

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2018

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touching hearts, changing lives.

February is here. You have made it through January; that is something! And if you turn the page you will find that the Hawthorn Restaurant in Haworth have a cosy drink offer to cheer you up this month. It's a little incentive to book a table and enjoy a meal together at this new restaurant.

The Bronte Parsonage Museum re-opens its doors to the public. It is the bicentennial year of Emily Bronte's birth, and the calendar is packed with events and happenings to suitably celebrate the occasion. Don't miss your exclusive **FREE ADMISSION VOUCHER** on page 13; 'Let me in I'm Local.' Cut it out and save it for the day of your choice throughout the year.

This month also marks the beginning of a new themed column with the Bronte Parsonage, 'A History of the Museum in 10 objects.' Chloe Simm, the Museum Manager, sets the tone for the series.

A perfect Valentine gift, if you need an excuse to lavish your loved one, is a beautiful bouquet of flowers from florist Rosa Rugosa, with **FREE Chocolates and FREE delivery** included (within a 5 mile radius of Oxenhope), that includes most households within the Worth Valley.

This is also a special year for the Keighley & Worth Valley Railway, they celebrate their 50th Anniversary. But before that don't miss the opportunity to take your family to see everyone's favourite, Paddington Bear; this month, February 14th & 15th.

Looking ahead, save the date Saturday March 3rd for a very special event to celebrate Fairtrade Fortnight. See page 19 for more details...if you are a Great British Bake Off fan you won't be disappointed!  
**PS How about the cover photo by John Sargent? Beautiful!**

Liz Barker editor



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Say you saw it in the Worth Valley Mag!

On 29th June, 1968, at 2.35pm, the first train run by the Preservation Society left Keighley station bound for Oxenhope. The locomotives were in a special KWVR livery, because British Rail were still running trains on the mainline (although not on the reopening day, because they were on strike!) and we had to differentiate our trains from theirs. The train travelled past an Ingrow that was in a sorry state after it had been disused for many years, through the crossing gates at Damems and Oakworth, to Haworth and on to Oxenhope. That achievement marked the start of the journey to what you can enjoy today, with trains running every weekend and daily in school holidays throughout the year. In the early days, the Railway was reopened because the vital transport link would otherwise be lost. With the filming of 'The Railway Children' and its release in 1970, and its release in 1970, however, we welcomed passengers from all over the country who wanted to see the location and so dawned our reinvention at a tourist destination.



Since the reopening, we have worked hard to restore all the stations to their former glory, with us reinstating the station buildings at Damems based on vintage photographs of the location and we actually brought a building stone-by-stone from Foulridge to Ingrow to bring the station back to life. Fifty years later we can use the more prototypical colour scheme on the locomotives and carriages, which reflects our role in keeping such an important part of heritage alive, and are working hard to

improve our explanation of the history of the line, exemplified by our partnership with the Bahamas Locomotive Society and Vintage Carriages Trust who together with us form RailStory at Ingrow. There's so much else that has been achieved, with a fleet of locomotives and carriages that are capable of hauling the much longer trains we now need to cope with the number of passengers that we convey; the fully-restored stations; and the infrastructure and engineering facilities we need to maintain the rolling stock, structures and track. This year we want to celebrate the achievements of our volunteers over the five decades since we reopened. We are really keen to capture the stories and memories of the early days of the railway's operation, so if you do remember the reopening, or even the period of activity before that special day in mid-1968, we would love to hear from you. In the summer we will be having a week-long celebration of the last 50 years, launching with the visit of 'Royal Scot' Monday 25th, Tuesday 26th and Wednesday 27th June. In 1965, one of the first locomotives to arrive at Haworth was 'Scots Guardsman' and at the time the loco was considered too large for the railway's needs, so never ran passenger trains. Fifty years later, we do run trains regularly that justify the power of the Scot, and it will be great to see an example of this class running on the branch for the first time. Bookings are now open on the website for this special occasion, and further details of other events during the week will be released shortly.

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Matt Stroh KWVR

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WORTH VALLEY

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# SMITHY'S TECH TIPS

By Liam Smith

## BANDWIDTH BENEFITS

Most of us have encountered the 'spinning wheel of buffering' when online, and for some, it's an all too familiar recurring predicament. For those who are spared this particular frustration, sometimes simply the available bandwidth is insufficient to meet your demands and everything is just waaaay toooooo slooooo. At the end of the day, when all is done and it's time to put your feet up to watch a movie, or play a game, freeze frame or the dreaded spinning wheel is the last thing you want to see.

Broadband is finally playing catch-up to our requirements, the horizons have widened exponentially with regards to what services are available.

Having a larger bandwidth enables for a seamless experience with services that utilise streaming. Streaming is essentially listening to music or watching a video in 'real time', instead of downloading a file entirely and watching it later. This includes music via Spotify, movies and TV shows from Netflix and Amazon, catch-up services like BBC iPlayer and ITV Hub, faster download speeds for data including emails and attachments, a lower latency for gaming to reduce lag, and using VOIP (internet based calls) with applications like Skype and FaceTime. In this digital era, a larger bandwidth isn't just added convenience to your everyday life, it's a necessity!

But do you sometimes feel left out? First establish what you are actually receiving in terms of speeds. This normally varies depending on when you do the test, but it is a good indicator and a baseline to work from.

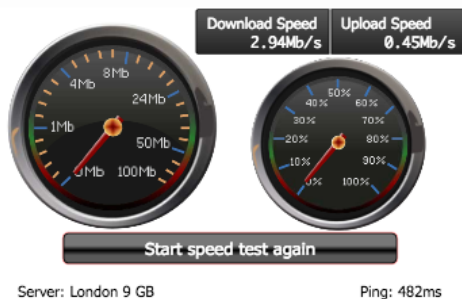
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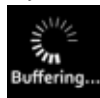
Fibre Valley is a local group working to bring high speed broadband to the region, especially those hard to reach locations like Stanbury, Oldfield, Oxenhope, and the upper valley farms. It has been a frustrating campaign with a few successes and many barriers along the way.

Note your speeds. (download & upload) Most connections are designed to download much faster than they upload, since the majority of online activity, like loading web pages or streaming videos, consists of downloads. Download speed is measured in megabits per second (Mbps). The upload speed is how fast you send data from you to others.

Here is what it currently looks like for a home in Stanbury. (Pretty poor actually.)



But there is hope on the horizon. Between the wireless solutions like Boundless Network which is currently being installed in local homes and businesses, and the long promised BT fibre solutions, you should soon have options that will put an end to that annoying symbol...



Let your provider know if you are receiving sub-standard connections and look elsewhere if the problem persists.

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Say you saw it in the Worth Valley Mag!

# Brontë Parsonage Museum at 90

## A History of the Museum in 10 Objects



thousands of visitors from Haworth, Yorkshire and across the world. The excited crowds looked on as Sir Roberts handed over the title deeds of the Parsonage to the Brontë Society President, Sir Edward Brotherton. Lady Roberts officially marked the next phase in the Parsonage's history by using a golden key to open the front door before being presented with flowers from the crowd. The Presentation Key used on the day was donated to the Museum in 2016 by Sir James Aykroyd, the great-grandson of Sir James Roberts and current trustee of the Brontë Society, and is now part of the Museum collection.

**1**  
Photograph of crowds at the opening of the Museum, August 1928.

As we prepare to reopen the Museum for Emily's bicentenary year, it seemed fitting for the first object in this series to be the picture of the crowds who turned out when the Museum first opened its doors on 4 August 1928. This photograph is probably the most iconic taken that day, and depicts a mass of excited visitors, dressed head to toe in their best clothing, queuing desperately to glimpse inside the former residence of the Brontë family.

Haworth Parsonage was purchased and gifted to the Brontë Society by local resident and owner of Salts Mill, Sir James Roberts, who made his fortune in the textile industry. Sir James also provided the funds for renovation work which transformed the Parsonage from a residence into the museum we know today.

The opening ceremony of the Brontë Parsonage Museum was attended by

Sir James' generous donation proved pivotal in the Brontë Society's history. It allowed the Society to expand its collection of Brontëana and fed the public's desire to view personal possessions once owned and used by the famous family. It enabled the Bonnell Collection to be transported from America in 1929 following the death of Henry Bonnell, a prolific private collector of Brontëana and provided a lot more space to display the museum collection.

The public's fascination with the Brontës and the desire to know more about the family and the building that they once called home was as evident in 1928, as it is now. So many of our visitors tell us how moved and privileged they feel to have visited the Parsonage and throughout 2018 we look forward to welcoming both new and returning visitors to share in our special year-long celebrations.

**Chloe Simm, Museum Manager**

To advertise call us on 01535 642227



## 2018 at the Brontë Parsonage Museum

**FROM 1 FEBRUARY**

### ***Making Thunder Roar: Emily Brontë***

A new exhibition to mark the bicentenary of the birth of Emily Brontë, featuring commissioned responses from high-profile Emily admirers.

**FROM 17 FEBRUARY**

### ***Wuthering Heights – A Manuscript***

A chance to see Clare Twomey's finished manuscript of Emily's masterpiece, recently reproduced by over 10,000 visitors to the Museum.

Open daily from 10am, the Museum runs an exciting programme of events, exhibitions and family activities throughout the year.

**Brontë Parsonage**  
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR  
**01535 642323** [www.bronte.org.uk](http://www.bronte.org.uk)



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**2018 marks  
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**Brontë Parsonage**  
MUSEUM



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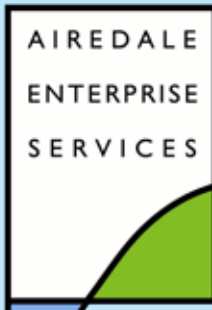


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**Course runs for 2 hours** 10am - 12 noon on one of the following dates:-  
**Monday 5th Feb, 5th March or 26th March**

**Is your PC causing you problems? Why not bring it down to the Techie Fairy at Airedale Enterprise Services on Monday 5th Feb, 5th March or 26th March.**

We are offering **FREE** half-hour slots available, (either to book in advance or turn up on the day) where you can bring your Windows laptop or desktop PC along for our Techie Fairy Christine Carlton to take a look at if you're having problems. If it's a desktop PC don't worry, we will have a monitor, mouse and keyboard that should fit almost any machine.

If Christine can fix your problem in your half hour slot, then that's it, nothing to pay. If she diagnoses a problem that may require further time and/or parts, then you will be given an idea of the cost with no obligation to have the work done. **To book a place please email general@techiefairy.co.uk**

## Brand New Course - Photography for Business

**Tuesday 6th Feb, 20th Feb or 13th March** 10am - 2pm

Cost £50 plus VAT Course delivered by Charles Waller Photography.

An introduction to the value of the photographic image in a business environment. This workshop is ideal for any business that wants to learn how to make photography work to promote your products or services.

You will have the opportunity to have a "hands on" experience using professional camera and lighting equipment. If you have your own camera (even mobile phone camera) bring it along and learn some tips. **To book, call 01535 607775 or email lynnehenry@airedaleenterprise.org.uk**

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Pop along and have a chat with our resident marketing guru - Philip Gwynne from the Naked Marketing Company. If you would like a professional opinion on your marketing strategy? Or if you're having problems with sales? Or need some practical help with an email campaign, or want to know how to obtain "free advertising" through the use of PR, or need help with social media marketing? It's free, there's no obligation and what you do with the advice (if anything!) is entirely up to you. **Sessions available on Thursday 18th January, 15th February, 15th March or 12th April.**

**To book a place please contact Philip direct philip@philipgwynne.co.uk**




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This year to celebrate Fairtrade Fortnight, we will showcase many of the Fairtrade ingredients that are available. Come on in and have a go at baking a bun, icing a bun, or even decorating Fairtrade cotton Bun-ting!

All welcome but places limited, come early and register your interest.

**\* Bake and Bring contest**

You are also invited to pre-bake a cake to be judged then shared. Bake your version of either a banana loaf or a chocolate cake. (Use Fairtrade ingredients where possible)

**Prizes:** Fairtrade football, wine, chocolates  
**Raffle:** Fairtrade hamper

**Saturday, 3rd March 2-5pm**  
**West Lane Baptist Centre, Haworth**  
Contact: [rita@soniasmile.com](mailto:rita@soniasmile.com)

Many thanks to Bfd Council, M&S, The Coop, & Divine for their support.







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Call 01535 607075 for details  
nationaltrust.org.uk/riddlesdenhall

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[www.sue Ryder.org/BigK10K](http://www.sue Ryder.org/BigK10K) or phone 01535 640 176  
or email [andrew.wood@sue Ryder.org](mailto:andrew.wood@sue Ryder.org) for an entry form

Adult entry: start@£11, then £15 after 11 March  
Under 16s: £10 (under 10s: £7)  
Team entry of five: £40 (under 16s: £25)

**sueryder.org/BigK10K**

Mother's Day  
Sunday 11 March  
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# Shamrock Shuffle 5K Fun Run!

Sat 17th March 11am  
St Patrick's Day  
Bingley St Ives Estate



Liam the Leprechaun has been running through the St Ives Estate dropping golden coins as he goes! Follow him through this 5K route and see if you can collect any coins for yourself!


Dress Code: We will provide from the neck up, you provide from the neck down - the greener the better!  
Entry £15 Under 16s £10.

To enter please visit [www.shamrockshuffle.co.uk](http://www.shamrockshuffle.co.uk)  
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Where is the red x located in the photo to the right? ?  
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The winner will be selected from all correct answers received by 15th FEB 2018.

Last month the correct answer was Worth Valley Pet Store, Mill Hey, Haworth. The winner was Tony Maw.

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# COMMUNITY PAGES

**Oakworth Young at Heart** meet every Thursday 1-3pm at Holden Hall.

Every Thursday 10 am **Coffee**

**Theology** at West Lane Baptist Church, Haworth, All Welcome.

**Haworth Senior Citizens** meet every Wednesday 2-3pm at West Lane Methodist Church. Friendship, activities, speakers, outings.

Every Wednesday 10 - 1.30pm **Food For The Soul**, West Lane Methodist Church, Haworth. Contact Shona or Geoff Grange 01535 647675.

Mondays 1 pm - 3 pm **Lees Methodist Church Craft & Chat Group** in Lees Methodist Church Hall (directly opposite Lees Primary School on Haworth Road).

Every Monday 10 - 12noon **Drop in Coffee Morning** at St James Church Hall, Cross Roads.

**Stanbury Residents Group** 2pm at St Gabriels Church, Stanbury.

Every Tuesday 12.15pm **Oakworth Senior Citizens Luncheon Club** at Oakworth Methodist Church, Lidget.

Thurs 1st Feb until 31st Dec **Bronte Parsonage Museum - Making Thunder Roar** - Emily's Bicentenary

**Exhibition.** This exhibition invites a number of well-known Emily admirers to share their own fascination with her life and work. Specially commissioned contributions from Maxine Peake, Lily Cole and Helen Oyeyemi amongst others result in a thoughtprovoking selection of Emily's possessions, writing and artwork as well as some of the well-loved household objects she used daily.

**Sat 3rd Feb Groovy Happenings** at Parkside Social Club, Haworth.

Tues 6th Feb **Cross Roads & Lees**

**Church & Chapel Ladies Group** 7.30pm at St James' Church Hall, Cross Roads. **Beetle Drive** - admission £1.50.

**Fri 9th Feb Haworth Cinema 7.30pm Blade Runner 2049 (15)** 7.30pm at West Lane Baptist. Adults £4, Children/Students £2.

**Fri 9th Feb Snail Racing** in Aid of Friends of Cross Roads Park/Lees & Cross Roads Village Association. 7.00pm at The 3 Acres ticket only event - £5 including supper of chicken

curry & rice. For further details contact titoarana2@hotmail.com.

**Sat 10th until Sun 18th Feb February Half Term** at East Riddlesden Hall. Including Willow weaving, gingerbread making & a new trail to follow.

**Sat 10th Feb - Sat 16th Feb Oakworth Pantomime "Little Tommy Tucker"** Matinees 2pm, evenings 7pm at Oakworth Methodist Church. [www.TicketSource.co.uk/OakworthMethodists](http://www.TicketSource.co.uk/OakworthMethodists)

**Sat 10th until Sun 18th Feb Early Man** - Half term fun at the National Science & Media Musium, Bradford.

**Weds 14th & Thurs 15th Feb Meet Paddington** at the KWVR, See website for more details.

**Thurs 15th Feb Aire & Worth Valley Wanderers Walk - Goose Cote Lane to Hawoth.** Meet at 1pm Keighley Bus Station to catch 1.10pm K7 bus.

**Thurs 15 th Feb** 7-30 pm Oxenhope Methodist Women's Fellowship **Marjorie's games night meetings** held Oxenhope Chapel everyone welcome

**Thurs Feb 15th Oxenhope Gardening Club** at 7.30 pm in the Oxenhope

**Community Centre** Shaw Lane, Oxenhope, BD22 9LS The speaker for the evening is Phil Airey who is the assistant manager at Horticap , which is located at Bluecoat Wood Nurseries near Harrogate. Phil will be talking about the work of the charity, whose patron is Alan Titchmarsh , and the training it provides to adults with learning diasabilities in horticulture, allied crafts and rural skills.

**Fri 16th Feb 10.30am Cliffe Castle Museum Story to Tell** Using objects from the Museum collections, staff will introduce you to some of the fascinating stories they tell. We want to hear your stories too! You are invited to bring a small object or photograph with a story that you would like to share with the group. There will be tea and coffee served afterwards. This is a free event and there is no need to book.

**Tues 20th Feb Haworth & Oxenhope District Bridleways Group** meeting at Old White Lion, Haworth 7.30pm (Junior meeting at 7pm) topic Horse Magic - Horse Innovations & Learning.

**Fri 23rd Feb Haworth Cinema 7.30pm Long Vincent (12A)** 7.30pm at West Lane Baptist. Adults £4, Children/Students £2.

**Sun 25th Feb 2pm Cliffe Castle Museum Music at the Museum Otra** - Otra "Folk with Feeling" are an acoustic duo with a repertoire of original and folk-style songs with guitar, fiddle and whistle accompaniment. Admission is free and there is no need to book, just turn up and enjoy. If you would like to perform at one of our Music at the Museum events, please call us on 01535 618231

**Sat 3rd March Groovy Happenings** at Parkside Social Club

**Tues 6th March** Cross Roads & Lees Church & Chapel Ladies Group 7.30pm at St James' Church Hall, Cross Roads. **Fun Quiz** - admission £1.50. Everyone Welcome.

**Fri 9th - Sun 11th March KWVR Spring Steam Gala.**

**Sat 10th & Sun 11th March Keighley Model Railway Club 42nd Annual Exhibition** 10am - 4.30pm **University Academy Keighley, Greenhead Road.** Fun packed family weekend.

**Sun 11th March** 9am Victoria Park **Keighley Big 10K & 5K Run** The Keighley BigK is a challenging 10K or 5K at the start of the running season that follows a circular route through the paths, parks and roads of Keighley. This event is held in aid of Sue Ryder Manorlands Hospice

**Sat 17th March** 10am - 1pm **Shamrock Shuffle Fun Run** at St Ives, Harden, Bingley. A St Patrick's Day fun run with the added presence of Liam the Leprechaun. Chase after Liam with his pot of Golden coins. See how many you can collect. Raising money for Manorlands, Yorkshire Cancer Research and other Charities. [www.shamrockshuffle.co.uk](http://www.shamrockshuffle.co.uk).

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# BACK PAIN?

Back pain is a common cause of disability and most people will experience some degree of back pain during their lives. About 8 out of 10 people have one or more bouts of back pain. In most cases it is not due to a serious disease or a serious back problem and the exact cause is not clear. Most acute back pain results from injury to the muscles, ligaments, joints or discs. The usual advice is to keep active and to do normal activities as much as possible without irritating the problem.

The most common area of the back affected by pain is the lower back. The lower back supports the weight of the upper body and provides mobility for all our everyday movements such as bending and twisting. Muscles in the lower back are responsible for flexing and rotating the hips while walking, as well as supporting the spinal column. Nerves in the lower back supply sensation and power to the pelvis, legs and feet.



## Diagnosis of back pain

Your GP or physiotherapist will usually be able to diagnose lower back pain from your symptoms and by carrying out an examination. If your pain is causing you difficulties in carrying out activities of daily living, affecting your work or disturbing your sleep, the advice is to seek advice from a healthcare professional.

## Self-help for back pain

There are a number of things you can do to relieve back pain

- Stay active and continue your daily activities as normally as you can. However,

take care when lifting or twisting your back. Try to avoid sitting for long periods.

- Do exercises and stretching. See your physiotherapist for advice on safe and effective exercises. Your physiotherapist can also provide you with 'hands on' therapy, such as massage and spinal manipulation.
- Take over-the-counter non-steroidal anti-inflammatory medicines (such as Ibuprofen) if you need pain relief. Paracetamol alone

probably won't be very effective for back pain. Remember, you should only take Ibuprofen for a short time, and not for long-term back pain.

## Prevention of back pain

If you look after your back, you can greatly reduce your risk of getting back pain.


The following things can help:

- Regular exercise. Walking, swimming or using an exercise bike are all things you can do even if your back feels a bit sore.
- Be careful when lifting heavy objects. Bend your knees and use your legs.
- Keep a good posture. If you work at a desk or computer, make sure desk, chair and computer screen are set up correctly.
- Avoid prolonged sitting, standing or lying down whilst awake.

## Caution

Cauda equina syndrome is a rare but serious type of nerve root problem that affects the lower back. If you have back pain along with numbness in the saddle area, problems with bladder or bowel functions and weakness in one or both legs, you should seek immediate medical attention.

David Hanson, Haworth Physio



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