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As our routines settle into a new season, sweater weather prevails, logs are stacked, coal stores filled

and larders are prepared for winter ahead. We are mindful of the challenges that many face with increasing energy bills and a significant rise in the cost of living. The Worth Valley community recently came together to consider ways to alleviate the concerns of residents and offer solutions. Please read more on page 14 and contact your Ward Officer, Sally Teasdale, sally.teasdale@bradford.gov.uk tO get specific advice and support if needed.

On a more positive note, there are many free local events and happenings to enjoy this month. Haworth hosts another Steampunk weekend and Haunted Halloween. The Keighley Arts and Film Festival is also well worth a visit.

Have a lovely October! Liz



Liz Barker, Edito

















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- Corns
- ✓ Arch and knee pains
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- ✓ Limb length discrepancy
- Tendonitis
- Ingrown toe nails
- Plantar Fasciitis



Dementia

Friendly





and Sat 17th Dec ~ 3pm to 5pm **Table Centrepiece Extravaganza!**

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ROSA RUGOSA
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The Kitchen Café present

Christmas wreath

workshops:

Fri 18th, 25th Nov ~ 7pm to 9pm

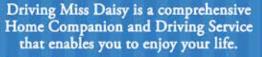
Sat 19th, 26th Nov ~ 3pm to 5pm

Fri 2nd, 9th Dec ~ 7pm to 9pm

Sat 3rd, 10th Dec ~ 3pm to 5pm

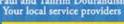
Purchase tickets from ~The Kitchen Café, 68 Haworth Rd. Cross Roads 01535 647755

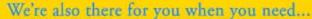
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We are also pleased to announce that we will be offering **Ear Wax Removal Clinics in HAWORTH** on the **Last Wednesday** of each month.

Location: Upstairs at Pennybank at the top of Haworth Main Street, 2-4 West Lane, Haworth, BD22 8EF.

Ear Wax Removal - £60.00 (home visits £80.00) Hearing Assessments - £45.00. **Bookings by appointment only.**



To advertise call us on 01535 642227 Say you saw it in the Worth Valley Mag!





This easy recipe is a healthy alternative to cauliflower cheese and adds interest to any meal as a side dish. You can spice it up by substituting

the olive oil with chili oil, or turn up the citris vibe with lemon oil.

The beauty of cauliflower is its ability to carry seasonings and the roasting further intensifies flavours.

Enjoy!

Ingredients

I small head cauliflower

I 1/2 teaspoons fennel seeds

l $\frac{1}{2}$ teaspoons smoked paprika

I 1/4 teaspoons sea salt

1/2 teaspoon ground black pepper

½ teaspoon garlic powder

2 tablespoons olive oil

½ lemon, juiced

Optional Garnish: sesame seeds and parsley

Method

Step I

Preheat the oven to 375 degrees F (190 degrees C).

Step 2

Trim large leaves off cauliflower. Trim stalk so cauliflower can sit flat in a Dutch oven.

Step 3

Grind fennel seeds with a mortar and pestle. Mix in smoked paprika, salt, pepper, and garlic powder. Whisk in olive oil to form a paste. Rub the paste all over the cauliflower. Drizzle lemon juice all over.

Step 4

Bake in the preheated oven, covered, until tender, about 35 minutes. Uncover and baste with any juices that have pooled at the base. Continue baking, uncovered, until top is browned and center feels completely tender when pierced with a paring knife, about 20 minutes. Garnish and serve.





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Contact: info@keighleytabletennis.co.uk for more information Keighley Table Tennis Centre, 2nd Floor, Keighley Business Centre, South Street BD21 1SY FREE Parking

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Every first Monday of a month 1.30 - 3.30pm The Welcome Drop-In at Oakworth Methodist Church Share refreshments and chat. Supported by Carers' Resource and Dementia Friendly Keighley Everyone welcome.

Every Wednesday Haworth Senior citizens 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth.New Members Welcome. Call Doreen 01535

648928
Every Thursday I pm - 3pm The
Shed Oakworth Village Hall. New
members welcome. Learn, practice or share
your skills. Call Carol Grice 07758 710945
Every Thursday from 1.30pm Time
For Me Bereavement Support
Group meet at The Golden Fleece Inn,
Oakworth. A mutual support group for
those who have lost someone dear, recently
or a long time ago.

Every Friday 2 - 4pm Haworth
Ladies Badminton Group at Haworth
Village Hall. New members welcome.
3rd Sunday of a month is the Artisan
Markets at Haworth Central Park
10 am - 3pm.

Sat & Sun 1st & 2nd Oct 10 am to 4pm Local Independents of Haworth & Yorkshire return at The Old School Rooms Haworth Free entry, Fri 7th - Sun 10th Oct Haworth Steampunk Weekend see spectacular costumes, meet delightful people, enjoy tempting shops, cafés and

market stalls, in this historic town. Raising

Steampunk Markets at Haworth Village

funds for Sue Ryder's Manorlands Hospice.

Hall, The Old School Room and Upstairs at Pennybank (above Pretty Penny)

Fri 7th Oct Cross Roads & Lees

Church & Chapel Ladies Group 2pm

St James' Church Cross Roads, Malcolm Johnson will be "Preserving your Memories" (charting the 1960s).

COMMUNITY PAGES



Sat 8th Oct 6pm Sue Ryder **Starlight Hike** at Oxenhope. A fantastic night for all the family, walking under the stars and remembering loved ones. With a 10k route through the surrounding villages of the Worth Valley, and featuring the incredible Starlight Express train ride.

Sun 9th Oct Oxnop Singers are going on the rails again to sing at KWVR We will start at Oxenhope at approximately Ipm, then sing at Keighley at 2pm and back for a final performance at Oxenhope at 3pm Mon 10th Oct Haworth & District WI 7.30pm, West Lane Baptist Church. Lucy Lawson of Forage and Feast, Settle



Thurs 13th - Sun 16th Oct Beer & Music Festival on the KWVR One of the the North's best Beer & Music Festivals and one of the KWVR's biggest events. with a wide selection of beers (mostly real ales) from all over the country to choose from. With a wonderful selection of fine wines, ciders & gins.

Fri 14th Oct Haworth Cinema Elvis 12A 7.30pm West Lane Baptist Centre.

Thurs 27th Oct Oxenhope Antiques & Collectors Society

7.30pm at St Mary The Virgin Church, Hebden Bridge Road, Oxenhope, Keighley, BD22 9QJ. Please use the side door from the car park, not the main church entrance. Speaker: Irene Lofthouse - Strange Tales on Bradford We have Speakers on many interesting subjects, not all about antiques. Visitors welcome - For more information contact Christine on 07974 785489

Sun 16th Oct 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.

Sun 23rd Oct I Iam - 3pm Apple
Day at Cliffe Castle Park Fun FREE
Family Event.

Fri 28th Oct Haworth Cinema The Duke 12A 7.30pm at West Lane Baptist Centre.

Sat 29th Oct Haworth and District

WI invite you to Tea -Cake - Tombola at **West Lane Baptist Church, 2pm -4pm.** Proceeds in aid of Mind in Bradford, "your local mental health charity in Bradford, Airedale, Wharfedale and Crayen".

Sun 30th Oct Haworth Halloween

from 12.30pm Pop-up Ghost stories, One minute Tarot, Short Ghost Tours, Face painting Hair & Makeup. Spooks Bookshop, 22 Main Street.

Best Trick or Treat Costume contest (Gather outside FourTeas Café, 14 Main Street at

6:30pm) Prizes for best pet, baby, child and adult costumes. This event is raising money for Sue Ryder Manorlands Hospice.





This autumn...
GIVE TENNIS A GO

(the courts are located on the corner of Rawdon Road and Butt Lane)

Open to all.

Whether you're brand new to tennis, have a rusty racket or can already play You'll play at a level that's right for you. Want to join us? You can at just £20 per year for adults, £10 for juniors/ concessions or £50 for the whole family.

www.haworthtennisclub.weebly.com Contact Nina: 07732854983

Visiting Haworth? You can play too!

Point your smartphone camera at the QR code to view the Festival Programme!

The Brontë Parsonage Behind the scenes at the Museum

The mists in the churchyard and the smell of fire smoke in the air are firm signals that autumn is here, but although the days are gradually getting shorter and the cooler temperatures mean we all need to wear a

few more layers in the Museum, things are no less busy at the Parsonage.

Charlotte, Emily and Anne Brontë were all accomplished poets as well as novelists and so it is very fitting that we will be participating in National Poetry Day on Thursday 6 October. We'll be joined by poet Winston Plowes and his Random Poetry Generating Bicycle,

so if you would like to create your own be-spoke(!) poem, to celebrate National Poetry Day, we'd love to see you between I I am and 3pm.

'Emily', the new film about Emily Brontë written and directed by actress Frances O'Connor, received rave reviews following its recent screening at the Toronto International Film Festival and the team at the Parsonage can't wait to see it. We hosted a visit by the cast before filming commenced last year and are thrilled that Frances will be a guest in our **Brontë Lounge on Thursday 13 October**, the day before the film's general release. Tickets for this special online event can be booked via **www.bronte.org.uk/whats-on.**

While it feels like the start of the school term has only just passed, October half-term will be on us before we know it! Our Wild Wednesday on 26 October will include a family craft workshop

and a talk on how Halloween was celebrated in the Victorian era. And following on from the success of our linoprinting workshop at Emily Brontë's birthday weekend, **Beccy from Cut and** Curve will return with a workshop on a Gothic theme on Saturday 29 October. Our last workshop sold out, so don't leave

booking until the last minute!

Did you know that our collections include over one hundred items of Brontë jewellery? On Friday 4 November, our Curator Sarah Laycock will lead a special Parsonage Unwrapped event after hours in our Library, offering the chance to look at some of these treasures up close and learn more about them. Tickets are strictly limited, so please book early to be sure of a place.

That's all for this time.

Don't forget that residents of BD20, BD21 and BD22 can visit the Museum at a concessionary rate, so please sign up to the mailing list via www. bronte.org.uk to keep up to date with the latest news and come and see us soon.



October at the Brontë Parsonage Museum

THURSDAY 13 OCTOBER

The Brontë Lounge with Frances O'Connor, director of new biopic *Emily*

7.30pm by Zoom

Please visit www.bronte.org.uk/whats-on for details and tickets.

Brontë Parsonage

Haworth, Keighley, West Yorkshire BD22 8DR **01535 642323 www.bronte.org.uk**Reg Charity: 529952 Reg Company: 73855









Keighley, Ilkley and the surrounding areas

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Liz@worthvalleymag.co.uk

include your name, address, & contact details.









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On an evening in September, residents in Worth Valley met to share ideas and discuss any concerns about how they could support one another when/if the possible food and fuel crisis begins to affect their local neighbourhood.

This event was facilitated by the Local Church Ministers, Rev's Peter Mullins and Chris Upton, with support from the Social Prescriber, Ward Officer and Assistant Ward Officer. It was an interactive workshop, inviting residents to contribute their ideas, tips and concerns. There were also demos of a hay-box and thermos and how they can be used to efficiently cook meals!

Ideas were collected and a working group will look to progress some of these. The working group will be a way to network, share experiences, good practice and lessons learned, besides joined up working to bring people and partners together. Suggestions included: • Communal warm spaces and co-working spaces • Building on and promoting food banks and the work of partners • Sharing unwanted food• Knitting for others including babies • Clothes swap events. General tips included: batch cooking, layering up on clothes and heating one room.

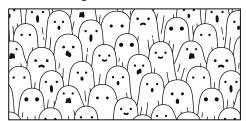
If you weren't able to attend the event and would like to get involved, or for more information, contact Assistant Ward Officer Sally Teasdale on sally.teasdale@bradford.gov.uk

Sudoku

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

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

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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Our Keighley
Denture Expert is

Who are we?

Joseph O'Reilly (Dip CDT RCS)

Joseph qualified from Leeds Dental Institute

as a dental technician and continued to do work for some of the UK's best surgeons. Through his constant passion for his work, he then enrolled for the prestigious Clinical Dental course at the School of Dentistry University of Central Lancashire in Preston. During this time, despite his tender years, his determination and focus pushed him to be recognised as one of the youngest qualified clinical technicians in the UK being awarded a Diploma from the Royal College of Surgeons Edinburgh. Joseph has a passion for the industry, his eye for detail and careful planning ensures only the best results, giving his patients peace of mind and great clinical results. He has now been creating smiles for over 18 years He is currently working closely with Taylored Dental Care in Keighley.

Assessing patients who have had problems with their dentures and providing them with options to correct these.



How can we help you?

Technology has moved on massively over the last few tears as far as dentures are concerned. The fact is, you don't have to suffer badly designed or ill fitting dentures anymore.

However, replacing your teeth is more than trusting someone with your smile. Your appearance and the way people perceive you is also at stake.

Joseph creates dentures which can offer the dual effect of restoring your smile and correcting the proportions of your face. He can add volume to your lower face and upper lip region to achieve a more natural, youthful look. Everyone is different, so your dentures are influenced by your age, personality and gender to ensure they look perfectly natural. Joseph will discuss your individual needs and the best choices available before providing you with the information you require to determine what is right for you.

The smallest alteration can make the biggest change and Joe is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

Joseph's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

Everybody has the right to smile!



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"I have finally got my confidence back, I never imagined I could smile like this. Thank you My Denture Clinic"





Eat and smile again with confidence

Millions of people are missing one or multiple teeth, requiring the use of removable dentures or bridgework. Many people struggle with loose fitting teeth. If you have this problem you already know the embarrassment of eating and smiling in public. TeethXpress can restore the ability to eat your favourite foods and to smile again!.

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16









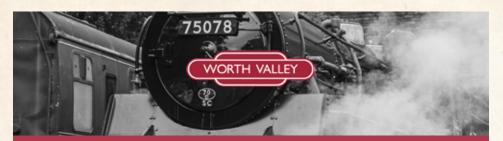








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ones) have returned to school and University, we revert to running trains just at weekends and for special events. We take the opportunity of this as we convey two real-ale bars on board "down" time to work on the Railway's infrastructure, and several maintenance tasks are undertaken for a full week after summer running ends. This year has seen track re-laid at Ingrow, re-sleepering at Haworth and other important projects completed that are all vital to keep the Railway operating. Dozens of volunteers devote their time to our "Civil week". which is typical of the behind-the-scenes activities critical to keeping the Railway's goes on to maintain and restore the locomotive and carriage fleet, and with locomotives having a maximum operating typical overhaul costing over £250k careful financial and project planning is of the operational fleet.

One of the reasons for so much activity than later. at this time of year is to prepare the Railway for the next round of events in the calendar and in particular, the Beer and Music Festival and then Christmas time.

Now that the little (and not so little The Beer and Music Festival (Thursday 13th to Sunday 16th October) sees us welcoming over 160 beers to our various bars up and down the line (and on the line during the event) during the weekend. If real ale isn't your thing, there are gin and cider bars and soft drinks available to whet your whistle whilst you enjoy the live music performances. We have opened advance bookings, and tickets are selling quickly, so please book soon to avoid disappointment.

And then we have Christmas. We are very excited to be able to welcome Santa back on board the trains, and this year wheels turning. Another is the work that are running our "Elf Explorer" services in the run-up to Christmas. Our Santa trains are always very popular, and this year is no different, with well over half period of a little over ten years – and a the tickets sold already. I know that for my family travelling on the Santa trains is an important part of our Christmas vital to ensure that we have the right size celebrations, and if you're the same, then I would make your booking sooner rather

> In the meantime, get in touch with the office if you want to join our team of over 700 volunteers and be part of the group that keeps an important bit of history alive on your doorstep.

~ Matt Stroh

Keighley & Worth Valley Railway Chair



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Focus on: **Osteoporosis** by David Hanson, Haworth Physio

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over many years and is often only diagnosed when a fall or sudden impact causes a bone to fracture.

The most common injuries in people with osteoporosis are:

• broken wrist • broken hip • broken spinal bones (vertebrae)

Osteoporosis is not usually painful until a bone is broken, but broken bones in the spine are a common cause of long-term pain.

Who's affected by osteoporosis?

Osteoporosis affects over 3 million people in the UK. More than 500,000 people receive hospital treatment for fragility fractures (bones that break after falling from standing height or less) every year as a result of osteoporosis.

Causes of osteoporosis

Losing bone density is a normal part of ageing, but some people lose bone much faster than normal. This can lead to osteoporosis and an increased risk of broken bones.

Women also lose bone rapidly in the first few years after the menopause. Women are more at risk of osteoporosis than men, particularly if the menopause begins early (before the age of 45) or they have had their ovaries removed.

However, osteoporosis can affect men, younger women and children.

Many other factors can also increase the risk of developing osteoporosis, including:

- · taking high-dose steroid tablets for more than 3 months
- · a family history of osteoporosis particularly a hip fracture in a parent
- long-term use of certain medicines that can affect bone strength or hormone levels, such as anti-oestrogen tablets that many women take after breast cancer







Normal

Osteoporosis

- · having or having had an eating disorder such as anorexia or bulimia
- not taking regular exercise
- · heavy drinking and smoking.

Preventing osteoporosis

If you're at risk of developing osteoporosis, you should take steps to help keep your bones healthy. This may include:

- taking regular exercise to keep your bones as strong as possible. Weightbearing exercise and resistance exercise are particularly important at improving bone density and helping to prevent osteoporosis.
- eating healthy including foods rich in calcium and vitamin D
- taking a daily supplement containing 10 micrograms of vitamin D
- making lifestyle changes such as giving up smoking and reducing your alcohol consumption.

Weight bearing exercises are exercises where your feet and legs support your weight.

High-impact weight-bearing exercises, such as running, skipping, dancing and aerobics are all useful ways to strengthen your muscles, ligaments and joints and to maintain and improve bone density. Swimming and cycling therefore DO NOT come into this category.

When possible, get some sun! Moderate levels of unprotected sun exposure can be healthy and very helpful in boosting vitamin D.











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Sudoku Solutions

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

Bathrooms and Fireplaces

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



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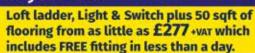
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Here's a great way to make more storage space... 🚜

Install a loft ladder and make more use of your loft!



Our customers choose us to fit their loft ladders, because we offer:

- · A FREE home visit
- · Fully guaranteed
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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

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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