



WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Dec 2021 Jan 2022

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I don't know about you, but I am so pleased to see the end of 2021 in sight. I'm grateful to be alive and well and living in the UK despite the challenges that have come up this year, (need I say more?). It's been a tough year. We (Worth Valley Publishing) will continue to support and root for our local businesses and residents in whatever way we can. The following pages represent hard working individuals and organisations and it is a privilege to engage with so many community minded folks every day.

We hope you will find joy and peace this season. If you feel alone or need some support, www.treacle.me lists a number of services that are locally based and ready to help (See page 8). The District Council is also a useful resource: 01274 431000.

Have a safe, merry & bright holiday season & New Year. Liz



Liz Barker, Editor

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(off Marley Roundabout)

Say you saw it in the Worth Valley Mag!



'Santa-Nav' is set for Haworth Village Hall

Visit **Father Christmas** in his Grotto this year at ~**The Magic Garden Play Cafe**, Haworth Village Hall, Butt Lane. The Cafe has teamed up with **Space to Inspire**, the local STEM (**S**cience, **T**echnology, **E**ngineering, **M**aths) specialists, to create a unique sleigh experience for the whole family. Find out who's been naughty or nice and watch Santa's 'navigator' at work. The Santa's Grotto with a difference will be available **Monday 29th November til Thursday 23rd December 10.30 til 13.30 Monday to Thursday** and can be booked via www.tinyurl.com/magicgardenplaycafe. Tickets are £10 and £8 for siblings. This includes the meet and greet with Santa in his high tech sleigh and a gift bag with a soft toy, wrapped Christmas book and reindeer food (Worth £12.50). You can also treat yourself to a Gingerbread or Irish Latte (0% alcohol) in the cafe or a spiced orange Christmas tea. We hope to see you there.



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Veggie Dog Treats **Toys Beds & more..**

www.worthvalleypetstore.co.uk ⓘ
Also, thank you to Louise at KTG design & PRINT for all her design help this year

Smartdog Bath & Groom KTG design & PRINT

Say you saw it in the Worth Valley Mag!

C&L Herd Family Butchers
Wishing you all the very best this Christmas!



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LARGE
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Robbie Moore MP
Standing up for Keighley & Ilkley

Merry Christmas! As your local MP, I am here to help with any issues you have - including throughout the festive season. If you'd like to arrange an appointment to discuss an issue of concern, please get in contact using the details below

robbie.moore.mp@parliament.uk
 01535 600538
 Shan House, 80-86 North Street, Keighley, BD21 3AG

Get the latest local news on Facebook
[fb.com/Robbie4KeighleyAndIlkley](https://www.facebook.com/Robbie4KeighleyAndIlkley)

Visit robbiemoore.org.uk to sign up for email updates

Joy Treacle®



"Joy! A word associated with Christmas in so many ways. One local resident, Dan Wadsworth, has spent a lot of time thinking about joy, and how to increase it all year round. He along with a colleague started a movement called '15 seconds 30 minutes,' or **15s30m**, for short. The



idea is that there are loads of things that we can all do each day which take no time at all, but will save someone else a much bigger job. This increases joy and reduces frustration for someone else.

It sounds like a tall order, I know, what can you *actually* do in 15 seconds? At home for instance, don't leave a room empty handed, just take your cup, the washing or that pile of stuff on the stairs with you. It takes 15 seconds but will save a mountain of time if left un done. At work, pass on that message, refill the empty kettle or restock as you go. There are so many small actions that take almost no time at all, but save someone else a bigger job.

- Spend 15 seconds writing a Christmas card to your neighbour.
- Donate an advent calendar to a local children's charity.
- Write a letter or leave a little note for the post woman/man to say thanks for their hard work over the year.
- Spend 15 seconds making sure repeat prescriptions have been ordered to cover the festive period.

- Spend 15 seconds texting that person who's been quiet recently. All these will have a huge knock on effect to others and will bring more joy to all. Check out www.15s30m.co.uk for more ideas from this transformational change platform. ([@15s30m](https://twitter.com/15s30m))

One way that residents in the Aire and Worth valleys can spend 15 seconds to save lots of time searching online, is to check out www.treacle.me. It is an easy to use site that can take you straight to all sorts of support and help. Whether you are a **parent** worried about your **teenagers mental health**, are caring for an **elderly** person and struggling to manage their **dementia**, whether you are stuck **financially** and need to know where to get **help** with your **fuel bills**, or are feeling **lonely** and need help to find **local groups** where you can make **friends**. It is all there in one easy to use site. So take a few seconds, scan the code to the right and jump into **Treacle**.

Treacle.me
Helping you find everything you need for a happier and healthier life

Scan me



To advertise call us on 01535 642227

MERRY CHRISTMAS!

S	R	E	T	W	F	L	A	P	O
T	W	I	N	O	N	S	K	H	L
H	G	I	L	S	A	M	E	T	E
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M	S	R	E	S	A	N	E	I	R
A	U	A	L	C	A	T	I	N	A
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SNOWMAN
TOY FACTORY
WINTER

E	R	O	W	M	A	N	R	B	R
K	S	N	T	S	I	M	E	G	E
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I	N	I	O	P	A	V	O	C	N
S	T	M	A	S	E	L	R	A	A
T	E	E	R	T	Y	C	A	N	C
O	A	C	T	O	R	N	I	D	Y
Y	F	Y	L	L	O	H	B	O	R

Words go left, right, up, down, *not* diagonally, and can bend at a right angle. There are no unused letters in the grid and each letter is used only once.

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Red Dog Pest Control was formed in August 2016 and has gone from strength to strength. As a family run Keighley based business, we offer an efficient pest control service for rural, domestic and commercial customers.

We pride ourselves in providing a unique service in the marketplace, dealing with fleas, moles, wasps, rodents, rabbits, relocation of bee colonies and more.

We are able to offer a traditional, environmentally friendly form of pest control for many of our customers. Our services can be one-off call outs or contractual for 12 month periods.



Shell and Nim, work side by side

Technician. Our daughter, Nim, was one of the youngest people in the UK to qualify as a Pest Control Technician at just age 14.

She is currently studying for her A-Levels and spends school holidays and weekends out with Malc developing her knowledge and experience in the trade; she has proven to be quite an asset to the business. Female Pest Control Technicians are few and far between! Our son is now wanting to join the business too when he is older.

We would be pleased to help you should you be in need of our pest control services. **Please call**

Malc on 07805371101, or email rdpestcontrol@hotmail.com

Wishing you a pest-free Christmas holiday!

In the 5 years since Red Dog Pest Control began, we have gained a loyal customer base with much of our work coming from word of mouth recommendations and repeat custom.

Whilst we 'Keep it in the family' Malc is our principle Pest Control Technician, Shell covers admin and invoicing, and we are now also able to offer the services of a fully qualified female Pest Control

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A warm welcome from Coach Rick

Keighley Table Tennis Centre is a voluntary run facility located in Keighley.

We spoke to Rick Gonzalez, a Voluntary Trustee for the Centre to understand a bit more about Keighley Table Tennis Centre and why more people should get involved in everything there is to offer.

Yorkshire coach of the year, Rick Gonzalez, has been coaching table tennis for about 7 years as a professional level 2 coach. He's worked with young people in schools, colleges and University and worked with adults of all ages using table tennis to engage with a diverse range of people including those living with long term health conditions to offer inclusive table tennis for all.

What is the best thing about Keighley Table Tennis Centre?

The people. The Centre shows off what we are about. We have young people from 5 years old to adults in their 80's from all different backgrounds, disabilities, genders and ages. It's an inclusive place and it really is table tennis for all.

What is an over 50's session? Do you have to be good at table tennis?

The sessions run at different times on 5 different days of the week to give people choice, we usually get in the region of 20 people over the age of 50 turn up for social play in either doubles or singles. Sometimes



it's competitive but mainly it's just a laugh. There are volunteers on hand to meet and greet, sign you in and make sure everyone has someone to play with. Halfway through, everyone takes a break for a chat, coffee and a biscuit before returning to some play. You don't have to be good at table tennis at all, we welcome people at all different levels and it's for anyone who is interested to play.

What would you say to someone thinking about joining an over 50's session who might be a bit worried?

Well firstly, we've got a new offer of 3 free sessions from November 2021 to January 2022 to come and see if you enjoy it. We're a friendly bunch of all abilities including complete beginners, and everyone starts somewhere. We've got a coffee lounge where people will just chat, you can play as much or as little as you like. We can lend out equipment so you don't need to invest in it and if you don't know where we are we will meet you and bring you in and show you around so you can feel comfortable.

If you are interested in coming to the over 50's session or want more information about the Centre, please contact us at info@keighleytabletennis.co.uk



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A member of Luminare Education Group



Keighley Table Tennis Centre, 2nd Floor,
Keighley Business Centre, South Street,
Keighley BD21 1SY

Over 50's Table Tennis Club

Want to keep fit? Meet new people? Practise a great sport at a high class table tennis venue?

EVERY WEEKDAY

SOCIAL / RETURN TO PLAY SESSIONS:

Monday 12:30pm to 2:30pm
Wednesday 10am to 12noon
Friday 10am to 12noon

MORE EXPERIENCED PLAYERS:

Tuesday 10am to 12noon
Thursday 10am to 12noon

COST: £5 for non-members. £3 for members. Includes FREE hot or cold drink!

Promotion: all NEW attendees at our Over 50s sessions will receive 3 sessions for FREE between November 2021-January 2022! Simply quote 'TTPromo' when registering with the session volunteer

'A great social sport for anyone of any ability – what have you got to lose?'

For more information, please contact Keighley Table Tennis Centre:
E: info@keighleytabletennis.co.uk • www.keighleytabletennis.co.uk



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www.keighleyfurnitureproject.co.uk
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COMMUNITY PAGE

Every Thursday 1- 3 pm The Shed at Oakworth Village Hall. New members welcome. Learn, practice or share your skills.
Fleece Oakworth Time For Me Bereavement Support Group is a mutual support group for those who have lost someone dear, recently or a long time ago. Meet weekly. Grief is an often lonely journey. You don't have to cope on your own.

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall. New members are welcome to this friendly group.

Mondays 1 - 3pm Keighley Tea Dance at the Civic Hall.
Well-being Wednesdays 1 -2.30pm at Cliffe Castle Park, Keighley. Every Wednesday (term time) for adults. Relaxing wellbeing, nature walks, arts & crafts, campfire cooking, Tai Chi.

Places are limited so book your free place www.getoutmore.co.uk/takepart/wellbeing.
Keighley Mens' Forum meet on **Thursday 10.00 until 11.30**, October till April, at the Keighley Playhouse, entrance on the corner of Devonshire Street and Scott Street. Annual sub is £5 with £2 a week to cover coffee, biscuits, a speaker and great company. If you require any further details please contact Martin 07581 575749.

Sat 4th Dec Oakworth Village Christmas Fair at Holden Hall
Sat 4th & Sun 5th Dec Haworth by Torchlight Weekend
Sat 4th & Sun 5th Dec 10am - 5pm Haworth Craft Fairs Old School Rooms, Haworth

Sat 11th & Sun 12th Dec Christmas Music in Haworth Weekend inc brass bands

Sat 11th & Sun 12th Dec Wreath Making Workshops at the Bronte Parsonage Museum.

Fri 3rd & 10th Dec Keighley & Worth Valley Railway Mulled Wine Specials

Thurs 9th Dec is late night shopping in Haworth.

Fri 10th Dec 7:30pm at St Mary's church, Oxenhope An evening of

Gallery Carols and Curios by the Folk group Crickmore Crewe. They will be performing a variety of unusual Christmas music with close harmonies, guitars, harmonium, percussion, mandolin, concertina and whistles. £5 on the door or £8 inc glass of wine.

Sat 18th & Sun 19th Dec Nativity Weekend in Haworth.

Thurs 16th Dec 1-3pm at Oakworth Village Hall (Holden Hall) Christmas Afternoon Tea Party music, conversation & crafts serving mince pies and christmas cake and other treats.

Sun 19th Dec 4pm Friends of Holden Park. Oakworth together with Haworth Ukulele group will welcome you to a **Christmas singsong in Holden Park**. There will be a warming drink and a slice of something tasty. Don't forget your torch and wrap up warm.

Sun 26th Dec - Mon 3rd Jan Keighley & Worth Valley Railway Mince Pie Specials




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BEHIND THE SCENES AT THE MUSEUM



16 December 2021 marks one hundred and twenty-eight years since The Brontë Society was founded. The Mayor of Bradford, Alderman Jonas Whitley, called a meeting of 'admirers of Brontë literature in the West Riding, to consider the advisability of forming a Brontë Society and Museum.' The meeting, attended by more than fifty people, took place in the Town Hall, Bradford, at 3pm on Saturday 16 December 1803. It was resolved:

'THAT a Brontë Society be and is hereby formed and that the object of such Society be, amongst other things, to establish a Museum to contain not only drawings, manuscripts, paintings and other personal relics of the Brontë Family, but all editions of their works, the writings of others upon those works or upon any member of the family, together with photographs of places or premises with which the family was associated.'

We like to think that we're not quite so formal these days, but the original mission of the Brontë Society hasn't changed dramatically. Just before news of a worrying new virus in China started filtering through, we were celebrating a successful fundraising campaign to bid for one of Charlotte Brontë's little books at auction in Paris. In early February 2020, visitors saw the book

on display for the first time, and we could never have imagined that six weeks later, we would be closing our doors for the first time in ninety-two years. We also could never have imagined that upon reopening the Museum in May 2021, that news of a so-called 'lost' collection of Brontë manuscripts would come to light, and we would begin fundraising to save objects that hadn't been seen for nearly a hundred years.

Like similar organisations, surviving a global pandemic has caused us to reflect on the work we do and the work we would like to do. We'd like to mean more to more people, particularly the people on our doorstep. We're immensely proud of the home we look after, and we're keen to find more ways to share the story of the amazing and inspirational family who lived here. And so, as we reflect on the past two years, and look to horizons new, we'd like to think that the founders of the Brontë Society would be immensely relieved that we have survived a global pandemic, and proud that we continue to campaign to save Brontë treasures for the nation. We will continue with this mission of course, but the Society is about more than 'collecting'; what's important is the sharing, and we look forward to doing more of this with our neighbours in 2022.

THURSDAY 9 DECEMBER

Late night opening and free entry for local residents

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

Winter opening times

DECEMBER

10am-5pm Wednesday to Sunday except 23-27 December inclusive

JANUARY

New Year's Day: 12pm-5pm

2 and 3 January: 10am-5pm

4-31 January: 10am-5pm Sat and Sun only

FEBRUARY

The Museum will resume Wednesday to Sunday opening from 2 February



Winter at the Brontë Parsonage Museum

Brontë Parsonage
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk
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Merry Christmas to all dancers!

Tea Dance
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Say you saw it in the Worth Valley Mag!

Keighley & Worth Valley Railway Christmas



volunteers and I would like to ask you to consider making joining us one of your new year's resolutions. We have voluntary roles across all aspects of the operation of the Railway, including engineering and maintenance activities of the locomotive and carriage fleets at Haworth and Oxenhope respectively. We also have the front-of-house roles that you will see if you join us on board, including station, retail and catering activities as well the operational activities such as guarding and being a member of the footplate crew. Then there are the scenes roles that are really behind the scenes which encompass all aspects of the administration of the charity's activities. Full training is provided, and – as you would expect - we have a well-established system of accreditation for safety-critical and operational roles. You can volunteer for as much or as little time as you can offer, and all support is very welcome. You would be joining a team that keeps an important part of our history alive with our volunteers quite literally keeping the wheels turning. You can find out more about volunteering opportunities on the website or by enquiring at Haworth station. If you are not able to volunteer, then I do hope that can support us by travelling. **Don't forget that if you live in BD20/21/22 you can apply for Local Residents' Railcard which offers half-price travel on timetabled services.** Finally, thank you. It is thanks to the continued support from our passengers that we are now positioned to look to the future with confidence. We have weathered a very challenging storm and are looking forward to 2022 with a renewed optimism. Between then and now, I hope you and yours have a great festive break and we look forward to welcoming you on board soon. ~ Matt Stroh KWVR.

www.kwvr.co.uk



There were many times during the last 18 months when it was difficult to look forward with optimism. We had lockdowns, enforced closures, and all the uncertainty about when we could reopen. Our volunteers worked tirelessly to provide Covid-secure accommodation for passengers on both ordinary operating days and the Elf Express Christmas services, which have again sold out this year. It was a great relief to be able to move cautiously back toward a more "normal" operation earlier this year, with a mix of open and compartment carriages now available to passengers. However, for the weekends before Christmas we are focused on our sell-out Elf Express before reopening the Railway to walk-up passengers with the Mince Pie specials that start on Boxing Day and run right through to 3rd January. To make all this happen, we rely very heavily on our 700+ strong team of

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Driving Miss Daisy would like to wish all our customers a Happy Christmas and a Happy New Year. We look forward to enjoying more time with you all in 2022.

There is no need to fret about what to do with your real Christmas tree after the festivities have ended, as **Sue Ryder Manorlands Hospice** is offering a **green scheme** to recycle it. People who live in, BD20, BD21, BD22, BD23, postcodes will be able to have their Christmas trees collected from their homes between the 9 – 16 January. The hospice will work in partnership to collect Christmas trees that are no longer needed from your home. They will then be recycled. A donation is welcomed in return for collecting the trees, so Sue Ryder can continue offering its compassionate palliative care and bereavement support - and help people make every moment count this Christmas.



Find out more about **Christmas Treecycling** and book a collection at sueryder.org/christmastree by Saturday 8 January 2022.

Contact the fundraising team at Sue Ryder Manorlands Hospice with any queries on **01535 640 430** and manorlands.fundraising@sueryder.org.

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Sparkling Bradford Winter



Love Winter? Feel Inspired in the Bradford District...

As we head towards Christmas there's plenty happening around the Bradford district to bring some festive sparkle to your days.

Christmas in Haworth is underway, with events continuing through December:

- 4th and 5th December: The famous Torchlight Weekend
- Thursday 9th December: Late Night Shopping
- 11th and 12th December: Christmas Music Weekend, including the much-loved brass bands
- 18th and 19th December: Eagerly awaited Nativity Weekend

Stroll the atmospheric Main Street and enjoy the twinkling Christmas lights and festive shop windows. The village is a wonderful destination for independent shopping, and you'll also find a fantastic collection of cafes, bars, and restaurants to refresh along the way.

Take the time to discover your own local High Street this winter, you might be surprised at the wonderful range of retailers on your doorstep. Once you've got the shopping ticked off, then there's lots more to explore.

At museums and attractions across the Bradford district you will find a host of events and exhibitions to brighten your winter days. If you've little ones and are looking for something different to do, pop down to **East Riddlesden Hall**. On weekends in December they're holding **Percy the Park Keepers**



Winter Wander Trail. Join in the fun with Percy and his animal friends and give nature a helping hand this winter. Follow the trail around the garden, looking for wildlife along the way.

If you'd prefer to stay warm and cosy, take a seat at the cinema with a tub of popcorn. It's not just Hollywood blockbusters; there's a whole host of seasonal delights waiting for you. Look out for Christmas classics for all the family, from *It's a Wonderful Life* to *Elf*, alongside musical spectaculars, opera and ballet. Check out the listings now for The Picture House in Keighley, Ilkley Cinema, The Light and Pictureville in Bradford.

Winter is always a perfect time to get outdoors, and the **Bingley Photo Walk Challenge Competition** is fun for all the family. This easy, self-guided walk provides photographic clues for walkers to follow in order to solve the riddle. Submit a photo



taken on the walk for a chance to win the monthly prize. The

competition runs until February, making it the perfect activity for over Christmas and early in the new year. For more details search **Bingley Walkers are Welcome** online.

As we head into the new year, it's a great time to try out new experiences and activities. You could try out a virtual reality experience at **VR City** in Bradford or learn to crochet at The Craft House in Bingley. How about finding a restaurant that's new to you, or going out to a live music venue. Sparkling Bradford can provide you with lots of inspiration to fill your winter days.



For more great seasonal ideas, go to www.sparklingbradford.info Follow Sparkling Bradford on Social Media @SparklingBradford



Sudoku

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

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

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

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

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

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

Email your answer along with your name & address to:

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The winner will be selected from all correct answers received by the 20th January 2022.



The November location was The Industry Barista and the winner was Jo Stanley from Keighley.

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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 overniding principles.

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We would like to wish all our staff, service users and their families a very Merry Christmas and a Happy New Year. It's been a tough couple of years for us all and we have had the courage and strength to get through it with the smiles and laughter from all our absolutely amazing staff.
Love Toni, Janine and Sue x

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

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

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

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'Ache in the knee?'

Getting to know about your knee pain

By David Hansen



age. These include:

- **genetics** - there may be some inherited tendency for osteoarthritis to develop. Epidemiological studies estimate that there is a 40% probability of inheritability in an osteoarthritic knee.
- being **overweight** - extra body weight increases the pressure on all the joints, especially the knees. Every 1 kilo of weight gained equates to 3 to 4 kilos of extra weight that your knees need to carry.
- your **gender** - women aged 55 and older are more likely than men to develop osteoarthritis of the knee.
- **repetitive stress injuries** - these are usually the result of the type of job a person does. People with certain occupations that include a lot of kneeling, squatting or heavy lifting are more likely to develop osteoarthritis of the knee because of the constant pressure on the joint.
- **high-load physical activities** - athletes involved in sports such as football, basketball, weight lifting, tennis, long distance running, etc. have an increased risk of developing osteoarthritis of the knee. However, it is very important to note that regular moderate exercise strengthens joints and can therefore decrease the risk of osteoarthritis. In fact, weak muscles around the knee can lead to knee osteoarthritis. Your knees take a lot of strain so do what you can to strengthen the muscles around them and try your best to avoid some of the risk factors that you are able to control.

Osteoarthritis, commonly known as wear-and-tear arthritis, is a condition in which the natural cushioning between the joints - cartilage - wears away. When this happens the bones of the joint rub more closely against one another with less of the shock-absorbing benefits of cartilage. This rubbing results in pain, swelling, stiffness, decreased ability to move and, sometimes, the formation of bone spurs - extra bits of bone which your body lays down to try and repair the injured area. Approximately 1 in 5 adults (18.2%) over 45 years of age in England have osteoarthritis of the knee. The prevalence ranges from around 15% to 21% across local authorities in England (Arthritis Research UK: Osteoarthritis year in review 2019).

What are the symptoms of knee osteoarthritis?

Symptoms of osteoarthritis of the knee may include:

- **pain** that increases when you are active, but gets easier when you rest
- **swelling**
- feeling of **warmth** in the joint
- **stiffness** in the knee, especially in the morning or when you have been sitting for a while
- **decrease in mobility** of the knee, making it difficult to get in and out of a chair, climb and especially descend stairs, or walk for any significant distance.
- audible **creaking** or cracking of the joint when the knee moves.

Causes of knee osteoarthritis

The most common cause of knee osteoarthritis is age. Almost everyone will develop some degree of osteoarthritis affecting one or more of their joints. However, several factors increase the risk of developing significant arthritis at an earlier



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By Alice Brocklesby

★ As a 14 year old everyday I immerse myself in a digital world of social media, catching up with friends on Snapchat or being creative on Instagram and TikTok, but after seeing an advert for Air B&B at the cinema, it really made me think - was I born too late?

With plenty of free hours in the day I spent most of my pandemic year delving into history and appreciating the lives and loves of earlier decades.



“My heart will (always) go on” for one of the best movies of all time “Titanic”. Starring the icons Kate Winslet and

Leonardo DiCaprio the 90s made us fall in love with a love story about the historic event and living in the 1900s – introducing me to corsets, gloved handshakes, the true meaning of “ladies before gentlemen” and the society divisions that determined life and death.

Note to self! - every romantic date night of my future should include a three piece suit, a ball gown and dancing!

The pandemic also introduced me to my parents decade of youth as we spent our lockdown evenings playing the vinyl of the 80s, “Now that’s what I call music!”

What an extraordinary decade of diversity and talent to live through.

The incredible pop culture of disco, new romantic, funk, post punk and synthpop all played out through the brat pack movies of its time.



Crimped hair, neon socks, denim and blue mascara are all elements I’ve loved to experiment with in my early teens – “Grease” certainly is the word and “Nobody is keeping this baby in the corner!

The digital world I live in today seems like we’ve lost the romance, hesitation and thrill of decades gone by but my joy is that I get to experience the best of both.

I can live the decades through the archives, digital memories shared world wide, photographs, music, books and films all refreshed, remastered and presented at the touch of a key, search function or website browser.

My parents, my grandparents experience their history in different ways, boxes of photos, diaries, dvds and a music collection all gathering dust – for me the trends reappear in one form or another but the realities are forever recorded in our digital world.

Every person has their own extraordinary story within the framework of time.

I wasn’t “born too late”, I feel very blessed that my digital world lets me live and love the decades of the past as well as the present.

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No coward soul is mine

No coward soul is mine

No trembler in the world's
storm-troubled sphere
I see Heaven's glories shine
And Faith shines equal arming me from Fear

O God within my breast
Almighty ever-present Deity
Life, that in me hast rest,
As I Undying Life, have power in Thee

Vain are the thousand creeds
That move men's hearts, unutterably vain,
Worthless as withered weeds
Or idlest froth amid the boundless main

To waken doubt in one
Holding so fast by thy infinity,
So surely anchored on
The steadfast rock of Immortality.

With wide-embracing love
Thy spirit animates eternal years
Pervades and broods above,
Changes, sustains, dissolves, creates and rears

Though earth and moon were gone
And suns and universes ceased to be
And Thou wert left alone
Every Existence would exist in thee

There is not room for Death
Nor atom that his might could render void
Since thou art Being and Breath
And what thou art may never be destroyed.
~ EMILY BRONTË

From mid December, Pennybank House, the building at the top of Haworth Main Street, will be the location of an art piece conceived by local resident, Liz Barker. It is a neon light installation in response to a call for community involvement in the Bradford LiT Winter Festival. The work, titled **Resilient**, is based on a poem by Emily Brontë and a direct quote: '*No coward soul is mine.*'

"I feel that the Brontë poem holds a particular resonance in light of the pandemic and it strikes me as being about human resilience and resolve. I have been amazed at the capacity of individuals in the community to face hardship and remain steadfast throughout the relentless challenges of the past two years. The neon sign is a radiant call to strength from our rural outpost in Haworth," Liz explained.

"I also hope that those who see the piece might revisit the Brontë poem and consider its relevance today."

Resilient is being manufactured and installed by Butterfield Signs, a long established Bradford company with an international reputation and a vast corporate client base. "Butterfield has the traditional skill set and wherewithal to help bring this project to life. I'm grateful for both their support and willingness to embrace the Lit programme and the District's broader aim to win the City of Culture 2025 bid," Liz said.

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Binge-worthy NETFLIX

The Netflix Originals coming in December you don't want to miss

Lost in Space (Season 3) ... The third and final season of Lost in Space finally arrives, with eight episodes and the Robinsons facing their greatest alien threat on another planet.

The Power of the Dog. ... Story based on the novel by Thomas Savage. Benedict Cumberbatch plays rancher Phil Burbank, who gets a visit from his brother and his love life will change.

Single All the Way. ... As you might expect, along with December comes Christmas movies and one of those is Single All the Way, with a cast that includes Jennifer Coolidge, as well as Michael Urie and Philemon Chambers.

Shaun the Sheep: The Flight Before Christmas. ... Hilarious. Need we say more?

The Unforgivable. ... The Unforgivable seems to be another great performance from Bullock as Ruth Slater, a woman released from prison who doesn't seem to be able to move forward.

Don't Look Up. ... Leonardo DiCaprio and Jennifer Lawrence star in the most anticipated film of 2021 on Netflix. The plot is about two scientists who take a tour of the world trying to convince all that the end is close.

Say you saw it in the Worth Valley Mag!



Chocolate cream pie

(no baking required)

Method

Crush biscuits to a crumble consistency. Melt 60g Butter & add crushed biscuits. Put mixture into pie dish & press down. Place in the fridge to set. In a saucepan: melt 50g Butter - When butter is ALMOST melted add the cream & remove from heat. Stir in chunks of the chocolate. mix until ingredients are combined & all chocolate is melted. Pour over set biscuit base & return to fridge until firm. Easy as pie. Enjoy!

Ingredients

Base:

100g Chocolate Biscuits (Bourbon or Oreo)
60g Butter

Filling:

50g Butter
100ml Double Cream
200g Chocolate (dark chocolate)
Top with whipped cream & sprinkle with grated chocolate!




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UNQUIET SLUMBERS

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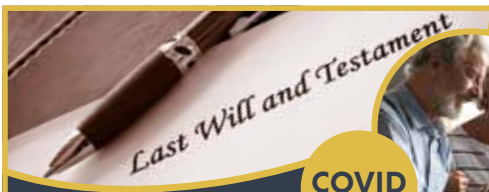
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