



# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2020

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# CHRISTMAS IN HAWORTH

Every year at Christmas time, Haworth is lit by twinkling lights and boasts an impressive display of festive shop windows. The cobbled Main Street is home to a wonderful mix of independent shops selling something for everyone, restaurants, cafes, public houses and guesthouses, making visiting and shopping in the village the most enjoyable of experiences. Your support of these small businesses is appreciated more than ever.



Things might be a bit different this year, but the magical festive atmosphere that Haworth has become known for is certainly not lost. With decorations along the street, a repeat of last year's much-loved bauble hunt, late night shopping (10th December) illuminated church steps and the eagerly-anticipated Christmas tree at the bottom of the hill, there's lots for visitors to look forward to.



For more information follow Christmas in Haworth on social media.

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Welcome to your November community magazine. We hope you are well. With Christmas around the corner we are especially mindful of supporting local shops and service providers; happily, many offer FREE deliveries: Rosa Rugosa for flowers, Proper Logs, Anchor Logs, Hartley & Whitaker; and Rhodes for fuel, Marsh Top Farm Shop for fresh meat, fruit & veggies, Worth Valley Pet Store for all things pet related...and many others. (See conditions that apply) Important plans are underway to improve Haworth Village Hall. A new vision is being presented to the community and your feedback will be greatly appreciated, see pages 8/9.

For some excellent offers this month see Rhodes Hardware on p5 for discounts on birdfeed & birdfeeders. Don't miss the discount vouchers from Bronte Parsonage Museum Shop and No 11. Bistro Bar Rooms on p11. Have a great month! Editor Liz Barker



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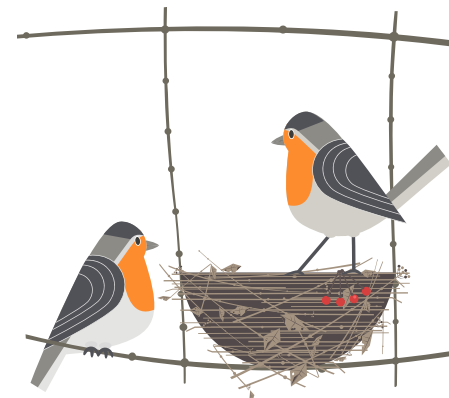
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on Facebook for more info. We also have lots of work out videos on our Youtube channel – search KHL in Youtube to find our channel and workouts that are suited for all fitness levels. These include our skipping routines

Whether if it's from your living room or out in the countryside we at Keighley Healthy Living have an exercise activity for you. - We have exercises to inspire everyone. Facebook Live classes, YouTube videos, exercise DVDs and telephone support to help you decide the right exercise class for you. If you would like to find out more about anything mentioned here call us on **01535 677177**, email: **admin@khl.org.uk** or send us a message on our Facebook page: @KeighleyHealthyLiving

### Online Activities

We have a number of regular exercise groups that happen live on Facebook for you to join and take part in regularly:

- **Keighley Come Dancing** (Live dance class with Alison) - Thursdays at 11am
- **Ballet Be Fit** (live ballet inspired workout) - Mondays at 11am
- **Fitstart** – Wednesdays at 11am
- **Staying Steady** (Fall Prevention Seated Exercise Class) – Fridays at 11am

If you are interested in joining any of the fitness group please message the KHL page

featuring local people from ages 7 – 83 year old. You can even get your own FREE skipping rope from us to help you on your skipping fitness journey.

### Outdoor Activities

Throughout Autumn and Winter we will be running a series of Wellness Walking Groups – suitable for all abilities, our next course is: **'Walking and Skipping'** starting Wednesday 19 November at 1pm – 2pm meets at Cliffe Castle.

If you are interested in joining a walking group but this class doesn't suit you please contact us and will put you on a waiting list for another course. All walking courses are free and social distancing rules apply.

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In November 2019 the Ministry of Housing, Community and Local Government launched a £3.6bn Towns Fund to unleash the full economic potential of over 100 places and 'level up' communities throughout the country.

Up to £25 million is potentially available to Keighley, one of the areas selected to benefit from the fund; Haworth & Oakworth in turn have been included in the Keighley Towns Fund area.

Haworth Village Hall is hoping to benefit from this opportunity and plans are

being formulated to create significant improvements which will collectively make the Hall a climate positive building and ensure its long term sustainability.

"The vision is to create a 21st century community resource and reinvigorate this historic community asset," explained Kevin Campbell Wright, Haworth Village Hall Trustee.

The Hall has a number of tenants, some of which include Haworth Scout Group, Haworth Brass Band, Magic Garden Play Cafe and Space to Inspire, a STEM (Science, Technology, Engineering and Mathematics) focused group of educators.

Haworth Village Hall and Space to Inspire are working collaboratively on a bid



Technology Works, a fabrication workshop styled on the former FAB Lab (Fabrication Laboratory) that was housed in Keighley, is located in the Village Hall. CAD (Computer Aided Design) technology, 3D (Three Dimensional) printers and other equipment used

to create a facility to house a dedicated learning environment that will incorporate immersive technologies, for example, industry standard VR (Virtual Reality) applications for use in medical science and space exploration.

This new facility, named Space to Inspire Academy, will be located in the former care taker's house within the grounds of the former school site. The idea is to re-establish the building as an education and skills centre in the village where school age children and other organisations like Scouts, Guides and Cadets can benefit from unique residential and bespoke learning experiences. It will support both Keighley and the wider area.

The Space to Inspire Board is made up of educators and industry professionals who are dedicated to promoting manufacturing and engineering as part of the economic development of the district. Adding value to the STEM curriculum is a creative and art theme which underpins many of the bite sized courses that will be offered by the Space to Inspire Academy.

for fabricating and prototyping will be available to businesses, individuals and the wider community and offer a distinct and enhanced departure from the FAB Lab model.

Bernard Mosely, Co Founder of Space to Inspire, commented, "Haworth has often felt left out of the various funding streams from Central Government, most of which have focused on city centre regeneration. We have suffered from under investment from the District Council as well, so it is encouraging to see that the Keighley Towns Fund Board understands the importance of including the corridor of opportunity linked with Oakworth and Haworth as important cultural, touristic, and economic seedbeds for Keighley."

Haworth Village Hall and Space to Inspire wish to engage with the local community to find out directly from the public what they would like to see in terms of facilities at the Village Hall and development of the Space to Inspire Academy offering.

A community survey will be circulated in the weeks ahead. You can also send your comments to:

**mail@worthvalleymag.co.uk**, which will be included in the community feedback.

## BEHIND THE SCENES at the BRONTË PARSONAGE MUSEUM



launched The Brontë Lounge, a digital event space for readings, discussions and conversations about the Brontës. At one of these events, our guest, broadcaster Samira Ahmed, commented that lockdown had made her feel 'more like a Brontë': more reading, staying at home, carrying out more domestic activities, walking the local

Autumn is here and the watery sunlight filters through the remaining leaves on the trees. Haworth and the moors are evocative at this time of year, often bathed in an eery mist which adds to the atmospheric beauty of the Parsonage and cobbled Main Street. It is still an unsettling time for many, with restrictions in place and not knowing what is round the corner, but somehow the Parsonage offers hope and a message that 'this too will pass.' Whether this is because of all of that has taken place within its walls, or because the building and the collection will still be here after we have all gone, or because of all the millions of people who have walked its rooms since Museum opened in 1928, it's hard to say, but autumn in Haworth is a special time of year.

Over the summer, while we were physically closed to the public, we

area and exploring familiar surroundings with fresh eyes. I'm sure many of us have noticed how well-trodden local footpaths are or have decided to visit somewhere nearby that they have previously overlooked. Since we reopened in August, several visitors have told us they haven't visited the Museum since they came on a school trip or with a grandparent as a child. If that sounds like you, or you live nearby and have never visited, the quiet, atmospheric days of November and December are a perfect time to put that right. Just head to [www.bronte.org.uk/visit-us](http://www.bronte.org.uk/visit-us) to read all the information about the safety measures we have in place and how to book a ticket. And don't forget to bring the voucher opposite to claim a discount off in our shop – it's never too early to get organised for Christmas!

We look forward to seeing you soon.

## Christmas shopping at the Brontë Parsonage Museum



Our Museum shop is bursting with gifts for the home and Brontë-related books, prints and cards.

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\* Please bring this advert with you when you visit the shop. Discount applies to instore purchases made 1 November – 23 December 2020 and cannot be used in conjunction with any other offer.

A Brontë Sisters Christmas: Winter Foxes  
© Amanda White

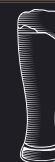
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2020 has been a funny old year and it looks like challenges are likely to continue. Office Furniture Outlet has made a commitment to continue to work hard to ensure they are improving their range of products and keep fully stocked.

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# Keighley & WORTH VALLEY Railway

We're looking forward to running two special Christmas events and are excited that Santa will be bringing some magic to the railway this year.

## The Elf Express

Our popular Santa Steam Specials will take on a different twist this year and become The Elf Express. This is a brand new Christmas adventure for the railway and tickets are selling fast, with many weekends already sold out. At the time of writing tickets are still available for 28-29 November and 21-23 December.

You'll travel in your own privately decorated compartment and enjoy a magical steam ride to Kringle Town Station to meet Santa and his friends. The train will pass through historic stations and an enchanting tunnel of lights before stopping at Keighley to give you time to join in with the festive fun from the comfort and safety of your own compartment.

There'll be singing, laughter, goodies galore and special family memories. Private compartments are priced from £80 for 4 people, please see our website for full details.

## Mulled Wine Specials

Set a new Christmas tradition this year with a journey on one of our brand new specials running on Fridays 4th and 11th December. Slow down and take a moment to enjoy

a break from the hustle and bustle that December brings as you steam through the valley from Oxenhope to Keighley and back. You'll travel in your own private compartment and pass historic stations and a wonderful tunnel of lights along the way. We'll take a break at Keighley Station where you can enjoy festive music and will be served mulled wine and a mince pie in the comfort of your own private compartment. £45 per compartment for up to 4 people, £65 per compartment for up to 6 people.



## The Old Parcels Office

In November we welcome back the team to the Old Parcels Office, Café Bar and Restaurant at Keighley Station. Bookings can be made online and we'll be running some special opening offers. Please visit the website for details.

## 2021 Family Events

We're excited to announce two very special family events for 2021. We'll be chasing the White Rabbit at Easter with our Alice in Wonderland event. And in June we welcome the dinosaurs back to the railway for the popular Jurassic Specials. Tickets for these two events go on-sale on Friday 27th November, and will make the perfect Christmas gift for a young Alice or dinosaur fan.

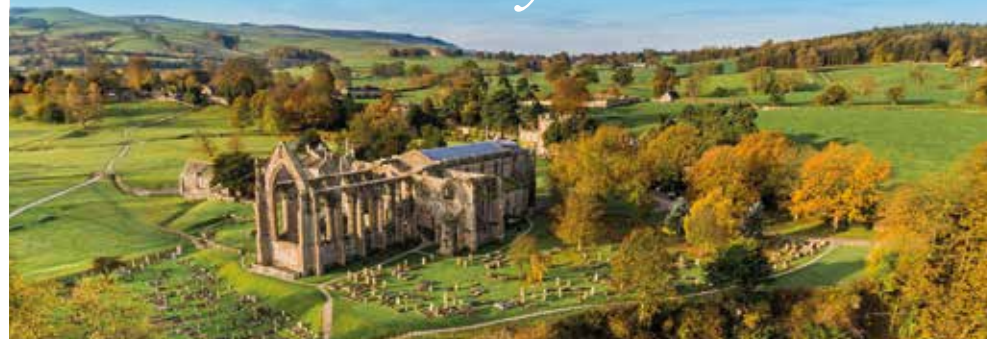
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# Sudoku

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

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

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

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

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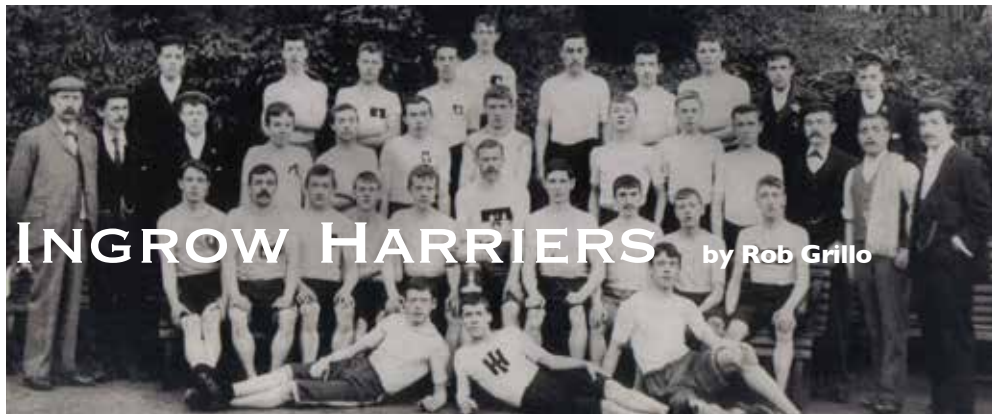
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In an era when cross-country running was very different to the sport we find these day, Ingrow Harriers was the area's best known club. Founded in September 1894, the club headquarters was initially at the Great Northern Inn, before a change twelve months later to the Heber Coffee House. Club colours were black vests with a gold sash. The club's annual handicap race was for the 'Licensed Victuallers Cup'. The club also organised two boxing competitions for its members in 1900, although it is clear that this was not intended to improve performance over the country. In March 1897, with E Ascough finishing 10th, the club finished fourth in the team event in the Junior race at the Yorkshire Cross-Country Championships at Rotherham.

By 1897 the club was based at the Hope & Anchor Inn. Club colours were changed to black vests with white facings, with a white badge affixed to the left breast, and it was these colours that the club retained when they absorbed the Ingrow Parish Church Harriers in September 1898, with the base now being at the White Horse Inn. Ascough became one of the district's top runners, with the some fine, and consistent, performances in the Yorkshire Cross-

Country Championships, with Ascough winning the Junior title in 1902 and 1904. He was also runner-up in 1898 and third in 1901 and ,4th in 1900 and 10th again in 1899, before going on to run for Halifax Harriers.

Ingrow Athletic Club Harriers was a separate club, formed in November 1896, with Sam Law, the licensee at the White Horse Inn, Ingrow, its President. It was not uncommon for the two Ingrow clubs to arrange training runs from the same base on the same day and it was no surprise when they joined forces on 25th August 1898 following a meeting at the White Horse. In those days, two hares would set off on a Saturday afternoon and leave a paper trail for fast and slow packs to follow, hence the sport's nickname of 'hare & hounds'.

Ingrow Harriers renamed itself as Keighley Harriers in 1903, changing its headquarters back to the Great Northern Inn, and adopting new club colours of red vests and black knickers. A new base on Woodhouse Road was being used by 1905, but by then the club was in decline and seems to have wound up at the end of that year.

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# Getting the Cold Shoulder

by David Hanson

The shoulder joint is the most flexible joint in the human body and is formed by the union of the upper arm bone (humerus), the shoulder blade (scapula) and the collar bone (clavicle).

It is a ball-and-socket joint formed between the rounded head of the humerus and the

cup-like depression at the outside aspect of the scapula called the glenoid fossa – thus giving this joint the anatomical name of the glenohumeral joint.



A further 24 muscles, including the four muscles that make up the rotator cuff, namely the supraspinatus, infraspinatus, subscapularis and the teres minor, a network of tendons and ligaments, nerves and blood vessels, friction-reducing bursae and a ring of cartilage that encircles the glenoid fossa called the labrum which deepens the joint and provides protection and stability make the shoulder joint an amazingly complex yet flexible and powerful joint.

Unsurprisingly, this intricately formed joint can be susceptible to injury. Falls, twists, heavy loading and age-related changes to the structures of the joint can lead to significant pain and loss of movement. One particular condition that affects the shoulder is known as adhesive capsulitis or 'frozen shoulder'.

Frozen shoulder is a little understood condition where the shoulder becomes

painful and stiff for no particular reason. It is thought to be due to scar-like tissue forming in the shoulder capsule. The symptoms typically have three phases:

Phase one – the 'freezing', painful phase. This typically lasts 2 – 9 months. The first symptom is usually pain that is worse at night and when you lie on your affected side. Stiffness and limitation of movement then also gradually increase.

Phase two – the 'frozen', stiff phase. This typically lasts 4 – 12 months. Pain gradually eases but stiffness and limitation in movement remain and can become worse.

Phase three – the 'thawing', recovery phase. This typically lasts up to one and three years. The pain and stiffness gradually go and movement returns to normal, or near normal.

Frozen shoulder affects around 3% of adults at some stage in their lives. It usually occurs between the ages of 50 and 65 and is more common in women. People with diabetes are slightly more likely to develop a frozen shoulder. For the affected person it is significantly disabling with tasks such as dressing, washing and everyday activities severely affected.

Physiotherapy can play an important part in limiting the severity and duration of the problem. Exercises aimed at improving movement and strength in the shoulder and pain-relieving techniques such as the use of heat and/or cold packs can be prescribed.

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

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

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9	7	3	4	2	1	8	5	6
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This hearty casserole takes only 15 mins to prepare and then it cooks itself. Ideal if you're looking for something easy for dinner. Busy evening? You can leave this dish cooking and get on with other things. Plus, it's ready in just 4 easy steps, so you know this sausage stew is an easy recipe that you can make for a no-fuss midweek meal.

### Ingredients

- 1tbsp olive oil
- 8 thick sausages
- 1 onion, peeled and cut into slices
- 2 garlic cloves, peeled and finely chopped
- 1 leek, washed and cut into thick slices
- 2 medium potatoes, peeled and cut into chunks (approx 450g)
- 2tsp smoked paprika
- 2 x 400g tins plum tomatoes
- Splash of red wine
- 200ml beef stock
- 350g cannellini beans (drained weight)
- Salt and pepper
- Small handful of flat-leaf parsley or chives, chopped
- Crusty bread, to serve

### Method

Heat the oil in a large sauté pan and fry the sausages for 8-10 mins, turning frequently until browned all over. Remove from the pan, cut in half and set aside.

Drain any excess oil from the pan then add the onion and garlic and sauté for a few minutes to soften. Add in the leeks, potato and smoked paprika and cook for 4-5 mins.

Pour in the tomatoes, red wine and stock and bring to the boil. Reduce the heat and return the sausage pieces to the pan, along with the cannellini beans. Cover with a lid and cook for 20-25 mins over a low heat, stirring occasionally. Remove the lid and continue to cook for a further 5-10 mins.

Season to taste, and scatter with parsley or chives. Serve with crusty bread. Serves 4-6

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As Haworth Parish Church Tower Clock celebrates its 150th anniversary, on a grey drizzly day in October, the 15th at 4pm, to be precise, octogenarian Jens Hislop is determined to mark the occasion with due fanfare and glee, chiming the bells 150 times. Unsurprisingly, Jens is not able to gather the Haworth Brass Band as planned due to COVID 19 restrictions and the few bystanders at the tower are friends and community stalwarts as well as visitors to Haworth who happen to be in the right place at the right time. The spectacle to behold includes the clock hands whizzing around the face, which is called a dial, we are duly informed by Jens, who is also the Church Horologist since 1985.

After the celebratory chimes, Jens climbs the tower stairs up and out on to the roof where he plays a solo repertoire of appropriately selected tunes on his trompone, including Grandfather's Clock, Rock Around the Clock, Hickory Dickory Dock and part of the Hallelujah Chorus. Michael Ross and John Sargent from Worth Valley Community Radio record an interview with Jens and take photographs to mark the occasion. Jens explains that he has recently written and published a booklet that includes an operator's manual on how to wind the clock and look after it in between annual servicing. The publication additionally covers the history of the clock, and safety measures related to all activities for both the clock and the flag pole. Jens is also the Haworth Parish Church Vexillologist and the



new booklet covers all things related to the use of the flag and flagpole. You can listen to the interview on the WVCR website:

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Jens Hislop, Haworth Parish Church Horologist, 'holding hands.'



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LOFT LADDERS

## Yorkshire Loft Ladders, Quality You Can Trust

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge

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.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

So, if you want to make use of your loft space, however big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft.



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