specific qualifications are needed. Some of my colleagues are doctors, former soldiers, lawyers, teachers; they come from a variety of backgrounds.

## Do you have any special duties as MP?

My key job is representing the people of Keighley and Ilkley, though I have a special duty as the Vice Chamberlain of Her Majesty's Household, as well as being a senior government whip. I write to the Queen every day about what goes on in Parliament. At the State Opening of Parliament I take part in a ceremony and I have to walk backwards with my ceremonial rod. My colleagues find it humorous though it is a serious role. I am 'taken hostage' in Buckingham Palace while the Queen delivers her speech in Parliament.

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

When I was 16 or 17 I remember I stopped someone being bullied on the Keighley 713 bus. I knew it was wrong and felt I needed to step in. My parents were probably the biggest influence on me and taught me about active citizenship by their example.

## What is the best thing about your job?

There are lots of wonderful things about my job but the best thing is serving the public; helping people.

## What is the worst thing about your job?

The worst thing about my job is being away from home for sometimes four days in a row and not

seeing my family for that time. Another thing that is not very nice is encountering people who are rude; that makes me feel sad. We can disagree but it is not necessary to be discourteous.

## What is your typical day like?

There is never a typical day in my job although I do go to Downing Street every Monday and I sit on the front bench and watch and note everything being delivered by the government.



On a Friday I am in Yorkshire meeting people in my office or visiting them in the towns and villages in my constituency.

## What do you hope to achieve as an MP?

I want to achieve different things but mostly to create more employment and economic stability. We have already helped create 1000 more jobs in Keighley & Ilkley since 2010; also I would like to see more people getting the most out of education.

## What do you think is the best way to get young people interested in politics?

I think young people are already interested in politics but not in a way you would think: they care for people around them, they take an interest in an elderly neighbour or relative and are interested in having good jobs. By caring for the community they live in they show an interest in being active in society.

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

The simplest way is for them to join political parties but they could start off by getting involved in local activities or community groups. Join the scouts, or do something like picking up litter with others in the area. They can start with something like that and build on it with established organisations.

*Interview conducted and written by Toby, Sophie, Lainie and Chloe. The Young Writers' Club meets weekly in term time at Cobbles & Clay in Haworth.*

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# Less Stress with Yoga



You may have noticed that when you are happy and calm your breathing is smooth and even. When you are

anxious it becomes shallow and irregular. When you are frightened it is constricted, and you may feel tight in the chest.

Learning more about how the breath changes with your state of mind is a valuable skill in Yoga. Relaxed breathing techniques can positively affect the nervous system and how we feel. Your body is given an opportunity to have a more balanced exchange of oxygen on the in-breath for waste products in the form of carbon dioxide on the out-going breath in contrast to the quick shallow breathing you may experience during stress. Yoga teaches the control of breath over a period

"I felt as though it really gave me a sense of control the breathing. I surprised myself when I was able to switch off within a short period of time. To keep the mind still for a second is wonderful. Afterwards you can think more clearly and feel refreshed." Participant

of time. The systematic development of breath awareness allows you to gradually observe changes in both body and mind:

As respiration is usually an involuntary process care is taken to instruct newcomers to Yoga to adopt a relaxed attitude whilst working with the breath. You are taught, over a period of time, to become more aware of how the respiratory process works. Straightforward explanations of the function of the diaphragm and lungs help you to understand the breathing process. You recognise more consciously that deeper breaths assist the body to function to an optimum, whilst calming the mind, and how helpful this can be during periods of stress. Simple movements are integrated into the learning process, encouraging the complete use of the lungs and further helping to relax the breath. From an early stage slower, deeper breaths are incorporated into many yoga movements maximising the beneficial effects of both the physical movement and the breath.

Shelley Robinson 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 Practitioner, more recently working on a freelance basis. She is a British Wheel of Yoga teacher further accredited with Mandala Yoga Ashram - an internationally recognised centre, teaching the integral practices of Yoga.

Along with her other classes and one to one work Shelley will be continuing an evening class at West Lane Baptist Church, Haworth on Tuesday evenings 6.30 - 8.00pm starting from June. Ring 07957488639 or visit [www.shellyyoga.com](http://www.shellyyoga.com) for more information.

Information source: British Lung Foundation. Friedeberg J (1996) A Visible Wound. Shaftsbury : Element Books.

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# BronteCarlo challenge

Three local lads, Craig Dyson, Matthew Burtenshaw and Luke Jones will set off June 2nd in their Bronte-country themed Volvo to take part in a 2,000 mile race from Yorkshire to Monaco and back to support Manorlands Oxenhope and the Cystic Fibrosis Trust. The 'Monte Carlo or Bust' wacky team aims to raise £2,000 for the named charities. Visit [www.justgiving.com/teams/BronteCarlo](http://www.justgiving.com/teams/BronteCarlo) to support them.



Rachael Hancock

Aire Valley Mag deliverer Rachael Hancock, is donating her beautiful long hair to a worthy cause. Saturday, July 2nd Rachael will wash, dry and plait her hair, and her hairdresser will cut it off to send to the Little Princess Trust charity. As she says, "helping to give a child back their self confidence with a realistic looking wig and making them smile is so worth while!" It costs £350 to make a wig and that is Rachael's fundraising target. The Little Princess Trust - providing real hair wigs for boys and girls throughout the UK and Ireland that have lost their own hair through cancer treatment. This charity was started in memory of Hannah Tarplee who lost her short battle with cancer in 2005. When chemotherapy caused the loss of her hair her parents found it difficult to obtain a suitable wig in a child's size. After she died the charity was set up so that as many children as possible who needed help would benefit and receive a real hair wig free of charge as quickly as possible. **If you would like to support Rachael's fundraising efforts, please visit her mother, Gaynor Hancock's Just Giving page: [www.justgiving.com](http://www.justgiving.com)**

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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?

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 June 18th 2016.



Last month's winner was Peter Wharton from Oxenhope. The correct answer was Bronte Caravan Park Google Earth ©

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## Every Thursday at Holden Hall, Oakworth 1pm-3pm.

Oakworth Young at Heart is a social group for the over 55's, with a different event each week. Quiz, Speaker, Bingo, Trips Out, Fun Games, Dancing and much more. We look forward to welcoming new members, so do come and join us. For more details, call 01535 958915

## The Rotary Club of Haworth & Worth Valley meet every Tuesday at 7.30-8pm at Newsholme Manor, Oakworth.

**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.

## Tuesday's 1.00 till 3.00pm

**Pensioners Club.** Bay Horse Oxenhope - All Welcome.

**Church Green 50+ Ruggers meet in the Shared Church Hall 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 01535 669605 or email amy@oaktex.co.uk .

**Feb - Jan 2017 Charlotte Great & Small Exhibition** at Bronte Parsonage Museum.

**Tues 7th June 8pm Oakworth Village Society** Crowning of Gala Queen at Holden Hall.

**Weds 8th June 10am - 12 noon Victoria Park, Keighley National Child Safety Week Event** for Parents & Carers & children up to 5.

**Sat 11th June 1pm-4pm** Bring a

Picnic to **Haworth Park** and join in the fun celebrating the Queen's 90th birthday with the Friends of Haworth Park. For further information ring Gill on 646999.

**Sat 11th June, 2pm-4pm Come and celebrate the Queen's birthday** with tea & cake at St James Church, Cross Roads. Bring your children to a workshop to make a Queen's Crown! All welcome.

**Sat 11th June 7.30pm Keighley Korma at the Keighley & Worth Valley Railway.** www.kwvr.co.uk or call 01535 645214

**Sun 12th June 2016 11am - 3pm Old Oxenhope Farm, Oxenhope, BD22 9RL** is joining in with **Open Farm Sunday.** Your chance to see how a dairy farm works! Free gifts for the kids and our milk Co-op, Arla, will be here with samples of the products our milk is made into. There will be pigs and lambs too. Free admission.

**Mon 13th June Stanbury & District WI 7.30pm held at West Lane Baptist Church** Haworth Hearing Dogs by Katherine Luford - competition An animal ornament.

**Fri 17th June 7.30pm Gerry & the Hattricks Big Band Concert** with singer Michaela Smith. at St James' Church, Cross Roads. £6 including light refreshments.

**Thurs 16th June 5.30pm - 8pm Late Night Thursdays at the Bronte Parsonage Museum.** The Parsonage is a magical place after hours. During 2016, we will remain open until 8pm on the third Thursday of each month.

**Sat 17th until Sun 26th June**

**Haworth Festival. See pages 16/17 for full details**

**Sat 18th June Haworth Car Boot Sale 12-4pm** All weather Sport Pitch, Acre Lane, Haworth.

**Sat 18th June 7.30pm Cobbles & Clay, Haworth** Seasons of Life A physical tapestry of movement, music & spoken word.

**Sun 19th June 10 am Town Hall Square. Keighley Armed Forces Day** Then at Marley Stadium with 'War Horse' Re-enactment Team and "Men of Worth" Exhibition

**Sun 19th June Vintage Loco's & wooden bodies carriages at KWVR.**

**Sun 19th June The 3 Dales Mountain Bike Challenge in aid of Sue Ryder Manorlands Hospice.** This is a brand new sister event to the ever popular Sue Ryder Bronte Mountain Bike Challenge. More info www.sueryder.org/3dalesmtb

**Mon 20th June until Sat 25th June Men of the World at Keighley Playhouse.** A comedy by John Godber www.keighleyplayhouse.co.uk Box Office Tel: 07599 890 769 5 Devonshire Street, Keighley, BD21 2BH

**Mon 20th June Solstice Saunter at the Bolton Abbey Estate.** A picturesque 5 mile run on the longest day. Fundraising event for Manorlands Hospice. For more info www.sueryder.org.solsticesaunter

**Fri 24th June 7pm Ladies Shopping & Pamper Evening** (Oxenhope Pre-School) at Oxenhope Community Centre.

**Fri 24th June Haworth Cinema presents WOODSTOCK (15) at West Lane Baptist** at 7:30pm, adults £4, students £2.

**Sat 25th & Sun 26th June Haworth**

**1960's Weekend.** Bands, music, 1960's vehicles, entertainment, food, beer & cocktail tent. Visit Haworth 1960's Facebook page for more details.

**Sat 2nd July Oakworth Village Gala** Procession from Windsor Road at 2pm To School Playing Fields, Victoria Road. Stalls, rides, races. All Welcome

**Sun 3rd July Oxenhope Straw Race (40th Year)** To start at the Waggon & Horses www.strawrace.com

**Thurs 7th July Yorkshire Countrywomen's Association - Worth Valley Branch.** Olivia Walter of Wild Life Vets International - Talk entitled My Trek in Sumatra to remove tiger snares. **Community Centre, Oxenhope 7-30pm.** All welcome, £3 including refreshments.

**Fri 8th July Haworth Cinema presents THE REVENANT (15) at West Lane Baptist** at 7:30pm, adults £4, students £2.

**Sat 9th July 10am - 1pm Summer Fayre** (Oxenhope Pre-School) at Oxenhope Community Centre.

**Sun 10th July 10am - 4.30pm Keighley Model Railway Open Day.** Layouts in all gauges. Refreshments & Trade support. Clubrooms, Knowle Mills, South Street. Adults £3.50 & children £2.50.

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This is the time of year when we all take a look at our feet and consider wearing sandals. If our nails are looking uneven in colour or starting to thicken it could be the first signs of a nail infection.

### Fungal Nail – What is it?

Another name for fungal nail is



Onychomycosis.

This is a fungal infection which may cause toenails to thicken, discolour

and sometimes split.

Fungal infections can commonly be caused by dermatophytes (fungi e.g. Trichophyton Rubrum) sometimes, this condition coincides with skin infection, and athlete's foot (also

known as tinea pedis).

If left untreated fungal nails may also spread from one toe to another. The nails can become deformed, crack, and split.

If you are concerned and unsure as to whether the nail has any fungal elements, seek advice from a Foot Health Practitioner, Pharmacist or your GP.

For nail infection confirmation your GP may arrange for clippings of your toe nail/s to be sent for culture and if fungi is present to seek the specific identification of the dermatophytes.

Possible treatments may include oral drugs which include antifungal agents may be prescribed by your GP.

Another available option is to use topical therapies. Treatment may take several months and in some cases up to a year depending on the severity of the fungal infection and health status of the person.

Foot care recommendation is that you dry your feet thoroughly after bathing, including the toes (perhaps using an astringent between the toes would also reduce possibility of further infection), do not share towels, change your hosiery every day and do not walk barefooted as infection may spread.

Here's to a lovely summer.

Christine Harker, Heel2Toe

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# CHILL OUT THIS SUMMER



Wow! Summer's here and even if you're not lucky enough to be thinking about a beach holiday you'll be getting out lightweight clothes and sandals and pushing the boots and woollies to the back of the wardrobe.

There's something quite liberating about slipping on sandals - comfy or glam - after having toes squashed into tights and socks for what seems like an eternity. But honestly, are your feet and toes ready for the world? If not then a professional pedicure's the answer. You should expect this to include removing hard and dry skin, cutting and shaping nails, massaging feet and ankles, plus application of a finish of your choice. We recommend a Gelish finish because it's fast setting and gives up to 21 days of high gloss colour - even on the beach.

The need to remove unwanted hair becomes greater when we think about wearing sleeveless dresses and swimwear. Waxing exfoliates the skin whilst removing

hair at the roots. This means re-growth is slower and your skin remains smoother for much longer.

The application of LVL lashes, which lift and curl your own lashes and include a lash tint, can last up to 8 weeks - a real bonus for the summer months, especially for holidays because you'll not only look and feel glam but you won't need to use mascara! A spray tan is also a good idea before you go away - you don't need to be the only pale person on the beach - you can feel glam in your swimwear from the first day - safe in the knowledge that your spray tan will fade gradually as your natural tan develops.

And don't forget the kids. (As if you would!) The school holidays are a perfect time for ear piercing because the break allows you to monitor healing and ensure the necessary hygiene rules are followed. Do choose a Calfon registered and qualified therapist and ensure that homecare solution is provided.

Enjoy the summer!

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## HOW TO CONTACT KRIS HOPKINS MP

### Constituency office:

Kris Hopkins MP  
Churchill House,  
North Street,  
Keighley, BD21 3AF

t: 01535 211152

w: [Krishopkins.co.uk](http://Krishopkins.co.uk)

e: [kris.hopkins.mp@parliament.uk](mailto:kris.hopkins.mp@parliament.uk)

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