

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2023



DISTRIBUTED FREE TO HOUSEHOLDS AND BUSINESSES
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Hello and welcome to March!
We continue with our theme of living well for less and staying positive despite the cost of living challenges we all face.
The Aire Valley Mag is filled with local services and trades people who are trusted and based in the area; they really appreciate your custom.
We feature GSI Ltd, Guardian Security Installations, a family owned local company that has been keeping people safe and secure for over twenty years, (p4).
If you fancy a little retail therapy and a day out a bit further a field, Harveys of Halifax has an impressive number of top brands and is offering a free hot drink (voucher on p6).
Be sure to take part in the Town Council's survey on page 13 and you will have a chance to win an ipad!
Have a super month. Liz



Liz Barker, Editor

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When it comes to choosing a company to supply and fit a security system, trust, reliability,



Stephen Emsley

Dawn Emsley

Warren Heggarty

Madeline Heggarty

and knowledge are key factors to consider. You also want to know that the company has a good track record and has been established for some time. Stephen Emsley and Warren Heggarty formed Guardian Security Installations Ltd back in 2002. As best mates from their school days they have common values and a strong bond that has enabled them to work well together and build a successful business. What's more, they have over 64 years experience between them in the Security Industry, a wealth of knowledge about intruder alarms, fire alarms, CCTV installations and all aspects of both domestic and commercial security. Stephen and Warren are joined by their respective partners, Dawn and Madeline, adding Accounts Management and Service Management to underpin the growing business and ensure that customer care and client satisfaction is met at every stage. As a close knit team based in Keighley this local family partnership has built its formidable reputation by looking after local people.

"Your engineers have completely surpassed our expectations. I am very happy with our new alarm & camera system. Great company to work with."

Guardian Security Installations Ltd (GSI Ltd) installs insurance approved burglar alarms that help safeguard your property from theft and criminal damage. They are

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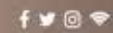
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Offer ends 31st March 2023



For further details contact
Our Professional Andy Rhodes on 01535 665370 or email admin@keighleygolfclub.com

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Are you looking for fitness, fun and friendship?

OPEN TO ALL BEGINNERS
Keighley Golf Club are running a Golf Coaching Programme in March/April 2023:
18, 25 March

NOW FULLY BOOKED
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This is another year of celebration... this year marks 100 years of Flying Scotsman, and we are the Yorkshire home for the legendary locomotive during May. We look forward to a month allowing passengers to ride behind the very special loco and enjoy a programme of events to celebrate the centenary. Full details are being published on the website, where you can book tickets to the Flying Scotsman Festival event.

Whilst we are busily preparing for the Flying Scotsman's visit, plenty is going on. From March 9th to 12th, we are holding our Steam Gala Extravaganza, which for the first time, runs over four days, giving lots of opportunities to ride behind the home fleet as well as visiting locomotives. We will be celebrating the 'London Midland & Scottish' railway heritage of the line, with three visitors representing the railway company that ran the line from 1923 until 1948. After that, ownership passed to British Railways until operations ceased in 1962, and then to the Preservation Society that reopened the line in 1968, and we have been running trains ever since.

Hosting these events takes a significant amount of planning and effort by our small team of staff and 700+ volunteers. We must maintain the fleet of steam locomotives, carriages and wagons that you can see much of during the Steam Gala. As well as the gala and special events, we continue to run every weekend throughout the year and during the week and the holidays. We have a whole programme of events across the year and have just released dates of our popular Yorkshire Afternoon Tea and Haworth Haddock, vintage and diesel trains running dates.

Maintaining the track and structures on a 150+ year-old railway is no mean feat and requires our willing volunteers to turn out in all weathers to undertake the necessary work to keep the wheels turning.

I hope you will join us on board soon and will also consider joining our volunteers to help us keep our very special piece of heritage alive.

~ **Matt Stroh**
Keighley & Worth Valley Railway Chairman

DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

STEAM GALA



9th to 12th March

AFTERNOON TEA



Various Dates

FLYING SCOTSMAN



May 2023

DIESEL GALA



23rd to 25th June



Use the QR Code for more detailed information, timetables, all the latest news and upcoming events across the railway.

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- The provision of the hearse and necessary staff on the day of the funeral

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- The payment of a Cremation fee
- The payment of the Doctor's fees
- The payment of the Minister's fees
- The conveyance of your loved one into our Chapel of Rest
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- The arranging and conducting of the funeral
- The provision of the hearse and necessary staff on the day of the funeral
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Discover your SMILE again



Who are we?

Our Keighley Denture Expert is 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 years as far as dentures are concerned. The fact is, you don't have to suffer badly designed or ill fitting dentures anymore.

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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.

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Sudoku

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

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

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

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

Where in the Aire Valley? COMPETITION

Where is the **red X** located in the photo to the right?

This month's prize is donated by Keighley Picture House:
Family ticket

Email your answer including your name & address to:
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The winner will be selected from all correct answers received by 20th March 2023



The February competition location was Keighley Golf Club and the winner was Aoife Barton of Silsden.



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COMMUNITY PAGE

Every second Saturday of a month
10 - 1pm Riddlesden Green Connection Community Cafe St Mary's Meeting Room, Banks Lane BD20 5PA . Eco liquid refills, book swap and cafe every time.

The Shed Cliffe Castle every Tues, Weds & Thurs 10am - 4pm.

Morton WI every second Tuesday evening each month. Social evening with refreshments at the Institute in **East Morton 7:20 pm.**

Every Tuesday 7 - 9pm Men's Peer Support Group Free Safe & Friendly environment for men to share, chat & laugh. Airedale Enterprise Services, Sunderland Street, Keighley, BD21 5LE

Every Tuesday, Wednesday, Friday WARM SPACE Central Hall, Alice Street, Keighley BD21 3JD 11.00am to 2.00pm Hot drink, cafe style seating area, free wifi, charging points, fully accessible.

Every Wednesday 10 - 12 Coffee Morning at Laycock Village Hall

Every Weds 1pm - 3pm Knit & Knatter at Keighley Library All Welcome.

Mondays 1 - 3pm Keighley Tea Dance at the Civic Hall

3rd Sunday of a month is the Artisan Markets at Haworth Central Park 10 am - 3pm.

Jan until 1st May Vacation of the Woollies Exhibition of textile sculptures at Cliffe Castle Museum, Keighley

Jan - 30th April Once upon a Pantomime Costume Exhibition at Cliffe Castle Museum, Keighley

Weds Feb - 1st Jan 2024 Bronte Parsonage Museum The Brontes

and the Wild This exhibition considers how landscape, weather and the natural world play an important role in the lives and work of the Brontës.

Keighley 3rd Age Group Meet at Action Point (formerly Temple Row Centre) at 10am. Free refreshments. Talk by Graham Mitchell

1st - 31st March East Riddlesden Hall 10.15 - 11.15 am Each week we will tell a different story. Children can then head outside to Discovery Garden to enjoy playing outdoors!

Thurs 2nd - Sat 4th March Saltaire Beer Festival at Victoria Hall, Victoria Road, Saltaire. Thurs 9th - Sun 12th March **Steam Gala Keighley Worth Valley Railway** ride behind guest locomotives and home fleet engines, with intensive passenger service running on the railway. There will be freight services and unique double headed trains.

Sun 12th March Music at the Museum Cliffe Castle, Keighley 2pm Bradford Concert Band.

Mon 13th - Sat 18th March Witness for the Prosecution at Keighley Playhouse, Devonshire Street, Keighley. Agatha Christie's gripping story of justice, passion and betrayal in a unique courtroom setting.

Sun 19th March 9 - 11.30 am Sue Ryder Keighley 10K & 5K at The Leisure Centre, Hard Ings Road, Keighley. The 10k follows a circular route through the paths, parks and roads of Keighley and the 5k route starts at the halfway mark.

Sun 19th March Afternoon Tea on the Keighley & Worth Valley Railway.



Join hundreds of runners on Mother's Day to raise vital funds for Sue Ryder

Keighley 10k & 5k

Sunday 19 March 2023
Earlybird offer now on!
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BEHIND THE SCENES AT THE MUSEUM

It's **International Women's Day** on **Wednesday 8 March** and so we thought we'd share this quote from '**Jane Eyre**' with you.

"Women are supposed to be very calm generally; but women feel just as men feel; they need exercise for their faculties, and a field for their efforts, as much as their brothers do; they suffer from too rigid a restraint, to absolute a stagnation, precisely as men would suffer; and it is narrow-minded in their more privileged fellow-creatures to say that they ought to confine themselves to making puddings and knitting stockings, to playing on the piano and embroidering bags. It is thoughtless to condemn them, or laugh at them, if they seek to do more or learn more than custom has pronounced necessary for their sex."

Of course, there is nothing wrong with making puddings and knitting stockings, but this quote reveals the intensity of Jane's yearning for freedom and equality, things which millions of women across the world are still denied today. It is also a startling reminder of the contemporary relevance of **Charlotte Brontë's** writing and explains why 'Jane Eyre' is often described as a feminist novel. We're sure Charlotte would be gratified to know that today, the Brontë Parsonage Museum and Haworth are full of strong, independent women and that many visitors to the Parsonage cite Jane Eyre as an early inspiration for their own sense of



Nicky Peacock, Writer in Residence, Brontë Parsonage Museum

independence. We think it's really important to celebrate International Women's Day and have organised a number of events to mark the occasion.

On **Wednesday 8 March**, we're partnering with Elizabeth Gaskell's House and Jane Austen's House to present an event with Bafta-awarding winning screenwriter, **Sandy Welch**, who is responsible for top tv adaptations including 'North and South', 'Jane Eyre' and 'Emma'. **Join us on Zoom at 7pm** for a revealing look at these 19th century classics and their re-invention for the small and big screens. **Tickets are available now from our website.**

On **Saturday 11 March, 11am – 2pm**, we're holding our **first Big Brontë Book Swap!** We're inviting local residents and visitors alike to bring

a book they've enjoyed along to our event space in the **Old School Room** and swap it for one they haven't read. Everyone is welcome and there'll be friendly chat and free refreshments. Following on from the book swap, **Nicky Peacock** will be reflecting on her year as Brontë Parsonage Museum Writer in Residence. This will be a relaxed and informal event with Nicky chatting, sharing stories and answering your questions. Both these events are free, but please head to our website for more information and to reserve your seat – even strong and independent women need to sit down sometimes! ~ Rebecca Yorke

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Vegan Curry for supper

by Martin Lingard



When I first left home (a long time ago) I cooked and ate a lot of vegetarian and vegan food, not for any particular ethical reason but because it was cheap and I was on a budget; it meant I had more beer money! The three recipes below became a regular part of my repertoire. I still cook them today. We thought it would be good to share these recipes in the current economic climate, served with plain boiled rice or bread, these dishes will feed a family of six for around £2 per head. The lentils and spices will keep and can be used for other meals.

Green lentils with spinach & ginger

Ingredients (Serves 6)
 250g green lentils (£2 / kg)
 Fresh ginger root about the length of your thumb (£1- £2 for a good sized root)
 6 cloves of garlic, peeled (£1 for 4 bulbs)
 1 tsp whole cumin seeds (£2 bag)
 Vegetable oil (under £2 / litre)
 500g frozen leaf spinach (1.80 / kg)
 1 medium onion, chopped ((£1/kg)
 Salt & Freshly ground black pepper
 1 lemon, juiced (£1.50 for 4)
 ½ teaspoon of chilli powder (£0.75/100g)

Method

Rinse the lentils under plenty of cold running water then drain, put into a roomy pot and cover with roughly a litre of water. Add two slices of unpeeled ginger and two peeled cloves of garlic to your pot, put on a direct heat and bring to the boil, skimming any scum from the surface. Reduce the heat and simmer your lentils gently for approximately an hour or so until tender. Fish out the slices of ginger and set the pot to one side. Meanwhile, bring another pot of water to the boil, add the frozen spinach, bring back to the boil, simmer for a minute or two, drain and set aside.

Now finely chop your remaining cloves of garlic, peel and grate the remaining fresh ginger. Heat the oil in a large pot, adding the cumin seeds when hot, they should start to sizzle, add the chopped garlic and stir until they start to turn golden, then add the onion. Once the onion is starting to brown add the spinach and fresh ginger, stir fry for a minute before tipping in your cooked lentils. Add salt and freshly ground black pepper to taste, the juice from your lemon and the chilli powder. Give it a good stir, bring to a very

gentle simmer, and cook gently for a further 15-20 minutes. If you think it's too thick, add a little more water; if you think it's too watery, remove the lid and turn the heat up for 5 minutes, stirring more frequently.

Beetroot in a tomato & onion sauce

This is better if cooked the day before, left to cool then refrigerate and heat through the next day.

Ingredients (Serves 6 as a side dish)
 2 bunches fresh beetroot, peeled, halved, and cut into 10mm slices (£1.50 / bunch)
 Vegetable oil
 2 cloves of garlic, peeled and finely chopped
 1 heaped teaspoon of cumin seeds
 1 medium / large onion, chopped
 1 heaped teaspoon of plain flour
 ½ teaspoon of chilli powder
 1 x 400g tin of tomatoes (£0.40 / tin)
 Salt to taste

Method

You need a reasonable sized stovetop pot or pan for this. Pour a good glug of vegetable oil into your chosen pan, put over a medium to high heat, when hot, chuck in your cumin seeds, followed by the garlic, then a minute later, once the garlic is turning golden, add the onion, continue stirring and frying until the onion starts to colour, then add the flour and chilli powder, stir to mix then add the remaining ingredients and 0.5 litres of water. Stir, bring up to a simmer, reduce the heat to low, pop on a lid and cook gently for 30-40 minutes till tender (this depends on the size and age of the beetroot). Remove the lid, turn up the heat and stir for 5-10 minutes until the sauce has thickened.

Cauliflower with onions & tomatoes

Ingredients (Serves 6 as a side dish)
 1 medium onion, cut into chunks
 1 thumb sized length of fresh ginger, peeled & sliced
 1 large or 2 medium cauliflowers (£0.50 / £1 each size dependent)
 Vegetable oil



4-6 cloves garlic, peeled and finely chopped
 1 teaspoon of ground cumin (£0.75 / 100g)
 1 teaspoon of ground coriander (£1 / 100g)
 ½ teaspoon ground turmeric (£0.75 / 100g)
 400g tin of tomatoes
 ½ teaspoon of chilli powder
 1 lemon, juiced
 Salt & black pepper to taste

Method

Break the cauliflower into bite sized florets and soak in cold water for 20-30 minutes before draining. Put the onion and ginger and a few tablespoons of water into a blender and blend into a runny paste. Pour a good glug of oil in a large sauté pan or shallow stovetop casserole on a high heat, add the garlic and fry until golden then tip in your cauliflower florets, stir fry for 4-5 minutes, by which time the florets should be starting to brown in places. Fish out the florets and set to one side in a bowl before adding your ginger onion paste. Fry this for a minute then adding the remaining ingredients and a cup of water. Bring to a simmer and cook gently for 5 minutes, stirring frequently before adding the reserved cauliflower florets and garlic. Cover and cook gently for 10 minutes.

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Meniscal injuries of the knee - diagnosis and management

The knee is the largest and most complex joint and is often the source of pain and poor function.

It is a hinge joint and allows us to sit, squat, walk or jump. There is also a small degree of inward and outward rotation that is possible at the knee joint. If you sit with your knee bent at 90 degrees and hold it off the ground, you will detect some rotation of your lower leg (tibia) as you move a stationary foot from left to right.

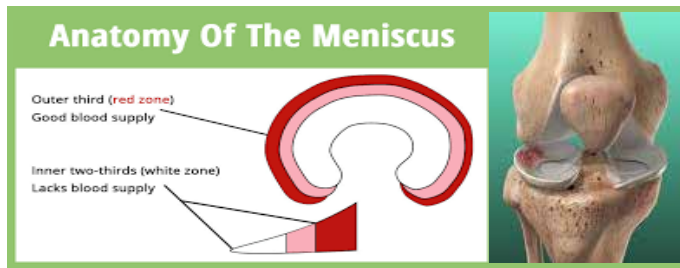
The knee joint consists of 3 bones:

- **femur** - the upper leg bone, or thigh bone
- **tibia** - the bone at the front of the lower leg, or shin bone
- **patella** - the thick, triangular bone that sits over the other bones at the front of the knee, or kneecap.

The end of the bones are covered with a layer of cartilage - a slick, elastic material that absorbs shock and allows the bones to glide easily against one another as they move.

At the end of the femur are two round condyles and these sit on top of the tibia which is a relatively flat surface. Imagine an egg on top of a plate - this isn't what can be described as a stable connection. However, if you place the egg in an egg cup, all of a sudden you have a stable connection. On top of the tibia are 2 semi-circular shaped discs of tough fibrocartilage that do exactly this job. They are the medial meniscus and the lateral meniscus (plural menisci). They deepen the articular surface of the tibia, thus increasing (along with several ligaments) the stability of the joint. They also act as shock absorbers by increasing the surface area to further dissipate the forces of movement.

Acute meniscal tears usually happen when you have a forceful twist to your knee. This can be done whilst playing sport, but can also be done by a slip or fall when the force of your full bodyweight goes through the joint as it bends and twists. A degenerative meniscal tear can occur at any age, but is more common in older populations due to



wear and tear of the joint. Ageing tends to make the menisci less flexible thus making them more prone to developing a tear.

Symptoms of a meniscus tear include:

- knee pain or tenderness
- stiffness or swelling around your knee - the swelling may not start for a few hours or days
- difficulty bending, straightening or moving your knee - kneeling down or a deep squat will feel very uncomfortable to do
- your knee giving way when you try to stand
- locking of the joint
- a clunking or clicking feeling when you move your knee

The management and recovery from a meniscal injury tends to depend on what part of the meniscus is damaged. The meniscus has 3 distinctive zones: the red zone which is located to the outer third of the meniscus, the red-white zone which is in the middle of the meniscus, and the white zone found on the inner third of the meniscus. The red zones receive some blood supply and can repair well. The red-white zone have a very poor blood supply and a harder to heal. The white zone is completely avascular (no blood supply) and presents a poor prognosis for recovery, regeneration and healing. Therefore, a full-thickness tear, which goes through all 3 zones in the meniscus, will require surgery for the best possible outcome.

If you suspect you have a meniscal injury, follow the PRICE protocol, seek some medical advice from your physiotherapist or GP and be prepared for a slow recovery back to being pain-free and fully functional. Gentle strengthening exercises to regain quadricep strength is vitally important and should be commenced as soon as possible. Do not rush your recovery time as you may well make the problem even worse!

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