

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2024



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Hello,
Welcome to your community magazine and local services directory, where we spotlight businesses that prioritise care and trust within our community. We also aim to keep you informed about the latest events and happenings in the Worth Valley. Let us know if we can improve what we are doing, (mail@worthvalleymag.co.uk). As we approach Mother's Day and Easter, and with the arrival of spring in the air, we have a few suggestions for you to consider this month: Treat your mum to a spa experience at Slade Barn and enjoy a treatment for yourself at half price (p8). Purchase a gift voucher for a creative workshop at Millstack (P7), take a shopping excursion to Harveys Department Store (p9), or book a Mystery Getaway organized by local travel experts, Steels (p28). We're also delighted to see the return of the Gin Train and other favourite experiences on the Keighley and Worth Valley Railway (p15). We hope you will enjoy the blooming of spring by getting out in nature. Please take a look at our community pages for further ideas. All the best!

Liz Barker, Editor

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Our product range is always growing as we source from local suppliers, trying new things like stock and sauces in a can, which have proven very popular; different cheeses, inventing new ideas for our happy meals and pies, as well as continuing all our regular home reared hearty meats. We are hoping



to continue to grow our family farm and provide the community with the best Marsh Top produce. In our new shop we also aren't too far away from our pesky pigs and baby goats if they decide to escape, which seems to be a regular occurrence at the moment, the cheeky monkeys! Our animals are doing great; they are

It has been a busy few months at **Marsh Top Farm Shop** with markets starting up again for the year, goats that are kidding, and our cattle being inside for the winter. We have had a bit of a move around at the farm shop, we are in a bigger building whilst our new shop is being built which has more space, it's all under cover and we have a great set up of fresh fruit and vegetables.

currently inside for the winter as it is too wet for them to be out in the field. With them being inside we have to make sure they have a warm comfy bed throughout the week, this includes the pigs, goats and cows, so you can imagine the amount of straw and silage we get through! As it gets warmer, usually in springtime, our livestock will be out in the fields of the worth valley for you all to see. It is never a quiet day for us at the farm, from looking after our animals, prepping for the farm shop and our markets. We go to lots of markets around the area including Hebden Bridge, Ilkley, Baildon, Mytholmroyd; a new market in Saltaire



starting this month and one in Headingley. It's always lovely to see your lovely faces and have a chat, so be sure to pop down to the farm shop or the markets for a natter. Stay warm. Many thanks, Georgina.
Marsh Top Farm Shop
 Marsh Lane, Oxenhope
 BD229RN **07530 028 869**

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Before and after: a recent project leaving the workshop;
 The fabric is "Graffiti all over velvet" from Timerous Beasties.

WATERCOLOUR PAINTING with Bill Parker.
 10am-1pm. Saturday 2nd March, £45 including refreshments.

SATURDAY UPHOLSTERY CLASSES
 with Pauline Keenoy. 10am-4.30pm. 16th March, 13th April & 18th May. Bring your own project.

CANE & RUSH SEAT WEAVING
 with Sheonagh Winterborne. Saturday, 20th April. 10am-4.30pm. £120 including materials and café lunch.

SEWING CLASS suitable for beginners and improvers, Saturday 27th April. 10am-4.30pm

DECORATIVE PAINT & WOOD FINISHING
 with Pauline Keenoy. Saturday, May 4th. 10am-4.30pm. £95 full day.

TRADITIONAL LAMP SHADE MAKING
 Saturday, May 11th. This includes all the basic techniques of lampshade making, materials and lunch. 10am-4.30pm. £95 full day.

WEEKDAY UPHOLSTERY CLASSES
 Wed, Thur or Fri morning 10.30am-2pm and Wed evening 6.30-9.00pm. Bring your own project. Tuition fee's are £10 per hour, bookable in blocks of 6 classes throughout the year.

SATURDAY CLASSES 10am-4.30pm. All include refreshments and full days include lunch from Millstack café. These classes run with no more than 6 people in a group.

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bsl woodsure READY TO BURN



It's been a different start to the year for the Railway, with our access to Keighley station limited by the significant refurbishment work that's being undertaken on behalf of Network Rail. It will improve massively the station for its users, so we've been very keen to support the project, but it has meant that our trains have started their journey to Oxenhope from Ingrow and we've been running a vintage bus service to get passengers to and from Keighley. As we move into March, we will be able to run the full length of the line once again which means that our events programme can begin in earnest.

We will be relaunching our Afternoon Tea services in March on which you enjoy a tradition that dates back to the 19th Century and makes for a very enjoyable and relaxing accompaniment to a trip on a steam-hauled train in our dining carriages. March also sees the first steam gala of the year, to which we invite visiting steam locomotives and run an intensive service that includes special express trains, double headers and demonstration goods operations, so it's definitely worth a visit to see the Railway at its very best. Making another welcome return this year is The Gin Train, which continues to operate with Kath Thornton and a team of "The Burnt Bear" fame. You will learn about the history of the gins that you are tasting, all served with appropriate and carefully selected mixers to make for a very special experience. Full details of these services and all our events are available on the website.

To prepare the Railway for such events requires a very intensive programme of maintenance, none more so than this year as we prepare for the replacement of the main line bridge just outside Haworth Yard, "Bridge 27" as we know it. This is a very significant undertaking and has taken years of planning by our expert volunteers and typifies the amount of effort expended all year round by our team of around 800 volunteers to keep the wheels turning. Despite the amount of volunteer input, materials and specialist contractor involvement means that it's still a very significant cost, and we are very grateful to the government's Community Ownership Fund for a £1m grant toward the cost.

As well as the Bridge project, we are finalising plans for a facility to maintain and store our fleet of heritage diesel units; improvements to signalling at Keighley stations; and developments at Oxenhope; all to improve the operational flexibility of the Railway. We are very grateful for a Levelling Up Fund grant that has been provisionally awarded to help fund these works.

This year will see the completion of the visitor centre in the water tower at Keighley, which will open a new space for passengers, complementing the tea hut at Oakworth with guided tours on selected dates of the very impressive Midland Railway goods shed.

With so much to see, and so much happening,

I do hope that we will get to welcome you on board soon.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

DATES FOR YOUR DIARY

Upcoming events at The Keighley & Worth Valley Railway.

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COMMUNITY PAGES

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Every Monday 10am - noon The Drop-In at St James' Hall Cross Roads. Entrance on Albion Street. Offering a warm, safe space with refreshments & chat. Why not pop along & meet us. Unsure? Call Marion 01535 642028 or 07986762921.

Every Monday 7 -9 pm Andy's Man Club Project 6, Devonshire Street, Keighley

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.

First Tuesday of a month 2pm Worth Valley Branch of the Y.C.A meet at Oxenhope Methodist Church

First Tuesday of the month 1.30pm Mothers' Union at Christ Church Oakworth. Part of the worldwide charitable organisation of 4 million members in 83 countries. Meeting together for seasonally themed short services, speakers, support and chat. Contact branch leader Sharon on 07521 318983.

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

Sunderland Street, Keighley, BD21 5LE
Every Tuesday 1-3pm Coffee Afternoon at Hall Green Chapel, Haworth (downstairs)
Free refreshments and friendly chat. Hall Green BookPoint .

Last Tuesday of the month 2pm Living With Loss Social Group at Christ Church Oakworth. Supportive chat informally over a cuppa with others who are walking the difficult path of life without a loved one.

Every Weds 1 - 2.30pm Ladies Dance Exercise at the Civic Centre, Keighley. Meet friends, socialise & keep fit.
Every 3rd Wednesday 7.30pm of the month **Oxenhope Climate Action** meet at the Bay Horse Pub Oxenhope New Members always welcome. Further info www.oxenhopeclimateaction.org.uk

Each Wednesday 10.30am - 11.30am Coffee Morning at Christ Church Oakworth. All welcome to come along for chat and a cuppa and biscuits.

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

Every Wednesday 2 - 4pm Oxenhope Community Cafe & Welcoming Space, Oxenhope Methodist Church, 1 West Dr, Oxenhope, Keighley BD22 9LJ

Every Thursday Tech Shed free drop in 5 pm - 7pm at Haworth Village Hall.

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 Three Horses, Fell Lane, Keighley, BD22 6BZ. A mutual support group for those who have lost someone dear, recently or a long time ago. Further info contact helen.timeforme@gmail.com

Every Friday 2 - 4pm Haworth Ladies Badminton Group at Haworth Village Hall.

Call 01535 644136.
Every Saturday 1-3pm Hall Green BookPoint. Hall Green Chapel Haworth (downstairs). Free
Sun 3rd March: The East Colne Way Walk. 5 miles, moderate walk. Meet for 10.30am start. Ball Grove nature reserve car park (free). www.ramblers.org.uk/keighley

Sat 2nd & Sun 3rd March Haworth & Yorkshire Creatives Weekend Maker's Markets Old School Rooms, Haworth 10am - 4pm.

Weds 6th March 1.45 - 2pm Meeting Point Keyboard Music with Jonathan Crossley at Lees Methodist Church.

Thurs 7th & 21st March 10am - 12 Stitching Workshops at The Bronte Parsonage FREE

Fri 8th March 11am - 1pm International Women's Day Event at Keighley College

Fri 8th March 7.30pm Haworth Cinema Wonka (PG) at West Lane Baptist Centre, Haworth

Sat 9th March 10 am - 4pm World Book Day Swap at East Riddlesden Hall bring in a book you love and trade it for

another pre loved volume of your choice. All genres are welcome and there will be an adult and a children's section available.

Sun 10th March Keighley 5K & 10K run Victoria Park, Keighley.

11th - 16th March 7.30pm Yes Prime Minister at the Keighley Playhouse

Sun 17th March 12 - 2pm Haworth Central Park Bowling Club Open Day.

Sun 17th March Haworth Artisan Markets Haworth Central Park

Weds 20th March 1.45am - 2pm Meeting Point The Yorkshire Dialect Society talk by Rod Dimbleby at Lees Methodist Church.

Thurs 21st to Sun 24th March Steam Gala Special on the Keighley & Worth Valley Railway trains from all stations more info www.kwvr.co.uk

Fri 22nd March 7.30pm One Life (PG) at **Haworth Cinema** at West Lane Baptist Centre, Haworth

Sat 23rd March until 7th April Easter Egg Hunt at East Riddlesden Hall

Sun 24th March 10 am - 4 pm Aire Valley Railway Modellers Club Open Day at Melbourne House, Dalton Lane, Keighley

Mon 25th March 2 pm - 7pm Business Support Drop-in at Keighley Library

Mon 25th March 7pm John Froud presents **The Mary Song** at Christ Church, Colne Road, Oakworth (free event).

Weds 3rd April 10.45 am Keighley U3A The King's Nephews, Life after Death illustrated talk by Graham Mitchell at Temple Street, Keighley

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Matthew Varley is the partner and Managing Director of My Denture

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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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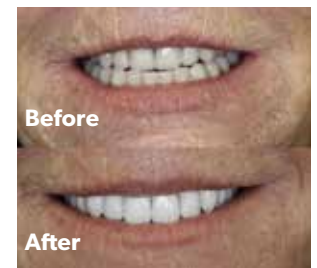


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	5		3	6		9	
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BEHIND THE SCENES AT THE MUSEUM

Stitching Workshops with the Museum

This month, we hear from Diane Fare, our Outreach Officer at the Brontë Parsonage Museum:

I'm really excited about a new project we're running – a series of informal stitching workshops open to all.

Textile artist, **Claire Wellesley-Smith**, will lead the workshops. I've joined Claire before on textile projects; she has over twenty years' experience working with different community groups. Claire will provide her own examples: a daily stitch journal completed over ten years; another created over a year; and a collaborative community project made by thirty local women during the first Covid-19 lockdown and exhibited internationally.

There's no pressure to produce a final piece though – everyone's welcome to learn new techniques or develop existing skills. I struggle to sew on a button, so I'm looking forward to practising some new stitches! We have samplers in the collection made by the young Brontë sisters, and we can look to these for inspiration – but in the Brontës' time, samplers were educational exercises, teaching obedience and patience, so it's worth considering how stitching can be employed for more radical purposes, or as a simple storytelling tool. The Brontës are famous for their 'little books' – there's an opportunity here to create a little book of stitches!

Claire will provide materials, although people are welcome to bring their own equipment (particularly after the first session) and the work is designed to be portable, so people can take their work home to stitch between sessions if they like!



There's no assumption of familiarity with the Museum, or the Brontës for that matter. The workshops will take place in the Old School Room across from the Museum, so toilet facilities are available and coffee, tea, and biscuits will be provided.

There's no need to book – just turn up whenever you feel like it and stay as long as you like. The dates will be advertised seasonally on our website and on flyers around Haworth, but they'll normally run *every other Thursday* (depending on school holiday dates, so always check ahead).

Sessions are from 10am to 12 noon and are FREE. The next dates are 7 and 21 March, and 11 and 25 April.

With wellbeing and connection in mind, I hope people will see the workshops as not only an opportunity to develop their skills, but to enjoy some company. I really hope to meet some of you there! *If you have any questions, call me on 01535 640192 or email diane.fare@bronte.org.uk.*

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Swollen knee joints -

Causes and things you need to know

A swollen knee, also known as a joint effusion or 'water on the knee', occurs when excess fluid collects in and around your knee joint. It may be the result of trauma, overuse, injury or of an underlying disease or condition.

Injuries

Damage to any part of your knee can cause excess joint fluid to accumulate. Injuries that can cause fluid build up in and around the knee joint include:

- a torn ligament, particularly the anterior cruciate ligament (ACL)
- a cartilage (meniscus) tear
- irritation of the joint from overuse
- broken bones.

Diseases and conditions

Underlying diseases and conditions that can produce fluid build up in and around the joint include:

- osteoarthritis • rheumatoid arthritis
- infection • gout • pseudogout
- bursitis • cysts • tumour

Signs and symptoms typically include:

- **Swelling.** The skin around your kneecap can puff up noticeably, especially when you compare the affected knee to your non-affected one.
- **Stiffness.** When your knee joint contains excess fluid, you might not be able to bend or straighten your leg completely.
- **Pain.** Depending on the cause of the fluid build up, your knee might be very painful - to the point it becomes impossible to weight bear. A swollen knee is typically the result of a traumatic injury or a chronic health condition such as osteoarthritis.

An injury that has resulted from a traumatic injury to the knee such as a high impact collision, e.g. skiing accident, a high-impact tackle in a sports such as football or rugby, or any incident where a loud popping sound is heard or is felt will



require careful investigation and management. If the joint swells up immediately or continues to swell over a 24-hour period and the joint feels warm then you might have ruptured one of the key stabilising ligaments in your knee, the anterior cruciate ligament (ACL). An injury that leads to a complete rupture, or a partial rupture that leads to instability of the ACL will require reconstructive surgery if you are very active in sport and wish to continue, or have a job that requires knee strength and stability to keep you and others safe such as in construction.

The most common reason to have a swollen knee is as a result of osteoarthritis (OA). An estimated 10 million people (6 million women and 4 million men) in the UK are affected by OA with an estimated 5.4 million affected by OA of the knee. It causes the cartilage, which acts as the cushioning between the bones of your knee, to wear away and leads to pain, swelling and stiffness. This pain is especially more significant in the morning or after bouts of inactivity. The average age of symptom onset is 55 years and

the disease typically worsens as you get older.

Conclusion

A swollen knee joint is typically the result of a traumatic injury or a sign of osteoarthritis. If you have swollen knee or knees use the RICE protocol of Rest, Ice, Compression and Elevation to help reduce the swelling which in turn will help to reduce your levels of pain. Remember, true elevation of a joint involves elevating and maintaining the affected swollen joint in a position that is higher than the level of your heart. A foot placed upon a footstool will not achieve elevation unless you are lying flat on your back on the floor!

If your pain is manageable and you are able to do some exercises you should:

- strengthen the muscles around your knee.
- choose low-impact exercises.
- maintain a healthy weight. Excess weight contributes to the wear-and-tear damage that can lead to an increase in the swelling of an already swollen knee. ~ David Hanson

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

3	2	6	8	7	5	9	4	1
7	1	8	9	2	4	3	6	5
9	4	5	1	6	3	7	2	8
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Say you saw it in the Worth Valley Mag!

Boiled Bacon with Chickpeas *Cocido Gallego*



Hopefully by the time this goes to print, spring will be in sight. This is a good winter warmer from Galicia, in Northern Spain, that should sustain you to the end of winter.

You can use dried or tinned chickpeas. The beauty of this dish is you can mix and match the ham / bacon joints depending on what you can find; I like to use a ham hock and a bacon collar joint but you could use bacon ribs, a joint of streaky bacon or a small gammon joint. I use spring cabbage but savoy cabbage can also be used.

Ingredients (serves 6)

- 1 kg bacon collar joint
- 1 ham hock
- 4 bay leaves
- 1 whole garlic bulb, halved
- 600g dried chickpeas (or 2 x 400g tins)
- 2 onions, peeled
- 8 cloves
- 1 tsp black peppercorns
- 2 large carrots, peeled and cut into chunks
- 2 celery stalks, cut into chunks
- 6 medium potatoes, peeled and cut into chunks
- 6 small chorizo sausages
- 1 black pudding
- Spring cabbage (or savoy), thick stalks removed, roughly sliced

Method

You need your largest stovetop pot for this recipe; I use a big stockpot. The night before you plan to eat, put your bacon / ham / gammon in your pot, if using dried chickpeas, chuck those in too, cover with cold water and leave to soak overnight. The following day, fish out your meat, and tip the water away (remembering to drain the chickpeas into a colander).



Put the meat back into your pot, cover with fresh water and bring to the boil. Drain again, cover with fresh water and return to the heat. Stud your onions with the cloves and chuck into the pot, along with garlic, onions, studded with cloves, bay leaves, peppercorns and chickpeas (if using dried). Bring to a gentle simmer and cook for 90 minutes. Now lob in your potatoes, carrots, celery, chickpeas (if using tinned), chorizo and black pudding. Return to a gentle simmer and cook for another 20 minutes until the carrots and potatoes are cooked. Now turn off the heat, measure 500ml of the broth into a separate pan, bring to a rolling boil, add your cabbage and cook for 5 minutes. Turn off the heat. To serve, fish out the meat, sausage and black pudding, carve the meat and transfer onto a large warmed serving plate. Similarly, spoon out the potatoes, carrots and onto a warmed dish. Drain the cabbage and serve separately in another warmed dish. Finally, drain your pot into a colander over a bowl, discard the onion and garlic and serve the chickpeas in a small bowl. Now ladle some of the broth into a gravy jug and bring everything to the table so you and your guests can dig in! ~ Martin Lingard

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