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ads in the magazine. The simple answer is, because our aim is to help local businesses find people like you who need local goods and services. Each ad represents a local person, organisation or business service. The Worth Valley Mag is a trusted source for linking buyers and sellers or service providers. This month there are over 70 businesses, organisations and services included in our pages. For example, you will find information about educational courses and events at Keighley College & Shipley College, a soft furnishing Open Workshop with Pauline Keenoy, and as things continue to open up, our community listings will grow too. Visit Bradford have put together suggestions for ways to enjoy the best the District has to offer. Other

I'm sometimes asked why there are so many

contributers include the social prescribing service, Treacle.me, a really helpful resource for health and wellness based locally. On behalf of all of our advertisers,

thank you for supporting local life!

















Liz Barker, Editor

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Free Courses in Rail Engineering NVO in Railway Engineering Track Maintenance

About the course:

Shipley College is working with Platinum Rail to deliver a Sector Based Work Academy. This 6-week course is 70% practical and will take place in your local area.

Every day over four million journeys are made across the 20,000 miles of track in England, Scotland, and Wales. Britain has Europe's fastest growing railway and needs trained, hard-working individuals who are prepared to work round-the-clock to keep the system moving safely, reliably, and efficiently.

You will be invited to an information and guidance day to find out more.

Length of course & time commitment per week:

This course runs for 6 weeks from Monday to Friday (with an option to complete a further 2 weeks PTS/TIC). Please enquire for future dates.

What you will do:

In the first six weeks, you will complete the following:

- Level 2 Certificate in Rail Engineering Underpinning Knowledge
- Level 2 NVQ Diploma in Rail Engineering
 Track Maintenance
- NCFE Level 1 Employability Certificat

After the 6 weeks if you have successfully passed the course, you have the option to complete the PTS/TIC course which covers:

- Personal Track Safet
- Manual Handling
- Safety Awareness
- · Fire & First Aid Awareness
- Track Induction Course (TIC

No costs included:

This is a free course for anyone who is 19+, in receipt of benefits and actively seeking employment. The College will fund all required PPE needed for the course.

How to Apply:

To apply call us on **01274 327239** or email **backtowork@shipley.ac.uk** Salt Building, Victoria Road, Saltaire, Shipley, West Yorkshire, BD18 3L0 www.shipley.ac.uk









The **Industry Barista** at Mill Hey was initially birthed from the creative stable of Joeseph Slack, A.K.A. Industry Barber, along with sister, Rebecca Slack, and it has steadily grown into a popular local lifestyle lounge.

Keeping it in the family, Haworth residents Joanne and Darren Sutcliffe have taken over the reigns from their son in law and will continue to maintain the quality vibe of the original coffee house concept, serving up live music, a fully licensed bar, homemade cakes, light snacks, retro games & community events. Joanne enthusiastically tells us about the Barista's commitment to support other local businesses: "Our coffee is roasted up the road at Cloudgate Coffee and we also use Seasons Coffee based in Silsden: both are small batch coffee roasters. Our amazing cakes and cheesecakes are made by local 'Cheesecake Queen' Julie Dyson, and we are always looking for ways to support suppliers from the area."

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When it comes to beer, the list is long and illustrious at Industry Barista, sourced from from Vocation Brewery, Hebden Bridge, SALT Brewery, Saltaire, Goose Eye Brewery, Wishbone Brewery both Keighley based, a couple of Yorkshire based breweries, Small World Brewery, Huddersfield and Abbeydale Brewery, Sheffield, to name just a few.

As previously mentioned, music and events are an important mix within the Barista's offer which includes Sunday Acoustic Sessions and on the last Wednesday of every month, a Spoken Word and Poetry Evening hosted by local lass, 'Bernie the Bolt' Poetress. Starting in November, a quiz evening will take place on the first Wednesday of every month. Look out for more details on Facebook and Google.

Industry BaristaOPEN Thurs through Sun

12pm til 10pm. (Weds open for events) 5 Mill Hey, Haworth, Keighley BD22 8NQ



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As the UK's largest Roller Garage Door installers, Garolla are taking the nation by storm with their high-quality products and unmatched customer service. Combining premium roller garage doors with skilled local installers, Garolla have made it easier than ever before to completely transform your home's exteriors and with their **new Keighley branch just opening**, Garolla are now more local than ever!

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Sudoku

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To solve a sudoku puzzle, each row of nine squares must contain the numbers I through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers I through 9.



Every Thursday I-3 pm The Shed

at Oakworth Village Hall. New members welcome. Learn, practice or share your skills.

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth

Village Hall. New members are welcome to this friendly group.

Mondays I - 3pm Keighley Tea Dance at the Civic Hall.

Well-being Wednesdays

I -2.30pm at Cliffe Castle Park, Keighley. Every Wednesday (term time) for

adults. Relaxing wellbeing, nature walks, arts & crafts, campfire cooking, Tai Chi. Places are limited so book your free place www.getoutmore.co.uk/takepart/wellbeing. Keighley Mens' Forum meet on

Thursday 10.00 until 11.30, October till April, at the Keighley Playhouse, entrance on the corner of Devonshire Street and Scott Street. Annual sub is £5 with £2 a week to cover coffee, biscuits, a speaker and great company. If you require any further details please contact Martin 07581 575749.

Sun 14th Nov Remembrance

Sunday Services I Oam Keighley Shared Church 10.45am Holden Park, Oakworth. I Iam Town Hall Square, Keighley

Sat 20th & Sun 21st Nov 10am -**5pm Haworth Craft Fairs** Old School Rooms, Haworth

Mon 22nd until Sat 27th Nov Give

a Little Love at Keighley Playhouse

Thurs 25th Nov 5 - 7 pm Keighley **Christmas Lights Switch** on Market Street Car Park

Thurs 26th Nov Oxenhope **Antigues & Collectors Society**

7.30pm at Oxenhope Community Centre, Shaw Lane, BS22 9LH. Speaker: David

> Allen - Exploring Your Antiques and Collectables - Bring along something to be discussed and have it valued (optional). Visitors welcome - For more info contact Christine on 07974 785489

Sat 27th & Sun 28th Nov II am - 4pm Keighley Town Council

Christmas Market Stalls &

Carol Singing Church Green Sat 27th & Sun 28th Nov 10am -**5pm Haworth Craft Fairs** Old School

Rooms, Haworth

Sat 27th & Sun 28th Nov Light Up **Haworth Weekend**

Fri 3rd & Sat 4th Dec Christmas **Concert The Vicar of Didley does Christmas.** West Lane Baptist Amateur Operatic Society.

Sat 4th Dec Oakworth Village

Christmas Fair at Holden Hall

Sat 4th & Sun 5th Dec Haworth by **Torchlight Weekend**

Sat 4th & Sun 5th Dec 10am - 5pm Haworth Craft Fairs Old School Rooms, Haworth

Sat 11th & Sun 12th Dec Christmas **Music in Haworth Weekend** Sat 11th & Sun 12th Dec Wreath

Making Workshops at the Bronte Parsonage Museum, see p13.

BEHIND THE SCENES AT THE MUSEUM

Haworth Main Street dressed for filming Sally Wainwright's 'To Walk Invisible.' (photo by John Sargent)

Mondays and Tuesdays, when we close to the public, are often just as busy as the rest of the week. We use these days to conduct private tours - exploring the Parsonage in the company of our Principal Curator is a very special treat for Brontë fans - but in recent months we have also welcomed a significant number of production crews making a wide range of content for film and tv. We are looking forward to The

Return of the Railway Children and a new film about the life of Emily Brontë in the spring, but you can also look out for the Parsonage and some of its cast in programmes including The Brontës' Yorkshire with Mariella Frostrup, Escape to the Country and Our Great

Yorkshire Life with Christa Ackroyd. The Brontës have long been a source of inspiration for the screen. Following the success of Wuthering Heights with Laurence Olivier and Merle Oberon in 1939, and Jane Eyre with Orson Welles and loan Fontaine in 1943, studios decided to turn the cameras around and focus on the lives of the Brontës themselves. The result was Devotion, released in 1946. It is a romantic, sweeping bodice-ripper of a movie, in which Haworth is a village of half-timbered and thatched cottages, the Brontë girls wander on the moors in their nightgowns, Emily's fierce bull mastiff Keeper becomes an Old English sheepdog,

and a love triangle is invented between Charlotte, Arthur Bell Nicholls, and Emily. Truth, fact and biography did not have starring roles!

Seventy years later, in 2016, Sally Wainwright made her own Brontë biopic, To Walk Invisible. It was as down-toearth gritty Yorkshire as Devotion was Hollywood glamour. Many readers of this magazine will remember how Haworth

> Main Street was 'dressed' with muck. slurry and snow, and the recreation of the Parsonage on Penistone Hill which, that spring, attracted almost as many visitors as the Museum! Parsonage staff were invited to the first cast read-through at

Manchester's Granada Studios and were also offered a cameo appearance in the final scenes, something which was exciting to see for the first time at the Bafta press preview.

We were reminded of that busy and exciting time just last week, when actor Luke Newberry, who starred in To Walk Invisible as Charlotte's publisher George Smith, visited the Museum. He signed our VIV (Very Important Visitors) book, adding his name to a list which includes Gemma Arterton, Colin Firth, Vanessa Redgrave and Joanna Lumley.

Rebecca Yorke~ Brontë Parsonage Museum



Unleash your creativity at the Brontë Parsonage Museum! Join us for a festive

wreath making workshop

Saturday 11 & Sunday 12 December 2-4pm

Booking essential: please visit www.bronte.org.uk/whats-on



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12 13

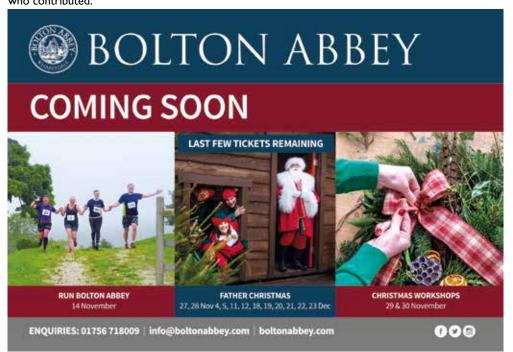


A conversation between two nurses at Harrogate District Hospital led to individuals and businesses in Haworth raising money to purchase two hundred care packs for patients.

Rita Verity from Sonia's Smile in Main Street was in the Intensive Care Unit after complications from surgery at Airedale Hospital. On a life support machine and unable to communicate, it was several days before she mentioned to the nurse that she'd overheard them talking about their fundraising and offered to help. Enlisting Pam Howorth from Oh La La who put out the request and organised the effort with Josie Price from The Weavers Guest House, £600 was quickly raised enabling Airedale and Harrogate to each receive one hundred packs.

Visiting Haworth to collect the toiletries, representatives from both hospitals expressed their thanks and discussed other ideas for fundraising; a bed push up the street was mentioned!

Both hospital charities provide many things not covered by the NHS and rely on public donations. Rita wanted to say thank you for the amazing care and dedicated staff and is grateful for everyone who contributed.







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It's a wonderful time of year to go exploring in Bradford and district. Take full advantage of these autumn winter activities and create some great seasonal memories.

Explore Bradford district parks and woodlands while taking in

nature and the seasons. Judy Woods and St. Ives Estate in Bingley are two beautiful places to visit, with the crisp leaves underfoot and the trees at their vibrant coloured best. Experience some lovely weekends at NT East Riddlesden Hall. where the welcoming gardens and intimate house provide a haven at this busy time of year.

If you're looking for a dazzling season of live entertainment visit Bradford Theatres. Brilliant new musicals, top comedy and superb drama and of course the legendary Pantomime are among the highlights of the season. This year sees Billy Pearce joined by Dr Ranj in Sleeping Beauty, a theatre





experience not to be missed! Christmas lights will illuminate our high streets from November, adding a little sparkle to your shopping days. Bradford's Christmas lights will be switched on with a flourish on Saturday 13th November. Twinkling lights, beautifully decorated festive shop windows and four weekends of festivities will take place around Haworth, beginning on 27th November with the magical Light Up Haworth weekend.

With the festive season just around the corner events are returning, look out for the magical Saltaire Living Advent Calendar, lighting up windows across the



village from 1st December, and a new interactive virtual trail in Ilkley, perfect for keeping the kids entertained as you explore the stylish shops and inviting eateries. As autumn turns to winter and you crave comfort foods, you'll find delicious and seasonal fare in the district's exciting restaurants and cafés. Whether it's a pumpkin-spice latte, a hearty stew, or a warm slice of gingerbread, there's something to please everyone.

To create your home-made favourites, pick up fresh seasonal vegetables at the Farmers Markets in Bingley and Baildon, as well as



at Real Food Ilkley, and prepare some tasty delights like a warm soup or a scrumptious cake.

Stay cosy and relax for a few hours on the comfortable settees of the independent Ilkley Cinema and watch a great film. Go to the National Science and Media Museum's IMAX or the Pictureville Cinema, the only remaining UK facility that can show 3-strip Cinerama, for a completely immersive movie experience.

Get creative at a variety of fun arts and craft workshops for beginners and confident makers. Visit Bingley's Craft



House for weaving and stitching inspiration,

Saltaire's People **Powered Press** for large-scale letterpress works, Salt Pots and Cobbles and Clay for friendly family



focused pottery painting sessions, or Mrs Duttons Wondrous Workshops in the heart of Ilkley to learn a new skill or polish an existing one.

For more great seasonal ideas, go to www.sparklingbradford.info





Treacle

One of the main things I have learnt from listening to attendees of the It's Worth Talking About peer support groups is that we must try to be kind to ourselves during the grieving process.

Grief is a unique, individual and unpredictable process. Whilst peer support and talking enables us to learn from others

experiences, we must not compare our feelings and emotions to others.

Person by person grief is different based on the context of its importance, and whilst being kind to ourselves is essential, it is not a prescription that will cure you. It is more of a mechanism to get you through what is

often a lifelong process.

Many of people I've met struggled with being compassionate to themselves, often beating themselves up emotionally, mentally and sometimes physically because they've tried to 'be strong', hiding any emotion, refusing help, trying to 'move on' and not allowing sufficient time to adequately heal. Being able to accept the variety of emotions, ask for help and give yourself time are important parts of the self-care grieving process and yet so many people

Being kind to yourself, just doing what you can day by day is enough, you don't need to rush it and you don't need to forget the bereaved just because they are no longer here. Embrace them like they are if you need to, speak about them, even to them

hold the typically British 'firm upper lip' and

'carry on regardless'.

and remember the good and bad times. Most importantly do not be apologetic about how you deal with how a loss affects you because in the end it's yours and nobody else's.

Please do not suffer alone. Along with information on Its Worth Talking About, there are 14 different support services linked to bereavement on treacle.me, the local social prescribing resource created by Advanced Nurse Practitioner, Helen O'Connell. Simply look under the bereavement arrow

in the yellow section of the support wheel on the website. Treacle covers situations ranging from specific support for bereaved parents or children, to support for families after suicide or for people who are widowed at an early age.

If you need help, then be kind to yourself and try Treacle today.



Ryan Anderton from Keighley founded *It's Worth Talking About* support groups.









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Ingredients

100g/3½oz butter, plus extra for greasing 100g/3½oz plain flour
1 tsp Dijon mustard
1.2 litres/2 pints full-fat milk
75ml/2½fl oz double cream
1 bay leaf
400g/14oz mature cheddar, grated
pinch freshly grated nutmeg
500g/1lb 2oz dried macaroni
100g/3½oz chopped smoked bacon or
smoked pancetta cubes
60g/2¼oz white breadcrumbs
50g/1¾oz Parmesan, grated
salt and freshly ground black pepper

Method

Preheat the oven to 200C/180C Fan/Gas 6 and grease a 35x20cm/14x8in ovenproof dish...

Melt the butter in a large saucepan over a

low heat. Stir in the plain flour and cook for I minute. Add the mustard, take the pan off the heat and gradually whisk in the milk and cream. Add the bay leaf.

Put the pan back over the heat, stirring constantly, until it boils and thickens. Take the pan off the heat again, remove the bay leaf and add the cheddar. Stir until the cheese has melted. Season with lots of black pepper and some nutmeg.

Bring a large pan of salted water to the boil and stir in the macaroni. Cook for 10 minutes, or until al dente, drain well and add to the sauce.

Fry the bacon in a frying pan until crisp. Stir into the macaroni cheese and pour the mixture into the ovenproof dish.

Mix the breadcrumbs with the Parmesan and scatter over the top. Bake for 25–30 minutes, or until golden-brown and bubbling. Serve immediately.

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Sudoku solutions

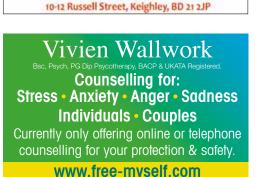
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Yorkshire Loft Ladders, Quality You Can Trust

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality,

Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will tum up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge

amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our oveniding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!'

So, if you want to make use of your loft space, however big or small, call Warren on 0800

612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft.





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