

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2023

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Spring ahead! Let British Summer Time begin. Admittedly, it isn't a huge shift in our day but little changes over the season can make a big difference to our productivity. Take advantage of the longer daylight to get ahead with your 'to do' list; get yourself up and out for a brisk walk in the park or around the neighbourhood. Trax is a new gym in Oxenhope you might like to try (see left, p2) or take up Crown Green Bowling (featured on p35). Shelley Robinson offers 'Less Stress Yoga' classes in the Worth Valley, including one online, whilst Sharon Thompson, hypnotherapist, can work with you one to one in person or online to support your personal goals (Both are on p37). When you use the local businesses and services in these pages you are contributing to our local economy and it is very much appreciated.



Liz Barker, Editor

Thank you and have a lovely April!

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Mystery Weekend – Friday 14th April to Sunday 16th April

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The Old Registry



Menu *Vegan & gluten free options available*

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Strawberry Daiquiri 5.95

Smooth cocktail mixes Captain Morgans spiced Caribbean rum with sweet ripe strawberries, juicy limes and rich notes of vanilla and rum spice

Passion fruit Martini 5.95

Smirnoff Vodka combined with juicy passion fruit and citrusy lime flavours, is balanced with smooth notes of vanilla and marshmallows

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Pink Gin Martini 5.95

A fruity blend of juicy raspberry and tart lemon, with red berries & sweet taste of pink gin

Bites

Mixed marinated olives 3.50

Mixed spicy coated nuts 2.50

Cheese Board 8.50

Biscuits, 4 cheese, chutney, grapes, butter

Warm crusty Bread 3.25

balsamic oil, garlic oil, chilli oil

Stuffed vine leaves 4.95

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Selection of cured meats 5.95

A bit of everything veggie 11.50

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Say you saw it in the Worth Valley Mag!



peppercorns, cover with water again and bring back up to a very gentle simmer. Let the joint simmer gently for 2-2 ½ hours. Test it's done by pushing a skewer right through it. If it is done, this should require little effort.

Meanwhile, put the frozen spinach in a pan, cover with water, bring to the boil and drain the spinach into a large sieve to drain then transfer into a bowl and set aside.

Now put the milk in a pan, together with the peeled and chopped small onion, 2 cloves and a pinch of salt, bring to the boil then put to one side to infuse for several minutes.

Wash & dry the pan you boiled your spinach in and melt the butter over a low heat, once melted, add your flour, and stir gently for a minute or two. Remove from the heat, strain the milk into the pan, whisk thoroughly then return to the heat, stirring until thickened. Cook over a very low heat for five minutes or so before adding the spinach, cream, nutmeg and ground black pepper, stir to mix, and keep warm over a low heat.

Take three or four ladles of the broth from the ham pot and put into a small pan, boil vigorously over a high heat until reduced in volume by a third.

Slice and serve the ham with the creamed spinach, and some boiled and buttered potatoes and carrots, drizzle a couple of spoonfuls of the reduced broth over the sliced ham. A bit of English mustard on the side is good too in my opinion.

If you want to make a really good soup the following day, drain and reserve the remaining broth, let it cool to room temperature then cover and refrigerate.

To make the soup, bring the broth back to a simmer and add about 300 / 400 g of red lentils, any remaining shredded ham. If you have any boiled potatoes left over, dice them and chuck them in yer pot. Add a couple of teaspoons of mild curry powder. Simmer gently for 30 minutes until the lentils are cooked. You can adjust the thickness of the soup to your taste by simmering longer to thicken, or by adding water to make more "soupy". I like to add some shredded white cabbage and cooking for another 5-10 minutes, then you've got yourself a second meal which is really good served with crusty bread, butter and some cheese.

Apart from being one of my favourite things to cook, eat and serve to guests, this is also one of the cheapest Sunday dinners you can cook; you should be able to buy a 2kg "corner" gammon joint for about £12-£13 which will feed 6 people very well with leftovers for a good soup too. You'll definitely save money by going to a proper butcher rather than a supermarket here.

Ingredients

- 2kg "corner" gammon joint
- 2 large carrots
- 1 large leek
- 1 large onion
- 8 cloves, salt, nutmeg
- 2 dozen or so black peppercorn
- 300ml milk
- 1 small onion
- 50g butter
- 50g plain flour
- 100ml double cream
- 900g bag of frozen chopped spinach

Method

Get the biggest stovetop pot you've got, put the gammon in it, fill with cold water and bring to the boil. Whilst you're waiting, roughly chop the carrots, leek and celery, peel the large onion and stud with 6 of your cloves.

When the pot boils, drain, rinse the gammon joint, and return the gammon to the pot with the carrots, leek, celery and onion / cloves and

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7	6	4	1	9	2	8	5	3
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4	7	2	5	9	3	8	1	6
8	2	4	9	7	5	6	3	1
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The Harehills Foundation Trust

provides assistance to people living within the area of the former Oakworth Urban District Council. It excludes the ex-Laycock ward and parts of the the old Oldfield and Stanbury Ward outside Oakworth parish. Send applications to the Trust clerk at Oakworth Primary School, Station Road, Oakworth BD22 7HX by 26th April 2023.

The Bradford Chorale are interested in inviting new singers to come and join a friendly and experienced choir. **Meet at 7.30pm on Tuesday evenings** at Northcliffe Bradford Road Shipley. e-mail e.f.bennett @btinternet.com or lynnedennison@btinternet.com for details.

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 Tuesday Rethinking Pain at West Lane Baptist Church, Haworth 1pm - 2pm A Group for people living in pain. Free gentle movement exercise classes for people in persistent pain.

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 Wednesday Haworth Senior citizens 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth. New Members Welcome. Call Doreen 01535 648928

Every Thursday 1pm - 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,



COMMUNITY PAGES

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126 Commercial Street, Oakworth, BD22 7PR. 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. **Weds Feb - 1st Jan 2024 Brontë Parsonage Museum The Brontës 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.

Sat 1st April Haworth Central Park Bowling Club reopens for the 2023 season for crown green bowling. Experienced players welcome and have a go sessions available for novices. For more info please see our FB page HaworthCentralParkBowlingClub or call 07472319043

Weds 5th April Keighley 3rd Age Group Meet at Action Point (formerly Temple Row Centre) at 10am. Free refreshments. Speaker Chris Helm. Holidays from the past. Further details regarding this group please contact the David Boddy 07979799527 email:d.r.boddy@btinternet.com.

Sun 2nd April Oakworth/Haworth circular walk Moderate 5 miles. Meet 10.30 on Wide Lane, Oakworth, by the crematorium. www.ramblers.org.uk/keighley

Sun 2nd April 10am - 4pm Aire Valley Railway Modellers Club Spring Open Day Dalton Lane Keighley. **Weds 5th & 12th April Wild Wednesday** 11am - 3pm at the BrontëParsonage.

Sun 9th & Mon 10th April Afternoon Tea KWVR bookings www.kwvr.co.uk

Fri 14th April 2pm at St James' Church, Cross Roads BD22 9DL. Cross Roads and Lees Church and Chapel Ladies Group: Mrs S Bateman will talk about Grandma Wilds Bakery. **Fri 14th April Haworth Cinema The Lost King (12A)** 7.30pm West Lane Baptist Centre Adults £4 Child £2. **Sun 16th Mossy Moor & Wood Henge Moderate 8 miles walk.**

Meet 10.30. Main Street, Hebden village. www.ramblers.org.uk/keighley **Sun 16th April Train rides for all the family.** Miniature trains running at **Marley sports field 1:30 pm until approx. 5 pm.** Steam and electric trains providing trips for all ages. Great family time out. Refreshments available. Details at www.kdmes.org.uk/trains

Mon 17th April 7.30pm Haworth and District WI at **West Lane Baptist Church, Haworth BD22 8EN** Andrew Britton's talk about Pavé, A Charcuterie in Haworth. **Fri 28th April Haworth Cinema The Banshees of Inisherin 7.30pm** West Lane Baptist Centre.

Artisan Market **April 16th**
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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's ambition is also his craft, creating lifelike smiles through dentures and implant supported prosthesis.

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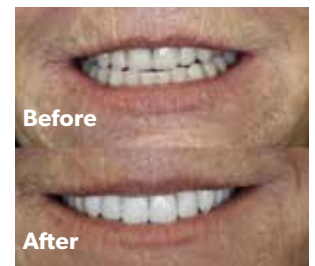


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Say you saw it in the Worth Valley Mag!

BEHIND THE SCENES AT THE MUSEUM

Having faithfully read Worth Valley Magazine from cover to cover since moving to Haworth last year, it's a real privilege to be making a contribution on behalf of the Brontë Parsonage Museum in my new role as Digital Content and Marketing Officer.



Carla Kingham is the new Digital Content and Marketing Officer at the Brontë Parsonage Museum and local Haworth resident.

It's a rather long job title but to put it simply, my role is to look after the general marketing for the Museum and think of new ways to embrace the digital world as it becomes ever more central to our visitor's daily lives. I moved to Haworth last spring to be closer to the landscape I'd fallen in love with as a girl. I have fond memories of tearing across the moors and clambering down to Brontë Falls when visiting on school trips, gathering precious mementos from thickets and clumps of bog-moss to take home in my pocket.

A love of the landscape grew into an appreciation for the history and sense of community here. I've made regular visits to Haworth throughout my adult life, always making time for a trip to the Museum followed by an amble down Main Street and a pint in one of the many brilliant pubs on offer.

This special place has long captured my imagination, so you can imagine my delight when the opportunity came up to join the team here at the Brontë Parsonage Museum. I'm endlessly inspired by the range of activity and creativity happening in the Worth Valley and I believe the Museum plays an important part in that. The Museum

is a place for everyone, and there's always something new to explore.

We've got a fantastic programme of events coming up, but I'm particularly looking forward to the **Creative Writing and Nature Art Workshop on Saturday 22nd April** led by local poet and land artist **Winston Plowes**.

In this 2-hour interactive session, Winston will encourage

visitors to venture beyond the walls of the Museum and connect with the wild inspiration that lies on our doorstep. You don't need to be an artist to take



part, far from it! All that's required is a little curiosity and a keen sense of adventure...

I'll certainly be pulling on my walking shoes, hope to see you there.

Scan for more information:



Get in touch!

carla.kingham@bronte.org.uk

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5								
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Where in the Worth Valley? COMPETITION



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

This month's prize is generously donated by The Keighley & Worth Valley Railway: (Day Rover Pass)

Email your answer along with your name & address to:

mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by the 20th April 2023

The location of last month's competition was Spar, Haworth and the winner was Sarah Sunderland from Keighley.



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Say you saw it in the Worth Valley Mag!

Our local hospital is in desperate need of a rebuild

Keighley and Ilkley MP Robbie Moore updates readers on his campaign for a new **Airedale Hospital**



I want readers to know that my campaign is making progress. After visiting Airedale Hospital twice more in February to hear from the Airedale NHS Foundation Trust about how a rebuild could drastically improve the quality of health services in our area, I held a trio of meetings with the Prime Minister, our Secretary of State for Health and Social Care and the Minister in charge of Hospital Rebuilding. In March, I met with the Chancellor to make economic case for a new hospital, with a further meeting with the Prime Minister soon to come.

During these meetings, I make sure the government hears about what we here in Keighley, Ilkley, Silsden, the Worth Valley know far too well: Our hospital was built with a planned life expectancy of 30 years. It has now been over 50 years. Our hospital is constructed from over 83% aerated concrete – a material known for its dangerous structural defects. Our hospital has over 50,000 aerated concrete panels running through its walls, floors, and roof – that’s five times more than any other hospital in the UK. Whilst I recognise that it is a huge sum of funds I am lobbying for, a full rebuild of Airedale Hospital is about the future of health care provision in our area for generations to come. And so, as your MP, I will not stop lobbying the government at every level to deliver on this campaign.

~ Robbie Moore MP for Keighley and Ilkley

Home to a fantastic team of doctors, nurses and NHS staff, the heroes at Airedale Hospital consistently go above and beyond to serve our area. But if there is one thing that we have known for a long, long time, it’s that the original hospital building – which was built in the late 1960s with a planned life expectancy of 30 years - is falling apart.

That is why when I was elected as the Member of Parliament for Keighley and Ilkley, I launched my campaign for a full rebuild of Airedale Hospital and to date have lobbied the government on this campaign more than anything else. Whether that was holding a personal debate on Airedale Hospital in Parliament, lobbying the Prime Minister at PMQs and in separate forums, or holding meetings with the Department of Health and Social Care, I have made it clear to every level of government that sticking plaster solutions for our brilliant local hospital simply will not do.

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Robbie Moore MP




Keighley, Ilkley and the surrounding areas

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We have enjoyed a fabulous start to the year, although it's not been without its challenges. In mid-March, we hosted a number of visiting steam locomotives as we held our Spring Steam Gala. The trains were packed, photographers lined the Railway from their chosen vantage points, and the Worth Valley weather did not let us down to create a very special spectacle as we had a snowstorm. Our volunteers rose magnificently to the challenge, some walking many miles to take up their rostered duty. Everyone pulled together and worked tirelessly to clear the point-work, signalling and stations of snow and to light the fires in the steam engines well before dawn broke meaning that we were running trains on all four days of the event. Their efforts were rewarded with one of the most impressive steam gala events in the Preservation Society's 60-year history. We have received many compliments and have been sent hundreds of fantastic photographs of the trains running through a winter wonderland in postcard-perfect scenes. Trying to convince our younger visitors that Santa wasn't about to appear was a bit tricky at times.

The steam gala weekend also saw us re-open the Old Parcels Office at Keighley station for the 2023 season. We bought the business in January 2020 and could only open for a few weeks before the various lockdowns and issues with the station building meant we have had a series of enforced closures since its purchase. We

are fully back on track with a new team and menu, so please do pop in when you travel with us. The Old Parcels Office is located on the bridge between platforms 3 and 4 at Keighley and offers a full food menu, a range of speciality teas and coffees and a real-ale bar. It is open 9.30am - 5.30pm when the Railway is operating, and our website has full details.

In other news, we are very excited to welcome the nation's favourite locomotive, The Flying Scotsman, to the Railway in May. As well as train rides hauled by the star locomotive 25th-29th May (for which tickets are selling very fast), we are also planning "A Flying Scotsman Festival" as part of the loco's 100-year celebrations. Please visit the website to get the latest details and book tickets for the Festival dates held in May during the locomotive's stay with us.

As well as the events programme and special trains, we continue to run our regular services every weekend and during the school holidays. Now that we have the Old Parcels Office up and running at Keighley, as well as the real-ale bar on board most trains, there is so much to do and enjoy right on your doorstep. Don't forget to apply for your Local Residents' Railcard to enjoy discounted travel, which makes your time with us an even better value.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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This year we will return to both League and Leisure Bowling.

In line with the membership growth, the facilities are being improved. These have been funded by grants and club generated special events. In the coming years the Club will continue to actively contribute to Haworth Village activities. We also want to welcome and encourage New members to our Club. Everyone is welcome!

We particularly want to encourage single people to our club, to share the fun and

friendship in Bowling.

In the words of one of our new members relaying her experience:

"I had time on my hands and was looking to join somewhere to meet new people. I also needed to increase my exercise and activity. I had thought about Crown Green Bowling in the past but wasn't sure whether you could just go along to a club without having previous Bowling experience. I contacted Haworth Central Park Bowling Club and was delighted to learn that I didn't need any experience.

I arranged to meet with Committee members at the Green. I was given coaching and my first lesson. I decided there and then to give Bowls a go. I was made aware of the Club opening times and assurances that there would always be someone there to help me out and show me the ropes.

There was one thing that did surprise me, and that was the lack of single members; many had joined as couples (although often only one half was a playing member). So to all you singletons out there, come along to beautiful Central Park and give Bowling a try. You won't be disappointed and I guarantee that you will be given the warmest of welcomes. I can honestly say that the members of Haworth Central Park Bowling Club are some of the kindest, friendliest and most welcoming group of people you could ever wish to meet. Come and see for yourself, you won't regret it!"

Haworth Central Park Bowling Club

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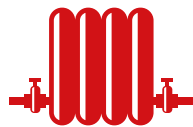
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