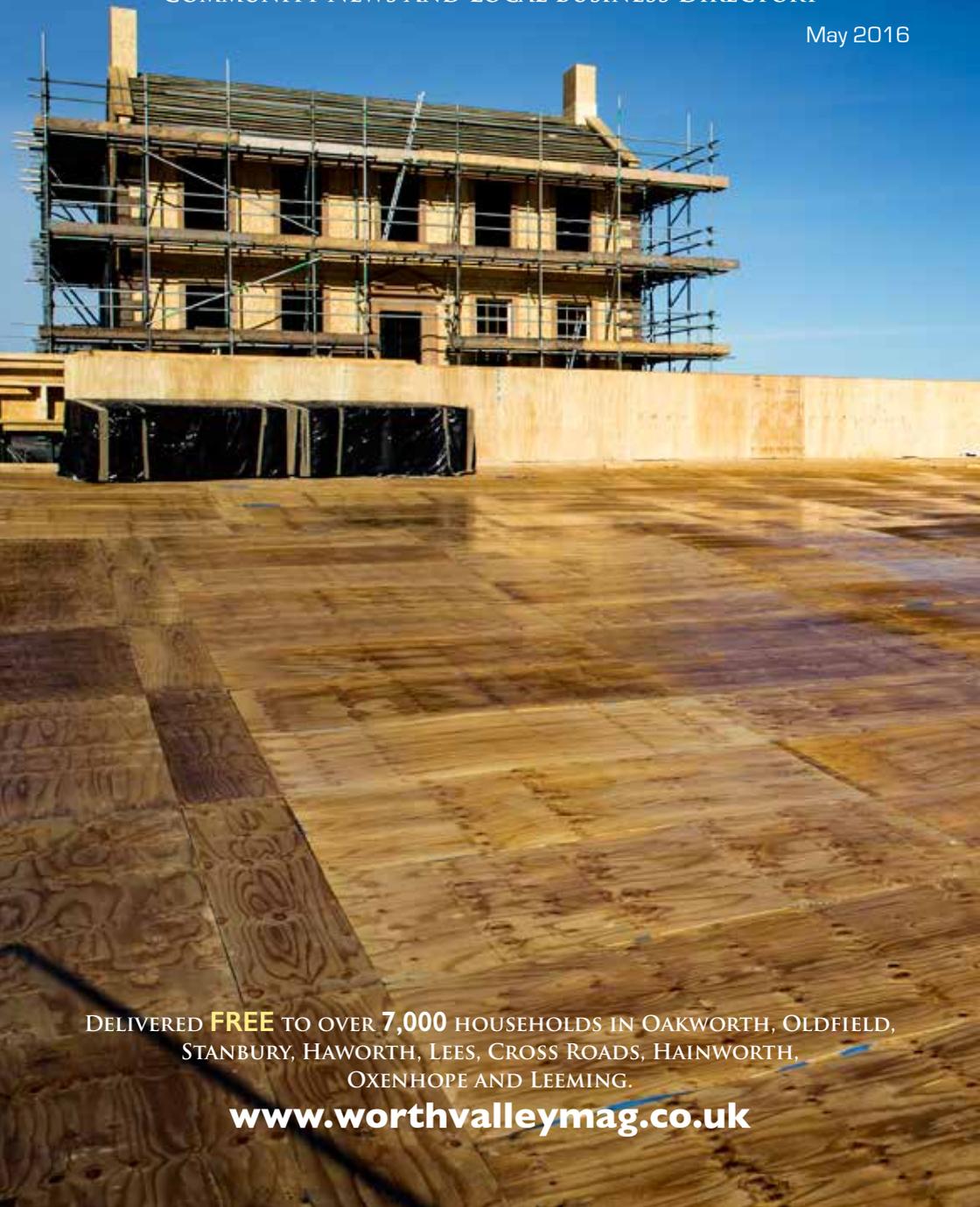


WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2016



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Excitement is in the air as the local community prepares to host the filming of Sally Wainwright's 'To Walk Invisible' in the weeks ahead. Our cover photograph of the Bronte Parsonage set being erected on Penistone Hill was captured by John Sargent, and no doubt we will see more of John's images as he records the progression of work being undertaken. See page 20 for what to expect as outlined by the Location Manager, Andy Morgan and Simon Packham from Haworth Experience.

May in Haworth means 1940's weekend. Save the dates 13, 14, & 15 and fingers crossed for a repeat of the glorious sunshine we experienced last year.

Have a great month!

Liz



Liz Barker

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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 though 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!

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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.

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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.

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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.



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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.

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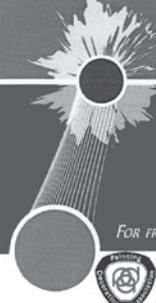
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PUMPKIN TRAIL 22 - 30 OCT
BONFIRE 5 NOV
FATHER CHRISTMAS 3, 4, 10, 11, 17, 18, 19, 20, 21, 22, 23 DEC
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Wind in the Willows at Bolton Abbey

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 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



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

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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.**

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Say you saw it in the Worth Valley Mag!

THE YOUNG WRITERS' CLUB

What is a ward councillor?

Ward councillors 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 councillors 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 councillor.



Russell Brown

How did you become a ward councillor?

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 Councillor?

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 councillor.

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 councillor?

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 at Cobbles & Clay in Haworth

This article has been written by Toby from Parkside School and Lainie and Chloe from Stanbury Village School.

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. Contact Liz Barker for details. 01535 642227



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Say you saw it in the Worth Valley Mag!

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



Sally Wainwright 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.

To Walk Invisible cast

Jonathan Pryce



Patrick Brontë

Chloe Pirrie



Emily Brontë

Charlie Murphy



Anne Brontë

Finn Atkins



Charlotte Brontë

Adam Nagaitis



Branwell Brontë

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Say you saw it in the Worth Valley Mag!

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, 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

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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
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Email your answer to:
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The winner will be selected from all correct answers received by May 18th 2016.

Last month's winner was **Isambard Oram from Oakworth**.
The correct answer was **The 3 Acre Google Earth** ©

Wallace & Gromit



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

1st & 2nd JUNE

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

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WORTH VALLEY



Say you saw it in the Worth Valley Mag!

COMMUNITY PAGES

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

Haworth Tennis Club rent the two tennis courts and pavilion at Rawdon Road's junction with Butt Lane. Unlimited use for members. All members are given a key to the court locks and pavilion door. The locks are changed every spring and members can exchange their key when paying their current member's subscriptions. Adult membership is £20 per annum, O.A.P.s. and juniors (under 17 or in full time education) only £10, family membership £50 and key deposit £5. For further info call Jens 01535 644444.

Tuesday's 1.00 till 3.00pm

Pensioners Club. Bay Horse Oxenhope - All Welcome.

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 .

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

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

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

Fri 6 May, Ann Dinsdale 'Oxenhope Connections in the Bronte Novels' at St Mary's Oxenhope. Tickets £5 on the door.

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. This will be our 18th year and over that period we have raised over £340,000 for Manorlands Hospice. 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, community stalls in the Old Spot bar marquee and Catering to suit all tastes. Saturday at 5pm is the collectors sale in the adjoining field. Free entertainment with live band in the bar marquee on Saturday night Auction of donated goods Sunday at 2pm.

Sun 8th May Family Pop up Fayre at The Old School Rooms, Haworth 12-5pm. Art, Design, treats, vintage etc.

Mon 9th May Stanbury & District WI 7.30pm held at West Lane Baptist Church Haworth. How it all began - Maurice Barends. Competition A Vintage Tin.

Fri 13 to Sun 15th May Haworth 1940's Weekend.

Sat 14th May St James' Church Cross Roads/Lees are holding an Arts and Crafts table top sale and are looking for sellers who would like to rent a table top. Funds raised are in aid of the church roof appeal. Anybody interested Please contact Mr John Calvert on 01535645234 - 07761011064 or email calvrtphotoman@aol.com

Thurs 19th May at 7.30pm in Oxenhope Community Centre, Shaw Lane, Oxenhope. Come and join us at our popular annual **Plant & Cake sale.** Members have been busy growing seeds, dividing plants and taking cuttings for our annual plant sale. Grab a bargain for your garden, safe in the knowledge that it will definitely grow in Oxenhope! We will be serving home-made cakes and refreshments. Entry £3 non-members.

For more information about the club visit www.oxenhopegardeningclub.co.uk
Fri 20th May Haworth Cinema presents ROOM (15) at West Lane Baptist at 7:30pm, adults £4, students £2.

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

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.

Thurs 26th May 11am Under 5's story telling at **Cliffe Castle Museum.**

Fri 27th May Haworth Cinema presents THE REVENANT (15) at West Lane Baptist at 7:30pm, adults £4, students £2.

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.

Sat 28th until Mon 30th May 10am - 4pm Haworth Craft Fairs at the Old School Rooms, Haworth.

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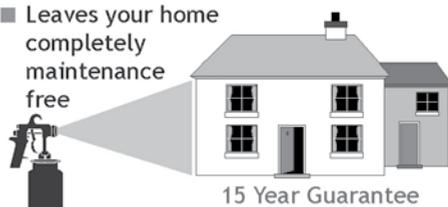
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Less Stress with Yoga



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

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

- 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 for more information.

Information source:

NHS Choices
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How to contact
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North Street
Keighley
BD21 3AF
01535 211152
Kris.hopkinsmp@
parliament.uk

To advertise call us on 01535 642227

Upcoming Haworth Village events...



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.



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



HAWORTH STEAMPUNK WEEKEND
18th, 19th & 20th November 2016



HAWORTH Victorian Christmas
Join us for a magical Christmas in our historic village...
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
Traders 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: @haworthxmas @HaworthSteampunk @HaworthFestival @1960sHaworth @Haworth1940s @HaworthXmas
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