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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2021



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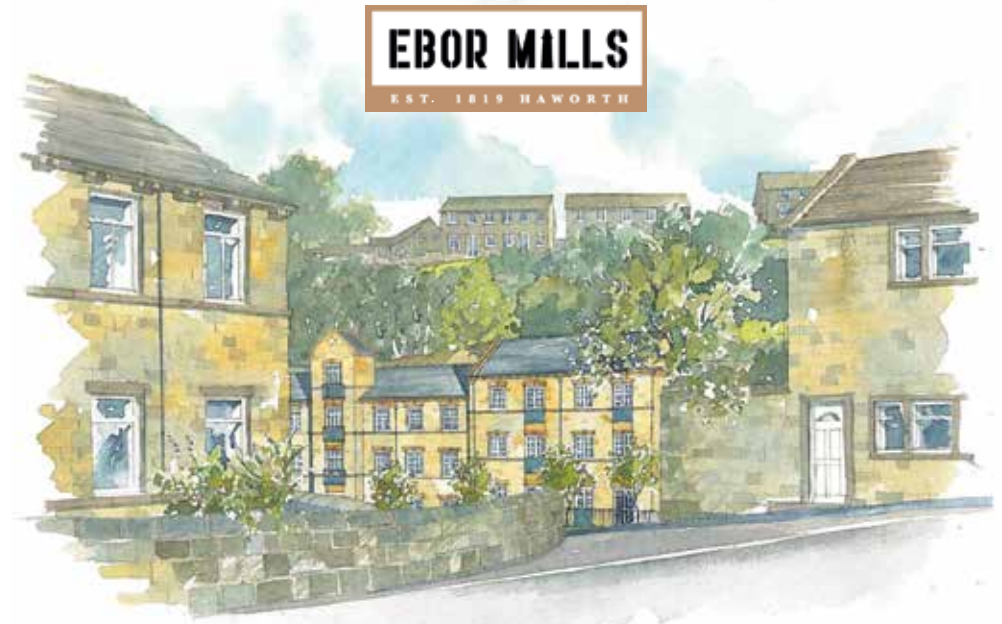
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Spring Security Tips

Local security experts Keybury share 6 tips to keep your home secure this springtime:

Set your alarm

Set your alarm – a worrying number of people don't set their house alarm when they pop out for 5 minutes or at bedtime. Always set your alarm, it can alert you and your neighbours to potential trouble as well as scare off anyone attempting to break in. If you're reading this and thinking "I don't know how to set the alarm" or wondering if your ancient alarm system even works, give us a call. We offer upgrades as well as maintenance packages with full technical support ...and if you haven't got a burglar alarm yet, give us a call.

Lock up

Doors: Lock the door – it sounds simple doesn't it? Locking the door when you're at home can prevent "sneak in" burglars from walking in the door and pinching whatever they can grab nearby – your phone, your car keys or your purse. Keybury alarms have a handy chime function to alert you to someone opening the door.

The spring sunshine will hopefully bring warmer weather. This means we'll be opening windows more often. Never keep valuables like keys on the windowsill and be sure to lock windows when you go out.

Outside

Considering what's outside of your property can help to improve your home security. Keep hedges trimmed and keep garage and shed doors locked. As the first few welcome sings of spring peep through we're tempted into the garden and out come the lawnmowers and garden tools. Remember to lock them away in a well secured shed when you've finished gardening.



Neighbours

Join your local neighbourhood watch group. If there isn't one in your area, consider starting one. If you live in a rural part of the district, check out Fields of Vision rural intelligence group.

Wheels

Keep your wheels locked and in a safe place. Whether it's a bike, a car or a van, parking it in a secure location such as a secured garage or a driveway with CCTV is a good way to protect your wheels.

CCTV

Security cameras are one of the most recommended ways to protect your property. The police, neighbourhood watch groups and several newspaper articles citing ex criminals say CCTV is a definite deterrent for criminals. Security cameras are more affordable and higher quality than ever. Keybury CCTV systems also offer remote viewing and our technical support service.

For more tips and advice visit www.keybury.co.uk or find Keybury on social media.

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Hello! How very nice to be able to greet you in 2021 after a delayed start to the publishing year.

Our February edition was cancelled due to restrictions; we had to hibernate a bit longer than expected.

All our fingers and toes are crossed for a slow and steady re-opening and recovery. So many of the local businesses in this magazine continued to trade and supply vital services to the community over these past months. We are grateful for their dedication and commitment and we appreciate the extra precautions they have taken to keep us all safe. Please continue to use these businesses and services; it will all help with the economic recovery in the Worth Valley.

Isn't it encouraging to see snow drops and daffodils in the garden? Chin up, Spring is around the corner.

Have a lovely March. Liz



Liz Barker Editor

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Space to Inspire, the Haworth based community interest company that specialises in STEM education has been awarded funds from Bradford's "Community Arts & Culture Grants" to produce bird box kits for children who are not attending school or who have difficulty accessing internet learning. This hands on practical skills project will be a positive way to engage both parents and children and get them outside together.

The kits come cut to size. with holes drilled, screws, hinges, sand paper along with a screw driver which the child can keep for further projects. The initial batch of 25 kits were allocated and the take up was enthusiastically received by local schools. Funding has been sought for further kits to be produced and made available to

Keighley schools and other community groups in the area.

Children participating in the Bird Box project will be encouraged to decorate their boxes as part of a Bird Box Creative Challenge. We will publish the results in the months ahead in conjunction with Bradford City of Culture bid 2025 activities.



Contact info@spacetoinpire.co.uk to register your interest.

Photo above: Russell Brown and Bernard Mosley from Space to Inspire with their Bird Box kit assembled.

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Leading up to 2020 Gill Lightfoot and her team at Material Worth Interiors were hearing many stories from customers suffering the effects of flood damage to their property due

to heavy rainfall. Gill wanted to help in some way with flood alleviation and to try to balance the carbon footprint for the shop, fabric production and transport. So, she decided to plant a tree around the Worth valley for every pair of curtains they made in 2020. By the end of the year, despite two lock downs Material Worth had made 100 pairs of curtains. Now with the help of Ian Butterfield at YORGreen CIC and a local landowner for providing a suitable place for them,

100 young trees have been planted. A big THANKS goes to all the customers who have bought their new curtains from Material Worth Interiors, please continue to do so! If any other landowners and business would like to join in and plant more trees, please contact **www.YORGreenCIC.org.uk**

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BEHIND THE SCENES at the BRONTË PARSONAGE MUSEUM

It's 9.55 and the Parsonage is about to open, and we are heading for a busy day. My position, for the first hour, is the landing, so I am expecting visitors' questions about the bedrooms, the famous portrait of the three sisters with the smudged out Branwell, and the grandfather clock on the landing below. One of the things I love about working as a volunteer at the Brontë Parsonage Museum is the conversations I have with people of all ages (and in non-pandemic times from all over the world) about Haworth's famous literary family.

On quieter days, during the winter months, there is more time to get absorbed into the atmosphere of the house and to remember that this museum is special because the family actually lived here. They looked through the same windows I am looking through, listened to the ticking of the same clock and, perhaps, even shivered in the same draughts. This makes the museum a very personal place, so when I look at Charlotte's shawl draped on the sofa I can easily imagine she has just dropped it before leaving the room.

The museum has an amazing collection, and we all have our favourite items. For me, Charlotte's tiny book, recently acquired, must be near the top of the list, plus the dining- room table with its graffiti capital "E" which might have been scratched by Emily in a rebellious moment. I like to think so. Another favourite of mine is Emily's geometry set including ruler and compasses, small precision instruments which seem a world away from the imaginative expanse

of Wuthering Heights and the visionary nature of much of her poetry. The geometry set has become a firm favourite of mine because last year I helped one of the curators to check and clean it: when an object like that is taken from its glass case and put into your hands, for a short time, and in a small way, two hundred years seem to fall away. It was a prickly-hairs-on-the-back-of-the-neck-moment.

My shift ends at 4pm, and yes, it has been busy, so it was more a day of conversation than reflection. Many visitors come with a specific interest, such as Anne's novels, while some are more interested in the house, and others are finding out about the historical setting. It is always fascinating to try to answer their questions whilst at the same time learning from their point of view, because of course few things about the past are cut and dried: I have had many interesting chats about whether Branwell was a misunderstood genius or just the spoilt child of the family.

The job of a Brontë Parsonage Museum volunteer is interesting and varied, and of course it isn't all deadly serious. A colleague was recently asked if this was the place where "that woman who wrote about all those little rabbits lived." Perhaps they were thinking of Jane Hare.

~ Stuart Davies,
Brontë Parsonage Museum volunteer.

To learn more about volunteering opportunities
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Our doors remain closed for now but we look forward to welcoming you back VERY soon.

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With love and thanks from everyone
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Keighley & Worth Valley Railway



(magically transformed to 'Kringle Town' for December!) which was very different to our traditional "Santa Specials" where the man in red is on the train as we travel between Keighley and Oxenhope. Having put 2020's services to bed, we are now wondering what 2021 will bring. As I write, there is little clarity on when organisations like ours can reopen and so we are closely following all the announcements and guidance notes that are issued and will publish regular updates on the Railway's website. We have a programme of Covid-secure events and services ready to launch when we can, but – like the Elf Express – are very different to our usual offering so that we can keep passengers in their own groups. Just because the trains are not running, it doesn't mean that all behind-the-scenes activities can cease. Maintaining a fleet of historic steam and diesel locomotives is a year-round undertaking, particularly as a member of the operational fleet dates back to 1899. We are also nearing the end of an overhaul of a locomotive that first turned a wheel back in 1887 and we are very excited about welcoming the loco back into traffic when the overhaul is complete. On infrastructure projects, we completed last year the replacement of the 115+ year old bridge at Ingrow and we are now turning our attention to another complex bridge project at Haworth, which will take a significant period of planning and funds to complete. We will continue to rise to the challenges with our typical Worth Valley determination and resolve and look forward to welcoming you back on board as soon as circumstances permit. In the meantime, I do hope that you and yours continue to stay safe and well. ~ Matt Stroh kwvr.co.uk

When we stopped running trains last March, even our worst-case scenario assumed we would be operating again by January 2021. We did run in 2020, but at the moment we are awaiting news on the next phase of the country's response to the threat posed by the virus. We had a very welcome bit of festive cheer in December when we were given approval to run most of the planned "Elf Express" services. Seeing the cheery faces of passengers enjoying a journey in the compartment carriages safely in their 'bubbles' was exactly what all our volunteers wanted, and the Elf Expresses provided just that! Santa was safely passing gifts to Children, supported by his merry band of elves, at Keighley station

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Sudoku

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

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

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

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The winner will be selected from all correct answers received by the 20th March 2021.



Dec/jan winner was Mrs A Fletcher from Haworth. The location was the former 'Curry & Spice' Takeaway in Oakworth.



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Ingredients:

- 1 bunch spring onions, trimmed and roughly chopped
- 1 medium potato, peeled and diced
- 1 garlic clove, crushed
- 850ml/3½ cups vegetable stock
- 900g/2lbs young peas in the pod OR 250g/1 cup frozen peas – remove 3 tbsp and set aside
- 4 tbsp chopped fresh mint
- Large pinch caster sugar
- 1 tbsp fresh lemon or lime juice
- sprig of parsley for garnish

Vegan buttermilk. In a jug, mix:
 150ml/½ cup + 2 tbsp unsweetened soya or other plant milk
 2 tsp of ONE of these: lemon juice, apple cider vinegar, or white vinegar
 Stir with a fork or whisk

Method:

Make the buttermilk and set aside.
 Put the spring onions into a large pan with the potato, garlic and stock. Bring to the boil, turn down the heat and simmer for 15 minutes or until the potato is very soft.
 For the garnish, cook 3 tbsp of the peas for 2-3 minutes. Drain, put in a bowl of cold water and set aside.
 Add the remaining peas to the soup base and simmer for about 3-4 minutes. Don't overcook.
 Stir in the mint, sugar and lemon or lime juice, cool slightly then blend to the consistency you prefer. Stir in half the buttermilk mixture and season with salt and pepper.
 To serve the soup cold, cool quickly, and then chill. If you want it warm, reheat without boiling (the buttermilk will curdle otherwise).
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7	8	1	2	3	5	6	4	9
1	3	5	4	6	9	8	2	7
4	2	9	8	7	3	1	6	5
8	7	6	5	2	1	9	3	4
9	4	7	6	5	2	3	1	8
5	6	8	3	1	7	4	9	2
2	1	3	9	8	4	5	7	6

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Say you saw it in the Worth Valley Mag!

A right old pain in the neck!

~ David Hanson, Haworth Physio

With the continued restrictions enforced upon us by the pandemic, many people still find themselves working from home. Although the absence of the daily commute in the morning rush hour is welcome, the perils of working from home may well have manifested by way of posture-related back and neck pain. Good posture, as it relates to the neck, is commonly considered when the ears are positioned directly above the shoulders with the chest open and the shoulders back. In this 'neutral' position, also called 'normal head posture', stress on the neck is minimised because the head's weight is naturally balanced on the cervical spine



If you are in the fortunate position of having a home study with an ergonomically designed office chair and desk along with a desk top computer, you will be able to adjust the set-up of your workstation so that you can maintain a good spinal posture.

Good posture, as it relates to the neck, is commonly considered when the ears are positioned directly above the shoulders with the chest open and the shoulders back. In this 'neutral' position, also called 'normal head posture', stress on the neck is minimised because the head's weight is naturally balanced on the cervical spine. However, most people working from home find themselves sat at the dining room table, on a dining chair with either a laptop computer or a hand-held tablet as their workstation. They will be leaning forward on their chair with a sustained flexed neck posture as they look down at their tablet

or laptop screen for hour after hour which puts a big strain on both their lower back and their neck.

Consistently using poor posture while on a computer, or continuously looking down at a mobile phone or tablet throughout the day, every day, can lead to 'forward head posture', which is linked to an increased likelihood of neck pain.

Forward head posture occurs when the neck slants forward, placing the head in front of the shoulders rather than directly above. This head position can lead to


several problems including joint stiffness, muscle imbalances (which lead to weakness and pain in the neck and shoulders), headaches, degeneration of the spinal discs and cervical radiculopathy.

Cervical radiculopathy is the clinical description of when a nerve root in the cervical spine becomes inflamed or damaged, resulting in a change in neurological function.

Neurological deficits such as numbness or weakness may radiate anywhere from the neck into the shoulder, arm, elbow, hand or fingers. Pins-and-needles tingling and pain, which may range from an ache to an electric shock sensation or a burning sensation, may also radiate down into the arm or hand.


Treatment for postural-related neck pain or the more debilitating cervical radiculopathy includes gentle stretches, ice and/or heat therapy, massage and over-the-counter pain relief medication such as paracetamol and ibuprofen.

However, as with many medical conditions, 'prevention is better than cure'. Aim to correct your posture and reduce the risk of developing your very own 'pain in the neck!'



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Mental Health

it's okay not to be okay.

We all have mental health, and just like our physical health, it needs looking after. One in four of us will experience a mental health issue in any given year.

The Coronavirus pandemic is affecting all of our lives. Even more of us are struggling with more people at home, in isolation, feeling secluded and cut off from friends, family, peers and support services.

On this page, and the following pages, you will find some ideas of things you can do to encourage positive mental health and wellbeing.

Useful tips



Talk to someone



Eat healthy and drink water



Walk outside or do something you enjoy



Try to keep to a daily routine

Where can I get support?

The below services could be an option to help you regain control of your mental health.

Kooth - online only
 Website: kooth.com
 Kooth is a free anonymous online platform offering mental health support for 11 to 24 year olds. You can keep a daily journal of your feelings and chat to their friendly team about what is on your mind.

Mind in Bradford: Guideline
 Telephone: 08001 884 884
 Website: mindinbradford.org.uk
 Guideline is a confidential telephone (12pm to 12am) or webchat (3pm to 8pm) service which provides mental health support and information.

Qwell - online only
 Website: qwell.io
 QWell is a safe and confidential space to share experiences and gain support from the online community and qualified professionals.

Healthy Minds
 Website: healthyminds.services
 Healthy Minds exists to encourage us all to look after our mental health. They are still here to help and their mental health and wellbeing directory offers lots of places to go to get support.



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Grief and loss

Grief never ends, but it changes.

Feelings of grief and loss can happen when someone close to us dies, at the end of a relationship, losing a job or watching the physical or mental health decline in someone we care about.

We know you might need a friend right now, someone to listen to you or to be there for support. We're sorry this can't be in person at the moment, but help is out there.

Signs of grief may include but are not limited to:

- Denial of the situation or problem
- Anger and/or irritability
- Sleeping more or less than usual
- Feeling helpless or hopeless

Where can I get support?

If you are struggling with your grief, there are services out there that can listen, advise and support you.

Cruse Bereavement Care
 Telephone: 0808 808 1677
 Email: helpline@cruse.org.uk
 Website: cruse.org.uk

West Yorkshire and Harrogate Health and Care Partnership
 Telephone: 0808 1963 833
 Website: griefandlosswyh.co.uk

The Bereavement Advice Centre
 Telephone: 0800 634 9494
 Website: www.bereavementadvice.org

What can I do from home?



Connect with others who are feeling the same



Try not to bottle it up, let out your feelings



Continue your daily routine, eat healthy



Take up a new hobby from home e.g. reading

Ladies Cricket in the Aire and Worth Valleys

~ by Rob Grillo

Keighley Ladies 1932



What Mr. Booth didn't allude to, however, that women's cricket was proving financially successful, and went a good way to ensuring the prosperity of clubs such as Keighley. He also ignored the fact that in the formative years of his career the most famous cricketer in history, W.G Grace, was coached by his mother.

There was a brief surge in interest in women's cricket between the war, with Keighley and Silsden cricket clubs running 'workshop' competitions for ladies teams. These competitions, basically for novices at the sport, were already popular among men's teams.

There was a sharp division between those who saw the ladies' game as merely an 'exhibition', and those who sought to see it established as a serious game, and there was a very public argument raging in the press when, in September 1932, Mr J J Booth, president of the (men's) Bradford League addressed those at the end of season dinner at Keighley Cricket Club.

According to the Keighley News, Booth said that Women's cricket as a public exhibition was 'on a par with men's hat-trimming competitions. They were both pantomime exhibitions exploited by men to be laughed at. As such, women sacrificed their dignity and highest womanly qualities to make an inglorious holiday.'

Keighley Cricket Club's women's team was successful. The team played regularly between 1929-54, and took part in the Yorkshire Womens' Cricket League between 1932-38, winning the title in 1932 & 1934.

Before that, exhibition games had been played regularly, for example against Keighley Nurses in 1916. In November 1909 Keighley Ladies played a cricket match against Ilkley Ladies on roller skates in the Cavendish Skating Rink. The ice rink was located where the Iceland store now is, close to the railway station. The match ended in a draw, 9 runs each.

Among other women's teams at that time were; Glusburn Ladies, Haworth Ladies, Keighley Girls Grammar School, Lawkholme Ladies, NSF Ladies, Peter Black Ltd. Ladies, Robert Clough Ltd. Ladies, Silsden Ladies, Steeton Ladies, and Wolsey Ltd. Ladies. Several of these played in a short-lived Keighley Women's Cricket League. Sadly, the boom in women's cricket had ended by the outbreak of World War Two.

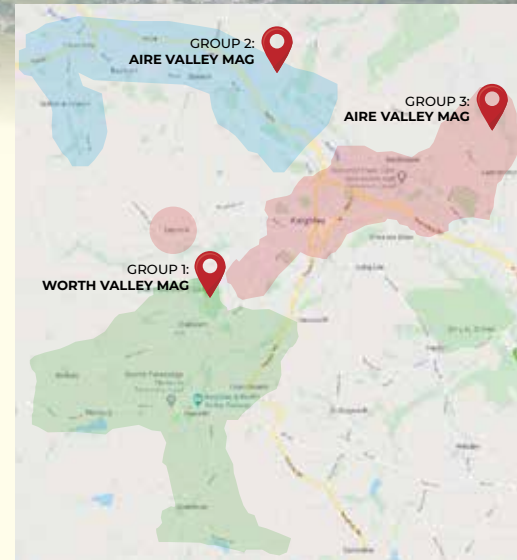
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ICLS and Keighley Pride are working together on a community Pride flag and need your help! They are inviting people across the town to contribute to a patchwork flag,



Ruth Nielsen from Keighley Pride and Sophie Powell from ICLS with PRIDE rainbow banner and bunting at Cliffe Castle as they celebrate the launch of LGBTQ+ History month and Keighley Pride 2021.

made from hundreds of colourful squares that celebrate all aspects of the LGBTQ+ community.

Launching as part of LGBTQ+ History month and continuing until Keighley Pride at Cliffe Castle in August this year, there are lots of ways to get involved. Choosing one of the 11 colours in the Progress Pride design, people are invited to make individual textile patches with names and stories celebrating their queer inspirations. You might want to shout out a member of your family for coming out, or a celebrity who has helped you on your LGBTQ+ journey. Perhaps an organisation helped you and your friends accept your identities, or you want to celebrate your own story!

Sophie Powell is ICLS' project manager for the flag: "Although we're in lockdown there are lots of ways for people to be involved from coming to online sewing workshops and volunteering, to donating fabrics and digital photographs. We want the whole community to be involved; LGBTQ+ individuals, groups, and allies. Expert embroiderers and novice stitchers are all welcome to the project, lots of help will be given. We particularly want to hear stories from BAME communities. We want to reassure people that if anything is shared confidentially, this will be fully respected" Sophie said: "We're really excited to be working with textile artist Morwenna Catt,

who's exhibition at Keighley Creative in 2019 really blew me away. Thanks to funding from Arts Council England, ROC and BMDC we're able to create a true celebration of our town's queer identity and use this flag to help educate people about the diversity of LGBTQ+ culture."

To get involved in the project through workshops and volunteering, donating clean non-stretch fabrics, emailing photographs or general enquiries please email sophie@iclseducation.org or message @ICLSEducation on instagram. People can also get their own patch kit with instructions delivered to their door through completing an online form on: iclseducation.org



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