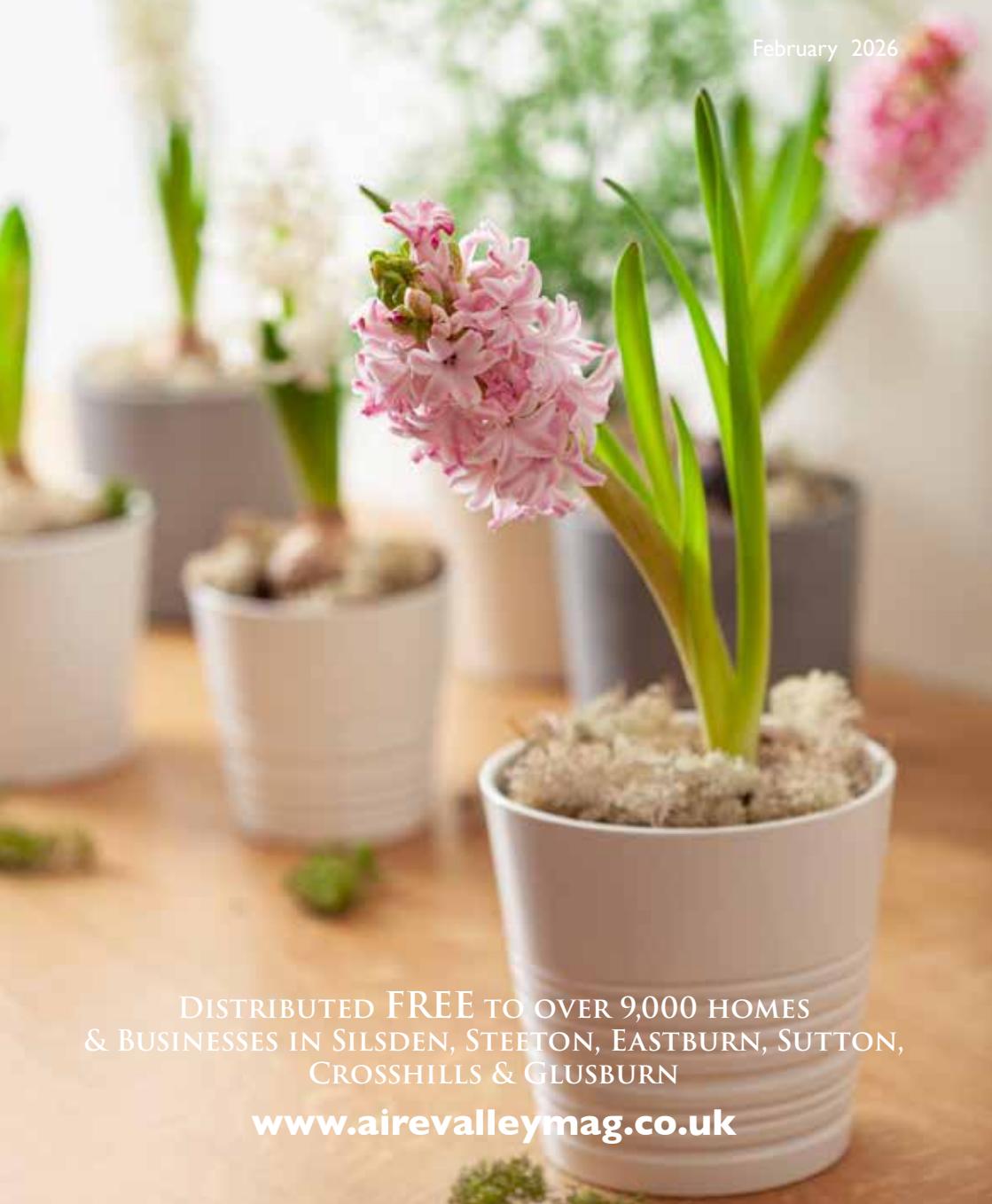


AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2026



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As we turn the page on a new year, February feels like a quieter kind of beginning. The rush of January has eased, routines are settling, and there's a little more space to look ahead with clarity. This first edition of 2026 brings with it familiar voices, local business features, and practical inspiration to carry you through the month ahead. I can especially recommend the Keema Shepherd's Pie recipe on page 28; it really is a delicious and comforting dish; and you have Marsh Top, an excellent local butcher, to supply the lamb.

We celebrate our 20th year trading this year and reflect on the ups and downs, though, to be fair, it has been a privilege and mostly a lot of good fun. We are really grateful to everyone for the support and look forward to more good times.

Be well and have a great February.



Liz Barker, Editor



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A Fresh Year, A Thoughtful New Beginning

As the New Year begins, many of us take time to reflect and set intentions for the months ahead. It can also be a helpful opportunity to review our personal and financial affairs, or simply check that the arrangements we already have in place still reflect what matters most to us.

Putting these plans in order can include making a Lasting Power of Attorney for property and financial affairs and/or health and welfare. A Lasting Power of Attorney operates during your lifetime and allows you to choose who you trust to assist with decisions about your finances or wellbeing if the need arises in the future. Having this in place can bring reassurance and clarity about who will be there to support you.

It may also be a good time to make a Will, or to review an existing one, to ensure it accurately reflects your wishes. A Will allows you to appoint Executors to manage your affairs after death, decide who will benefit from your estate and in what proportions, and set out whether gifts are made outright or held in trust. You can also record your wishes regarding the care of your children and pets. Making a Will provides certainty and peace of mind about the future.



Whether it's protecting your loved ones, safeguarding what you leave behind, or ensuring your legacy lives on, taking a moment to plan now can offer peace of mind today and security for tomorrow.

If you would like support in putting your affairs in order—through wills, trusts, estate planning or powers of attorney—our dedicated team at Walker Foster Solicitors are here to help. We provide expert legal advice built on knowledge and years of experience.

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living with dementia, their families, and carers. Whether you need advice, a listening ear, or guidance through the challenges dementia can bring, we're here to help with understanding, empathy and real experience.

We'd love you to come and meet us to find out more about what we do and how we can support you or your loved ones.

Helen, John & Lesley
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You can find us at Keighley Library on Wednesdays between 10am and 2pm.

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**KEIGHLEY DEMENTIA
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Three Valleys Tractor Run ...

The start of the run will be from Scott Street car park Keighley (BD21 2JH) arrival time from 9am to start booking in at 9.30am for a 10.00am start. The run is in aid of 2 charities, Manorlands Hospice Oxenope and the Baton of Hope suicide prevention campaign (both chosen charities the by Mayor of Keighley Mr Chris Herd). Entry cost is £20 per tractor and £10 per passenger (this includes pie and peas and a brew at the end of the run!)



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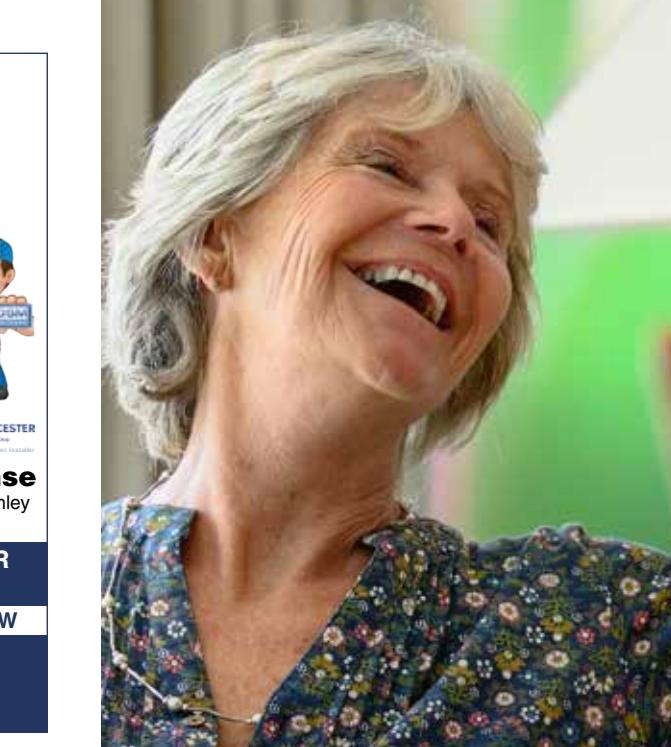
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Paula loves reading, but an eye condition has made what was once a relaxing pastime frustrating. Then a friend mentioned Sight Airedale, a local charity based in Keighley. There, she tried a device that let her read electronic books with adjustable text size, and an app that read printed materials aloud.

Sight Airedale is a local independent charity supporting people across Keighley, Bingley, Skipton, Cross Hills, Silsden and Ilkley. They help people who are blind or partially sighted, or who have eye conditions such as macular degeneration, glaucoma or diabetic retinopathy that make reading standard text difficult, even with glasses.

Paula visited the Daily Living Shop at 31 Scott Street, Keighley (behind the library). She tried products designed to make life with sight loss easier, including a talking Air Fryer, and received private advice on issues

such as lighting. She also tried a USB Talking Book player, giving her access to the charity's library of over 2,000 titles. Books are posted to her on a USB drive, listened to, then returned free of charge. Staff can also choose books for her based on favourite authors.

The charity's Technology Service helped her use her laptop by suggesting a large-key keyboard and simple setting changes. She later watched a tutorial on the charity's YouTube channel about screen magnifier software.

The Keighley Social Centre, held at Sight Airedale on the first and third Thursdays of the month, gives Paula support from others with sight loss. Having someone say, "I get that too," really helps.

To find out more about Sight Airedale or book a visit to the Daily Living Shop, call 01535 602354, Monday to Thursday, 9.30 am to 12.30 pm.

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A belated Happy New Year from everyone at the Keighley & Worth Valley Railway and what an exciting year we have ahead of us along the Worth Valley.

Before looking forward, it's worth pausing to reflect on what a memorable 2025 it was for the railway. My sincere thanks go to everyone who travelled with us during the year, whether for a quiet countryside journey, a special event, or one of our major highlights. We were proud to be involved with Bradford 2025 City of Culture, welcoming visitors travelling to experience The Railway Children in the very landscape that inspired the story. We rounded off the year in tremendous style with our sell-out festive events, which once again showed the enduring appeal of steam railways for families and enthusiasts alike.

The year ended on a real high note with the transformation of our Water Tower into a new Visitor Centre being recognised nationally. The project was awarded the Greater Anglia Volunteers' Award at the 2025 National Railway Heritage Awards, a fantastic achievement and a testament to the dedication, skill, and sheer hard work of our volunteer teams.

~ Matt Stroh

Keighley & Worth Valley Railway Chairman

Looking ahead, trains will be running every weekend throughout the year, supported by a regular and varied programme of events. We begin with daily services during the February Half Term from 14 to 22 February, followed by our popular Mother's Day Special, featuring a round trip on the railway and a two-course meal at The Old Parcels Office. One of the highlights of the spring will be our four-day Steam Gala Extravaganza from 19 to 22 March, which will feature visiting locomotives 5029 Nunney Castle and 34046 Braunton, alongside our home fleet.

Alongside these events, we are also turning our attention to the next round of essential maintenance and overhaul work. Planned projects include track renewals, building repairs, and the many behind-the-scenes tasks required to keep a 150-plus-year-old railway operating safely and reliably. This is a never-ending commitment, demanding both significant funding and countless volunteer hours, with months of planning needed to deliver each project.

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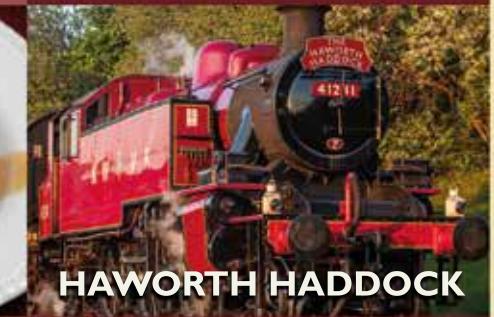
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Who are we?

**Our Keighley
Denture Expert is
Matthew Varley
(Dip CDT RCS)**

Matthew Varley is the partner and Managing Director of My Denture Clinics, here he works as a Clinical Dental Technician (Dip CDT RCS). Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental Institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

Matt also returned to university to further his dental knowledge and become a Clinical Dental Technician, receiving the prestigious royal college of surgeons (Dip CDT RCS).

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Matt 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. Matt 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 Matt is committed to providing the highest level of care, quality materials and the latest digital technology to achieve the best results for you.

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

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BIG SMILES ALL ROUND as Keighley Mayor, Chris Herd, cuts the ribbon on the new Taylored Dental Care facility in Keighley, flanked by Carl Taylor to his right, and Amy McMahon, to his left, and the the rest of the team behind. **Inset** is the full complement of the Taylored Dental Care Clinical Team with Carl and Amy seated in the foreground.

Taylored Dental Care is a private dental practice with a clear focus: helping nervous and phobic patients overcome their fear of the dentist. We believe nobody should have to suffer through dental treatment, and our mission is to provide calm, compassionate dentistry, particularly for those who have avoided care due to fear or trauma.

Dr Carl Taylor qualified from the University of Leeds in 2002. During seven years working in the NHS, he saw first-hand how many people struggled with dental anxiety, shaping his commitment to creating a practice where patients feel safe, respected and in control. In 2009, he opened our first practice on Cavendish Street in Keighley, later expanding to practices in Idle and Wibsey.

We offer a full range of services, from routine check-ups and hygiene appointments to advanced treatments including implants, "Dentures In A Day" and sedation for highly anxious patients. We pride ourselves on exceptional dentistry, leading technology and genuinely tailored care.

In November 2025, we celebrated 16 years in Keighley and began a new chapter by relocating to our fully renovated, state-of-the-art practice on Airedale Road.

Converted from the former Santoni Italian restaurant, the new premises feature four modern surgeries and enable us to deliver innovative treatments such as "Dentures in a Day" and "Implants in a Day." Innovation plays a vital role in our patient experience. Pain-free injections, digital scanners and patient-control clickers allow patients to pause treatment whenever needed, helping them feel safe and in control. Supporting nervous and phobic patients has always been at the heart of what we do, and their feedback is our greatest measure of success.

"Thank you to each and every one of you who have changed my life. I can now smile brightly and say dental anxiety is a thing of the past." — Wendy Brown

We are proud winners of 'Treatment of Nervous Patients – North' at the Private Dentistry Awards in both 2024 and 2025, and were also honoured with 'Practice of the Year – North East' and 'Clinical Dental Technician of the Year' for Matthew Varley. Dental anxiety is real, and we are here to help break that cycle. Our ethos is simple: **Dentistry For Those Who Don't Like Dentists, delivered with care, empathy and respect.** (See page 19 for our contact details).

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BEHIND THE SCENES AT THE MUSEUM

Happy New Year from everyone at the Brontë Parsonage Museum! We're well underway with our collection cleaning and conservation work in the Museum right now. Staff are busy going through our collection stores and taking care of the lesser seen items, and now as we approach our reopening, they'll be busy getting the rooms ready and setting up our brand-new exhibition.

2026 is set to be an incredible year for Brontë enthusiasts, with the release of the brand-new *Wuthering Heights* adaptation by award-winning director Emerald Fennell. Everyone at the museum is very excited about this adaptation, and we can't wait to welcome new Brontë fans when we reopen in February!

We're also excited to finally open this year's exhibition, *The Colonial Brontës*. The Brontë children were avid readers, and much of their childhood reading contained the colonial ideas of the time which inspired their earliest writing.

The latest adaptation of Emily Brontë's



Wuthering Heights has resurrected longstanding discussions about colonialism, particularly debates about Heathcliff's racial identity. This exhibition provides resonant

historical details about people of African descent who worked in Yorkshire between 1771—the date Emily's story reaches back to—and the author's death in 1848. You can come along to see the exhibition when we reopen our doors on Wednesday 4 February, we'd love to see you there!

Plus, we've got a whole programme of exciting events coming up, including

fascinating Thursday Talks by Brontë experts, and online Brontë Lounge sessions for those of you who can't reach us in person! Find out more about the new season at the Museum over on the 'What's on' page of our website, bronte.org.uk.

Remember, local residents enjoy concessionary prices and free entry to Thursday Talks, children go free, and you can return time and again on your ticket for twelve months at the Museum – including admission to our 'free with entry' events!

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COMMUNITY PAGES

Steeton Bowling Club

Welcoming new members to join us for the 2026 season. Complete novice and established bowlers. All ages, all abilities. Contact Dianne 07961 749962 www.steetonbowlingclub.co.uk

River Worth Friends – litter picking and conservation tasks **Volunteers wanted**

Tuesdays, 10am–12 noon Contact: info@riverworthfriends.org for more information

Every Monday 9.30am-12 noon

South Craven Walking for Health Group. Contact 07757911726 or 01535 538835 for more information.

Every Monday & Friday 1pm - 4pm Knit & Natter Craft Group Steeton

Hub More info call Diane 07873 485149
Every Monday 1-3pm Tea Dance at Keighley Civic Centre £2.50 inc tea & biscuits.

Every Monday 6.45pm - 9pm Steeton Male Voice Choir meet at Steeton Methodist Hall.

New members wanted call Ian 07949626675
Glusburn and Crosshills WI meet at **7.30 pm on the first Tuesday of the month at Glusburn Community & Arts Centre.** A friendly group for local women.

Sutton in Craven WI meet 1.30pm every second Monday of the month

Sutton in Craven Cricket Pavilion all local ladies welcome.

Wellbeing Café at Glusburn Institute Every Monday 10 am to 12 noon..

Contact 01535 630223 for more details.

Every Tuesdays Community Post

First Tuesday of a month Silsden

Bereavement Group 10.30 am - 12.30pm at Silsden Methodist Church Last Tuesday of a month is **Afternoon Coffee, chat & cake at Steeton Methodist Church 2.30pm - 4pm** with The Salvation Army food bank collection point.

First Tuesday of a month Crosshills

Goldie's Sing & Smile – St Peters Methodist Church 2 -3pm singalong to the popular hits of the 50s, chat and laugh.

Games Club Every Tuesday

1:15 - 3:15 pm at Glusburn Institute. £3

Every Tuesday Rethinking Pain at The Hive , Elliott Street. Silsden 3pm - 4pm

A Group for people living in pain. **Tuesdays (Term Time) 2.30pm - 3.30pm Calm at the Castle** Relaxing & meditation - friendly group. FREE & no experience needed at Cliffe Castle Keighley

Third Tuesday of a month at Steeton Methodist Church 2-3pm

Goldie's Sing & Smile – sing-along to the popular hits of the 50s onwards, chat and laugh. £3 donation to attend, no need to book.

Steeton Bobbins WI 7pm meet on the **first Tuesday of a month** at St Stephen's Church Hall

Every Weds Dementia Friendly 10am - 11.30am at Silsden

Methodist Church

Every Weds Glusburn Lunch club at 11.45am Glusburn Institute for a two course, home cooked meal, for £6.00 and company. Contact Pauline on 07436 113748.

Every Wednesday 10 am - 2pm

Keighley Dementia Advice at Keighley Library and will be there on subsequent Wednesdays between 10:00 am and 2:00 pm. Whether you need advice, a listening ear, or guidance through the challenges dementia can bring.

Every Wednesday 1 - 2:30pm

Dementia Hub at Glusburn Institute with Dementia Friendly Keighley. Activities and support for those with dementia and their carers.

Buzz Youth Club, The Hive Silsden 8-12 year old FREE Entry 10.30am - 12.30pm alternative Saturdays & every Wednesday **3.30pm - 6pm.**

Every Wednesday 1.30pm Silsden Art Club meet at Silsden Methodist Church

New members welcome.

1st Thursday of the Month at Steeton Methodist Church 7-15pm -8-15pm invites you to our **Prayer and Praise Service**

Every Thursday at Glusburn Institute 10.30am - 2.30pm

Patchwork. A friendly group of like-minded ladies who like to create patchwork throws, bags, cushions and hold-alls. (previously held at Steeton Hub) More details contact Sylvia 01535 662698

Silsden Methodist Church Thursday Club 2.30pm - 4pm weekly Music, Games, Quizes, friendly chatter & refreshments.

Every Thurs at 12.00 - 2.30pm Craven Craft and Mosaic Social

Group at Sutton Sutton Cricket Club (wheelchair access is good and there is plenty of parking space). The cost is £2 and covers two cuppas and biscuits.

Keighley & District Men's Forum

meet Every Thursday from October to April. Refreshments from 9.45am, **speaker from 10.15am.** £2 admission.Keighley Playhouse, 1, Devonshire Street, Keighley.

Every Thursday mornings Silsden Secret Singers, a feel good choir for everyone! £7 per session, drop in.

10-30 am - 12 at Silsden RC Church Community Room, Wesley Place - look for the concrete ramp next to the church.

Every Thursday 2-3pm Social Singalong at The Studio, Glusburn Community & Arts Centre. All welcome to this friendly and inclusive singing for fun and wellbeing group. **Free to attend.**

Fridays 10am - 12.30pm Warm Space Group at Steeton Hub.

Every Friday 10am- 12pm Digital Fridays from 4pm - 6pm Silsden Community Library Chess Club for beginners & experienced players. Free for all ages (inc children)

First Saturday of the Month is **Saturday Social 2 - 4pm at St James Community Hall Silsden.** Have a chat, play games & refreshments served.

Sat 21st Feb Silsden Repair Cafe 9.30pm - 12 noon at Silsden Methodist Church

Sat 14th - Sat 21st Feb Puss in Boots Pantomime at Glusburn Institute Community & Arts Centre. Filled with fun, laughter & magic. <https://www.ticketsource.co.uk/gyt>



Keema Shepherd's Pie

by Martin Lingard

Just before Christmas, I met a friend for lunch in Leeds. I had a a shepherd's pie made with lamb keema curry and lentils mashed into the potato. It was really good. This is my attempt at copying it. I hope you enjoy it as much as I do. I like to serve it with a homemade tomato sauce but gravy works just as well. This is really filling, comforting and warming on a cold wintery evening.

Ingredients (serves 4)

For the filling:

3 tablespoons of sunflower oil
1 medium onion, peeled and chopped
6 garlic cloves, peeled and finely chopped
1 thumb length piece of fresh ginger, peeled & grated

1 green chilli, finely chopped
1 teaspoon of ground cumin
1 teaspoon of ground coriander
1/4 teaspoon chilli powder

750g minced lamb

300ml water

300g frozen peas

1 teaspoon salt

2 tablespoons lemon juice

1 teaspoon garam masala

For the mash topping:

200g red split lentils, rinsed
500ml water
2 slices of ginger about the thickness of £1 coin
1/2 teaspoon ground turmeric
750g floury potatoes, peeled and cut into large chunks
75g butter, Salt to taste

Method

Start with the filling, heat the oil in a large frying or saute pan and chuck in your onions, fry, stirring often until starting to colour, then tip in the garlic. Stir for a minute or two before adding your ginger, green chilli, cumin, coriander and chilli powder. Give another quick stir then lob in the lamb.

Fry, stirring frequently till the lamb is browned then pour in your water. Bring to a gentle simmer, turn the heat to the lowest possible setting then cover and leave to cook slowly for 30 minutes.

Finally, add the peas, lemon juice and garam one and the peas masala. Cook uncovered until almost all the liquid has gone and the peas are cooked.

Turn off the heat and set to one side.

Now put the lentils in a pan and pour over the water and bring to a simmer, skimming off any scum from the surface. Now add the sliced ginger and turmeric powder and simmer gently, uncovered for 20-30 minutes, stirring occasionally, until the lentils are fully cooked. It needs to be quite a thick porridge type consistency. Once cooked, fish out the slices of ginger.

Whilst your lentils are cooking, bring a large pan of salted water to the boil and carefully add your potatoes. Boil for approximately 20 minutes until the potatoes have lobbed then drain and mash well with your butter. Now tip in your lentil mixture, stir well to mix thoroughly and season to taste with salt.

Finally, preheat your oven to 180C and assemble your pie as you would for a normal shepherds or cottage pie. Lamb filling first in an appropriately sized oven proof pot, topping with the potato and lentil mash and levelling using the back of a fork. Bake in the oven for 20-30 minutes until the topping is nice and golden.



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