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FREE

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Craven & Valley Life

Made by Yorkshire folk, for Yorkshire folk



BREAST CANCER

REAL LIFE STORIES

MONEY SAVING TIPS

GUIDING *the* COMMUNITY

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EDITOR'S LETTER

I was always a firm fan of Wonder Woman - she was my superhero - but not anymore, she can trot on! I have a new superhero in my life now - and she wears a dressing gown and surgical socks, on a good day she can resist vomiting, on a bad day she's picking it out of her hair. If you're thinking, 'no way is this a real super hero', then you'd be severely mistaken. You obviously haven't met my cousin - 'our Jo'.

With one in seven women diagnosed with breast cancer in her lifetime, in this edition we intend to help raise awareness of the issues to mark Breast Cancer Awareness Month this October.

Diagnosed with stage 2 breast cancer just days before her wedding last year, 'Our Jo' gives us a brutally honest and heart-wrenching insight with her quick wit and signature smile, as she continues to battle on - kicking cancer's arse.

Another superhero is one many of you will be more familiar with... it's 'Our Soph' - Craven&ValleyLife writer Sophia Smith, talks candidly about her decision to have a preventative double mastectomy at only 22-years-old.

It seems there are heroes everywhere as we pop down the road to Oakworth, where we discover community champion Janet Armstrong who was awarded an MBE for over 40 years of work in the community including running a local brownie pack and organising the Oakworth Gala.

We also discover the art of darkness when we explore the dark academia home interiors trend, and there's also inspiration on how to save money in an attempt to combat the cost-of-living crisis.

Comfort food is the perfect solution to the colder months ahead, so be sure to check out our trio of tasty hot pots - ideal fodder for the season...

There's also our cracking what's on guide, brimming with a wealth of events, and for those of you who need a break (don't all shout at once!) why not enter our spa break competitions to be in with a chance of being pampered.

I hope you enjoy our latest edition and don't forget one in seven women will suffer from breast cancer - when you look carefully, there are superheroes everywhere.

Karen

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dobbies.com

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Suite 7, Burton House, 2a Market Place, Colne, Lancashire. BB8 0HY

Tel: 01282 861982 cravenandvalleylifemagazine.co.uk

Editor - Karen Shaw • Designer - Chris Pearson • Sales - Allen Robson, Lee Banks, Emily Ridehalgh

Editorial team - Laura Storey, Sophia Smith, Roseanne Plummer, Nikita Broadbent, Josh Swarbrick

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In Sickness and in Health



Jo and Steve on
their wedding day

DID YOU KNOW 55,000 WOMEN A YEAR ARE DIAGNOSED WITH BREAST CANCER?

It's the most common form of cancer in the UK with one in seven women affected. Seven may be a lucky number for some, but not so lucky for my cousin Jo when she was diagnosed with stage 2 breast cancer a year ago, just days before her marriage to husband, Steve. ☹️

BY KAREN SHAW

"There was no lump. I'd got a line. Not like a crease. It was a tinted line," says Jo.

It was in July last year that Jo noticed the tinted line on her right breast. In preparation for the big day, Jo had been dieting and losing weight, so initially, thought the change in breast may be due to that, especially when her private health assessment in the previous May showed nothing untoward - despite her having a breast examination, Jo couldn't shake the niggling feeling that something just wasn't right, and made another appointment. 'This is sinister,' were the consultant's chilling words, prior to her going for a mammogram. "I knew what was coming," says Jo. "I'm a worst-case scenario person and anything better is okay. Steve's the opposite. He was trying to keep us both positive." They didn't even wait for the biopsy, immediately booking Jo in for an MRI scan, believing it to be one mass, and organised surgery for September.

With two days to go before her wedding day, Jo received a call with her lymph node biopsy results - it was news she'd been dreading. The results from her MRI revealed numerous fluffy tumours - "they actually said the scan lit up like a Christmas tree," Jo chuckles. "My breast was full of them - none of which had shown up on the mammogram or ultrasounds.

"It wasn't the beginning we were planning," sighs Jo. "It's been really tough because Steve's had to cope emotionally with it too, it's the hardest thing we've ever done."

The cancer had spread into her lymph nodes. Within the blink of an eye, Jo's treatment changed, and with just over a week to go before the big day, she was having biopsies instead of brunches. "It was surreal, looking back it doesn't feel like my wedding day. I enjoyed it but not as much as if this wasn't going on at the same time."

When first diagnosed Jo hit social media to encourage women to check their boobs. Alongside her appeal was a quote -

*The Devil whispered in my ear,
"You're not strong enough to withstand the storm,"
Today I whispered in the Devil's ear.
"I am the storm."*

Our Jo



Shortly, after walking down the aisle, Jo was walking down a hospital corridor ready to begin her course six-month stint of chemo, then a mastectomy to follow, with radiotherapy after surgery...

"The last three rounds of chemo made me really poorly - constipation, diarrhoea, sickness and complete lack of energy."

After a gruelling week Jo would eventually begin to muster up the energy to get in the bath, with Steve on hand to help her bathe and wash her hair. "I couldn't eat. Every time food touched my tongue I'd begin vomiting," says Jo. "I was losing nearly two stone each cycle (every three weeks). I'd put it back on as soon as I could eat. I was living on strawberry milkshake in an attempt to keep something down. Steve felt like he was watching his wife waste away in front of him.

"Steve is terrible with medical stuff, he said he wouldn't be able to do it if it was him - but you can't go sulk in a corner, can you?"

"It gets harder. My first two were fine. The first couple of days I felt off colour and tired, my

second one was for four days and I felt a bit more off colour, and then my third one, that's when I ended up in hospital, not being able to eat - extreme constipation, and then diarrhoea."

After a tough four-day stint in hospital she'd had enough. "I decided that I wasn't having anymore chemo," says Jo, "then, when you start feeling better you think, of course I'm going to continue, I need it, but in the middle of the cycle you feel like you are dying. That's the worse thing knowing you're going to have another and it's going to be worse. The physical side is shit but it is really the mental side that's the toughest."

If spending your honeymoon being pumped full of chemo, throwing up, and being constantly exhausted wasn't enough to make her 'lose her marbles', this time she was told she'd have to lose her boob.

Jo's consultant, Dr Mahsoudi informed her she'd lose her right breast and was offered a reconstruction.

"I didn't find it painful or traumatic," says Jo. "I hated my boobs anyway, so I looked at this as a bonus. I asked, 'can I pay to have the other one done?' and they said, 'that will be done as well!'"

"Dr Mahsoudi, well, he's just amazing," beams Jo. "He makes you feel like the only patient he's got. He laid out all the options for the operation. They don't realise the impact they have, they do it every day. He saved my life."

"Because my cancer has a habit of coming back you are always mindful that even though I'm on this treatment and it's very effective there's always that chance... so, I'm constantly at Steve, 'Let's do this, let's do that.' The poor bloke's tired out and keeps saying, 'Jo, I can't keep up with you!' I'll joke about it and say I might not be here in five years!"

"We live every minute now. We're never in, that's why I'm knackered. I can't keep up with everything, in between my treatments and booking holidays - because I don't know if it will come back. It's one of them that has a nasty habit of returning..."

"We're both retiring at 55. We fancy living in France for a couple of years. We'll probably want to be home when the grandkids come along. Who knows? The world is our oyster! We want an adventure; we want to buy a camper. Cancer didn't break us up, but the motor home may very well do!" laughs Jo.

She may have been one in seven, but to me, she's one in a million... ☺



Jo recovering at home



Jo and Steve

READ MORE ABOUT 'OUR JO'S' STORY IN THE SEPT/OCT EDITION OF *NorthernLife* out now

TOUCH YOUR BREASTS

Can you feel anything new or unusual?

LOOK FOR CHANGES

Does anything look different?

CHECK ANY CHANGES WITH YOUR GP

COMMON SIGNS OF BREAST CANCER INCLUDE...



A lump or swelling in the breast, upper chest or armpit



A change to the skin, such as puckering or dimpling



A change in the colour of the breast – the breast may look red or inflamed



A nipple change, for example it has become pulled in (inverted)



Rash or crusting around the nipple



Unusual liquid (discharge) from either nipple



Changes in size or shape of the breast

BREAST PAIN

On its own pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

Some of these signs and symptoms may appear differently on various skin tones.



Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for changes.

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i These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

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Q. What colour is the bow on the bra?

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**OCTOBER
BREAST
CANCER
AWARENESS
MONTH**



**READ MORE IN
THE LATEST
EDITION OF
NorthernLife**

OUT NOW

“BREAST CANCER CAN OFTEN FEEL LIKE A DEATH SENTENCE, WHICH IS WHY I MADE THE DECISION STRAIGHT AWAY TO HAVE A PREVENTATIVE DOUBLE MASTECTOMY AT 22-YEARS-OLD.”



Craven&ValleyLife WRITER SOPHIA SMITH SHARES HER STORY ON THE DEVASTATING IMPACT BREAST CANCER HAS HAD ON HER LIFE AND HOW SHE INTENDS TO COMBAT IT.

For anyone that doesn't know about BRCA, there are two genes, known as BRCA 1 and 2 and named after BReast and CANcer because they dramatically increase a person's chance of developing breast cancer and ovarian cancer during their lifetime.

After reading stories online about how surgeons refused younger patients' preventative surgery, I worried I would have the same outcome. After organising an appointment with my surgeon to discuss future plans, I didn't have high hopes, knowing there was a high chance I'd get the same answer - "but you're young, you have years to decide."

However, I walked out of Airedale Hospital with my head held high, and the answers I wanted. I was ecstatic. You must be thinking, why are you so excited about having a mastectomy? For the last five years, this has been a decision living in the back of my mind, rent free. It never leaves, whether I'm eating my tea, with friends, falling asleep or writing! This September I am fortunate enough to have the chance to save my body, a chance not every person can have.

After all, how lucky (sort of,) am I to have the pre-warning that I am at an increased risk of getting cancer? It was, of course, an extremely difficult decision to make, but whenever I feel ☺

Sophia Smith



“How fortunate I am to be given the opportunity to potentially save my own life?”

down I remind myself how fortunate I am to be given the opportunity to potentially save my own life.

It's also not to say that I have outgrown any fears, I still become overwhelmed by the thought of a cancer risk, this is a long journey that I have barely begun. I gain more confidence, knowing I will slash my breast cancer risk down to about 5%. It's not to say that risk-reducing surgery is the right decision for everyone and it's not a decision to be made lightly, every woman or man has the right and the power to decide what is right for them.

I had spent hours scouring the internet and searching for articles hoping to find other people in the same position and finally, here I am, surrounded by the most inspiring and positive people in support groups. All of us have different backgrounds and a different story but the one thing we have in common? We all carry a mutated BRCA gene. It's helped me realise how normal and common a mastectomy is!

My mum, Lucy D'Evelin, passed away in 2014 because of breast cancer. I can recall sitting on the carpet as she did her usual daily boob checks, this became the norm in our household. I remember looking up and seeing her eyes frozen, this was a look I had never seen before, her hand still holding the side of her breast, I said, “what is it?”. “I can feel a lump that's not usually there, it feels like a pea,” she whispered back.

Weeks later, she was diagnosed with breast cancer. The weeks following after she came home from the hospital after her double mastectomy, I would often find her in tears about how she felt like her femininity had been stolen from her. Her hair was short from the chemotherapy, she had to have her eyebrows tattooed on, her nails were still growing back. Not only had she just had a double mastectomy without reconstruction, but a hysterectomy several weeks before.

I remember looking at her and thinking that she just looked like mum. But, seven years ago, there was much more of a stigma to how mastectomies looked, but in recent years there has been a sudden growth in awareness. Without a doubt, if

Mum Lucy



Grandma Sarah



"I don't know exactly how long I have, but I promise I'll make it to your prom."



Happy days with Mum and Marc

she had been here today, I know she would have accepted her scars. She would have been straight to the tattoo shop and had something crazy inked across her chest. I remember her friend dropping off black glitter nipple tassels to try and cheer her up, and it worked. If there's a will, there's a way and it's shiny tassels!

There are lots of memories of my mum, but the most vivid are the ones when she wasn't well because we were so young, I was 14 and my brother was nine. I remember visiting her in hospital but she never seemed sad. Angry at the world perhaps, but always laughing. She obviously knew she wasn't going to be here much longer, but we were oblivious. One evening after school, she sat me and my brother down. "I wanted to talk to you about something, the cancer has spread, and this time I don't think my body will be able to fight it off," she said. "I don't know exactly how long I have, but I promise I'll make it to your prom."

The time we had left with mum, she never

stopped smiling for us, even when she was laughing about what funeral song we would choose for her! Towards the last few days, she slept peacefully, she couldn't talk or open her eyes, but we would play her music and she would tap her fingers along to the beats of the songs. Our mum died peacefully in her home on August 3rd 2014, and prom was still two years away.

Little did we know, my grandma Sarah had also been fighting cancer, but she kept it a secret so that she could give her daughter the best care possible, and weeks later, she passed away too.

I hope my mum never worried about passing down this gene, as she had me and my brother Marc before she knew about her own gene, it's just life, and genetics! An improvement in modern technology means that I'll get the chance to have IVF to ensure I will never pass this gene onto my children. BRCA wasn't well known about when I entered the world. But, when life gives you lemons...

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14 Hot Pots
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HOT POTS

Crispy Shallot Cauliflower Cheese
Recipe on following page

ukshallot.com

Chicken Casserole

Serves: 4 Prep: 10 mins

Cook: 40 mins

Ingredients

8 Opies Pickled Walnuts, halved
50g Butter
50ml Oil
2 Onions, sliced
250g Lardons
25g Flour
650g Cooked Chicken, shredded
200g Carrots, sliced
700ml Chicken Stock
250ml White Wine
Salt and Black Pepper
100g Frozen Peas



Method:

Pre-heat the oven to 180°C. Heat the butter and oil in a shallow pan. Add the onions and lardons, fry until the onions have softened and the lardons have browned. Place in a casserole dish together with the chicken, walnuts and carrots. Stir in the flour well and pour over the stock and wine. Season to taste. Cover tightly and bake in the oven for approximately 20 minutes.

Remove from the oven and stir in the frozen peas. Re-cover and return to the oven for 10 minutes.

Serve with buttered jacket potatoes.

Cooks tip: Swap cooked chicken for leftover roast turkey.

Crispy Shallot Cauliflower Cheese

Serves: 6 as a side, 4 as a main Prep: 5 mins Cook: 1 hour 15 mins

Ingredients

For the cauliflower cheese:

1 large or 2 small cauliflowers
1 tbsp olive oil
½ tsp salt
½ tsp pepper
4 tbsp butter
2 round shallots, finely chopped
4 tbsp flour
500ml whole milk
2 tsp Dijon mustard
250g extra mature Cheddar cheese

For the crispy shallot topping:

2 tsp olive oil
2 round shallots, finely sliced
120g breadcrumbs
Fresh thyme
Zest of 1 lemon
100g Parmesan cheese, grated
Salt and pepper, to taste

Cut the cauliflower into large chunks, reserving some of the smaller leaves. Preheat the oven to 200 degrees. Spread the cauliflower florets and leaves in a single layer on a baking tray lined with parchment paper. Drizzle with olive oil, salt and pepper and roast for 30 minutes.

Melt the butter in a large frying pan and add the two finely chopped shallots. Fry gently until soft, about 5 minutes, then stir in the flour. Cook for a further minute. Whisk in the milk until the mixture is smooth and the milk is fully incorporated. Stir in the mustard and cheddar, and season to taste.

For the topping, heat 1 tsp of olive oil in a small frying pan on a medium heat and fry the two finely sliced shallots until golden and caramelised. Let cool slightly then mix with the breadcrumbs, fresh thyme leaves, lemon zest, parmesan, seasoning and 1 tsp of olive oil.

When the cauliflower is done, add it to a baking dish or cast-iron pan. Pour the cheese sauce over it. Sprinkle with the shallot breadcrumb mixture and put back in the oven. Cook until golden and crispy, around 20-25 minutes, and serve. ukshallot.com





Leek and Fennel Soup with Shittake Mushrooms

Serves - 2 main or 4 as a side dish Prep time - 6 mins Cook time - 20 mins

Ingredients

2 large leeks
3 cloves minced garlic
1 large bulb fennel
3 tbsp olive oil
Large pinch salt & pepper
3 sprigs fresh thyme
1l vegetable stock

To top

50g shiitake mushrooms
1 clove garlic (optional)
Sprig fresh thyme
Tsp Olive oil
Pinch Salt

Method

Prep the leeks by slicing them into approx 3cm thick dice
Add the leeks to a large pot with a tsp olive oil and fresh thyme and simmer for 5 minutes. Chop and dice the fennel then add to the pan with the chopped leeks and cook for a further 5 minutes. Once the leeks and fennel have softened add the minced garlic cloves and simmer for a further 1 minute
Add the 1l of vegetable stock and a large pinch of salt and pepper, the simmer for around 10 minutes. Using a hand blender or a food processor add the soup mix and blend until silky smooth.

In a small frying pan, add a drizzle of olive oil, fresh thyme and chopped shiitake mushrooms and gently fry until browned and slightly crispy (optional) add the minced garlic to the mushrooms and fry for a further 1 minute until cooked

Serve the creamy soup into two bowls then add the shiitake mushrooms. Swirl a glug of olive oil on top and garnish with the fennel leaves

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Time for a BOOST

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reishi latte

Ingredients

- 175ml hot water
- 150ml plant based milk (oat, rice or almond for example)
- 1 tbsp raw cocoa powder
- 1 tsp reishi
- 1 tsp maca powder
- ½ tsp ashwagandha powder
- 1 tsp maple syrup or 1 date
- ¼ tsp cinnamon powder
- 2 slices or fresh ginger

Method

Mix all the ingredient in a blender, filter any fiber residue if necessary, and indulge into a short meditative break to enjoy all the benefits of your latte

spiced matcha latte

Ingredients

- 1 tsp matcha green tea powder
- ½tsp ground turmeric
- ½tsp ground ginger
- ¼ tsp ground cinnamon
- 1 tbsp hot water
- 125ml almond milk
- 125ml carton rice milk
- 1 tsp maple syrup or honey (optional)

Method

Place the matcha green tea powder in a bowl with the turmeric, ginger and cinnamon. Pour the hot water over your matcha and whisk vigorously until frothy. Using a "W" motion helps, rather than a circular one. This step will really help to make your matcha latte smooth, creamy and lump-free. Pour the spiced matcha into a mug. Heat your milks in a saucepan until hot and use an electric milk frother to get a nice finish. Add to your mug and stir to combine. Sweeten to taste with maple syrup or honey if you like.

golden tumeric latte

Ingredients

- 250ml almond milk
- 1 tsp ground turmeric
- 1 cinnamon stick
- 1 cardamom pod
- 1 tsp maple syrup
- Pinch of ground ginger
- Grind of black pepper

Method

Heat the almond milk in a saucepan on a low temperature. Add in the turmeric, cinnamon stick, cardamom pod, maple syrup, ginger and pepper and stir frequently for about 3 minutes until hot. Remove from the heat and take out the cardamom pod and cinnamon stick. You can save these and reuse them both for another three cups. Froth the top of the milk for a few seconds with an electric milk frother. Pour into a mug and add more maple syrup to taste if required. Stir well.

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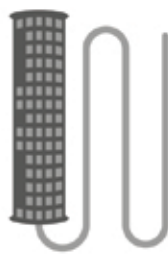
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HOME Super Savers



The cost of living crisis lands on our doorstep and we're left feeling stressed about our finances. And one of the biggest impacts on our earnings? Our energy bills. If you're looking to minimise costs in the home but you're not sure where to start, **Craven & ValleyLife** has compiled tips to help you save some money!

Kitchen

Love your freezer - Freezers can often be used for nothing more than oven chips and fish fingers but freezing your leftovers for later can save you plenty of pennies and rescues food that would otherwise be chucked out.

Batch cook - It's an obvious tip, but it can be hard to relegate your Sunday afternoons to chopping vegetables. Rather than attempting to batch cook all your meals for a week, try making a larger version of what you are already cooking for dinner and freeze what you don't eat.

There's an app for that - Most big supermarkets have apps for their loyalty cards, you can view the points you've earned but also any deals you're entitled to. Check this when writing your shopping list and plan meals around discounted products.

Living room

Switch it off - Appliances left on standby, such as television and games consoles are still sucking up energy, impacting your electric bill. Make sure you turn appliances off at the wall when you aren't using them. Just turning off one television will save you £11 annually according to Eco Cost Savings.

Decorate with books - Purchased at charity shops and second-hand stores, they can make beautiful decorations as well as ensuring a good read. Display your literature collection proudly.

Netflix & bills - Check your streaming subscriptions, especially those which provide free trials for certain channels, make sure you cancel any that you don't watch. Before ordering movies double check your DVD stash to ensure you don't already have them.

Bedroom

No more boredom buys - You know the drill: you're checking your phone when an advert pops up in your feed and before you know it, you've bought something. Here's a new rule to try before you buy, send yourself the link to the page and have another look the following day to see if you still want it.

Patchwork quilt - Keep cosy with a patchwork quilt using scraps of old fabric. Not only does it save on heating bills, you can utilise fabric you already own, from too tight jeans to faded t-shirts.

Keeping warm - Closing your curtains or blinds in the evening will stop heat escaping through your window. To ensure your windows are draft-proof add self-adhesive strips between any gaps. This should help to keep the cold air out.

Bathroom

Turn off the tap - A running tap can use more than 10 litres of water a minute, so turn off the tap while brushing your teeth, shaving, or washing your face.

Get a cistern displacement bag - These devices can be popped into your toilet cistern - when you flush, the device inflates, saving you around one to two litres every time you flush.

Use cold water - Cold showers are not only good for your wallet, they can also be incredibly beneficial to your health, increasing circulation and calming skin conditions. If you can't face a cold shower, try washing just your face in cold water to wake you up in the morning and save those pennies!



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Autumn Harvesting

It's the most exciting and rewarding season for gardeners, while there is not much to plant, there's plenty to pick!

Herbalicious

You should perform a last harvest of herbs around this time of year. Wait for a sunny morning to avoid moisture and before the flavour is affected by the heat of the sun. To get you through winter with some flavour, you can try and store the herbs. Bunch them together and tie with thread or an elastic band. Hang upside down indoors where they will keep warm and dry. This will dry the herbs and can take a couple of months; you may wish to cover the herbs to protect from insects.

Of course, you can also achieve the same dry herbs in a quarter of an hour with an oven, but bunches of hanging herbs may help you achieve that yearned for cottage core look and saves on the energy bills.



Can ya dig it?

Veggies such as carrots and parsnips are a hardy and useful vegetable which got our ancestors through the winter. They can usually be left in the ground until needed for that legendary Sunday dinner, though don't leave them too long. Water logged ground can spoil your whole crop and even the best garden won't keep them fresh forever. To know when they are ready to pick, take a gander at the one nearest, if it's big enough to eat – chances are the rest are too. Keep the potatoes in the ground until the tops have died, this is a signal your potatoes are ready to be mashed!

Oranges are not the only fruit

Apples, pears and blackberries are ripe for the picking and perfect for conjuring up a delicious autumnal pie. To get the perfect bake however, picking your moment to harvest is essential. Too early and the fruit will be bland, too late and you risk pests nicking your best bunches. Luckily, fruit gives us clues about when they taste best – apples at their best are firm with that distinct crunch when bitten into.

Pick plums one by one when they begin to soften. Don't pick fruit on a rainy day, just like vegetables, moisture will cause the fruit to spoil more quickly or sabotage any attempts at storage. When you've eaten enough, freeze the rest or make them into jams or jellies.





NEED A NEW TOP?

Tired of scrolling through websites and through hundreds of items, trying to find a classic going out top, a cosy winter knit or just a simple t-shirt with a bit of detail that you can pair with skinny jeans?

This was an experience familiar to Lyndsey Sample. Tired of searching for that perfect outfit, Lyndsey opened up her clothing store Need a New Top both online and on Skipton high street. Affordable and with just the right amount of choice, you can pick from on trend pieces from well-known designers such as Vero Moda and Soya Concept.

"We stock a lot of Danish brands as they make gorgeous clothes with organic cotton and recycled polyester," Lyndsey explains. "Affordable fashion is what we're all about, we have on-trend pieces, with new lines coming instore and online each week."

The store offers a beautiful selection of ladies clothing, footwear and accessories, including pieces from sustainable jewellery designer Big Metal London.

NANT's goal is to provide affordable pieces along with a personal shopping experience. "People love the service they get from the girls in the shop -we are not pushy sales people. We find honesty is the best policy, we don't want someone to buy something and shove it in their wardrobe and it never be worn again."

NANT's friendly service has made the store a firm favourite within the community with customers returning time and time again for a new outfit.

Lyndsey is now hoping to help younger customers who 'need a new top' with her new venture -Young NANT

"A few months back I was shopping for my daughter and we went to Leeds and there was nothing! It's really hard to find affordable, fashionable clothes that are

age-appropriate," Lyndsey explains.

Hoping to bring affordable fashion to children age 5-14, Young NANT is opening on Skipton High Street this September and can be found online here at: youngnant.co.uk

For older customers in search of a new top visit NANT's website at: needanewtop.co.uk or pop down to NANT on Skipton High Street.

The NANT team are on hand to help you choose the perfect piece for you.



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YORKSHIRE'S SPOOKIEST PEOPLE

BY JIM COULSON

ARE YOU READY TO HEAR TERRIFYING
TALES OF SINISTER, SPINE-CHILLING
PEOPLE FROM YORKSHIRE?

WE'LL READ ON, IF YOU DARE!

As we head towards Halloween, it is time to explore our fair lands and find the spookiest folk ever to inhabit our northern county. Those people whose role in life was to creep us out and strike fear into the hearts of northerners through their words, actions, suggestions and more.

THE LOST DRUMMER BOY OF RICHMOND



Whilst routing around Richmond Castle at some point in the 18th century, a group of soldiers found an old tunnel. They thought that it might provide a route to Easby Abbey and so they headed down underground to investigate. No one really knows why they were interested in making the mile-long journey underground rather than in the open air, but we can guess that, it being Yorkshire, they probably wanted some respite from the rain.

Anyway, they managed to travel so far down the tunnel before realising that it was too small and filled with rubble for grown adults to explore. Not wanting to spend time and effort digging it out if it didn't travel in the direction they wanted it to, they hatched a plan. Get a child to walk through the dangerous passageway. They were different times.

The idea was to have a drummer boy walk the tunnel, banging away, and they would walk on land, following the beat emanating from below. And it worked. For a bit. They followed the drum to Easby Woods and then it went quiet.

Rather than attempting to dig out the lad, the soldiers instead assumed he'd been eaten by some kind of subterranean beast and so decided not to investigate further. Other theories were that he had discovered a huge chamber filled with the bodies of King Arthur's soldiers and the slightly more realistic suggestion that the tunnel collapsed and killed him. But they never found out because they didn't bother investigating.

However, the little drummer boy has the last laugh now as he is said to revel in freaking out visitors to this gorgeous part of North Yorkshire by mournfully banging his drum from time to time.

Author of Dracula BRAM STOKER



Although a Dubliner by birth and Londoner by choice, author Bram Stoker's most famous character was inspired by Yorkshire. The Victorian novelist liked to travel and it was whilst on a stay in Whitby on the North Yorkshire coast that he was inspired to tell the tale of the leader of the vampires.

Whilst holidaying in Whitby in 1890, Bram headed to the public library and came across the word 'dracula' in his reading. It literally means 'son of the devil' in Romanian, and that seemed fitting for the undead super villain that he had begun developing in his mind.

He located his main character initially in Transylvania, the noble Count Dracula, but ensured that he would visit the town in which the idea originated, washing up on the shore and plaguing Whitby with his thirst for blood.

The ruined abbey, windswept headland and abundance of black jet used in mourning jewellery set the scene perfectly for this Gothic masterpiece and ensured Whitby was the perfect inspiration and location for Stoker's major contribution to the vampire myth.

He may have only been on his jollies in Yorkshire, but it was a trip that helped birth one of the spookiest characters ever to appear in literature, television and film. Not bad, right? ☹

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Did you know that if you are paying £150 a month for your energy bills today, you could be paying £270 in October?

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10 WAYS TO MAKE YOUR FOOD GO FURTHER

With the cost of living crisis upon us we've been on the hunt for ways we can help save the pennies... give it a go, what have you got to lose?



1. ADD SALT TO YOUR MILK ONCE OPENED

Depending on the type of milk you use, once opened it can last anywhere from four to ten days if kept in the fridge. However you can stretch that time frame a bit further by adding a pinch of salt to the carton immediately after opening. Salt is a preservative and so deters bacteria from growing. But do make sure to give the carton a good shake and place it into the fridge as soon as possible.

2. STORE YOUR MILK IN THE COOLEST PART OF THE FRIDGE

It is also best to avoid storing your milk in the fridge door. The door is in fact the warmest part of the fridge as it is furthest away from the cooling system. So instead keep your milk at the back of the middle or higher shelves for maximum cool to lengthen the shelf life.

3. WRAP HARD CHEESE IN PARCHMENT PAPER

Ditch the plastic packaging and instead wrap hard cheese in parchment or baking paper, this allows the cheese to breathe to avoid drying out but also prevents any extra moisture and therefore mould from growing. Hard cheese can usually last anywhere up to four weeks when stored correctly in the fridge.

4. VINEGAR BATH YOUR VEGGIES

A great way to disinfect all of your fruits and veggies is to give them a vinegar bath. The vinegar solution should be a 1:3 ratio of vinegar to water in either a bowl or your clean sink. Empty your produce into the solution and let sit for 15 minutes. Once done you can rinse and thoroughly dry your produce before moving them into their respective storage containers. The vinegar solution disinfects, cleans and removes any bacteria from the produce that might break down the food quicker. The solution should not be strong enough that you can taste it on the produce afterwards and enables your veggies to last for up to two weeks.

5. STORE BERRIES WITH A PAPER TOWEL

Once dried, berries should be stored in airtight glass containers with a dry paper towel. The paper towel absorbs any excess moisture which will prevent mould from growing. Changing the paper towel every other day will allow for maximum freshness and a shelf life of up to three weeks. 🍓

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6. KEEP YOUR BANANAS AWAY...

All fruits produce a certain level of a gas known as 'ethylene', fruits such as bananas produce a higher concentration when they are ready to ripen as it speeds up the ripening process. Other fruits that fall into the high ethylene producing category are - apples, peaches, pears, melons and the avocado to name a few. Keeping the ethylene producing fruits, specifically bananas, away from your ethylene sensitive fruits will prevent excessive exposure to the gas, allowing the fruit to ripen naturally and therefore lasting longer. Depending on the fruit itself they can last anywhere from three to five days to a few weeks at room temperature. To slow the ripening process for bananas you can also wrap the stem in cling film. Wrapping as a bunch or individually will add a day or two on to the ripening process which usually lasts between three to five days (at room temperature).



7. TREAT YOUR FRESH HERBS LIKE FLOWERS

For those who prefer fresh herbs over dried, a top tip is to treat them like flowers. Add water to a jar and place the herbs inside with a plastic bag over the top. The water helps to keep the herbs fresh whilst the bag acts as a barrier against any excess moisture. If your fridge doesn't accommodate upright jars you can also store your fresh herbs in an airtight glass container (or plastic bag if you prefer) with a damp paper towel, this again helps the herbs to retain their moisture so they don't dry out too quickly and wilt. Both of these methods can aid your fresh herbs into lasting up to three weeks.



8. FROZEN FRESH HERBS

If you prefer fresh herbs but find you don't use them up quickly enough, you can also freeze them. You can store fresh cut herbs in olive oil in ice cube trays and freeze them for perfect portions. Alternatively, water can also be used in place of oil. With water this method can also be used for fresh garlic and ginger.

9. ICE YOUR BREAD

If you find that your bread has become stale, grab an ice cube and run it over the loaf before popping into the oven for 10 minutes. Alternatively, you can also douse the loaf in water. This adds moisture back into the bread and allows it to become edible once more. The bread should then be used within the day. A freshly made loaf of bread can last up to four days whereas a store-bought loaf will last up to one week.

10. FREEZE YOUR NUTS

Most nuts and seeds have a shelf life of three to six months. In order to extend their lifespan, they are best stored in cool, dark spaces; although the back of the cupboard is suitable, storing them in the fridge can help them to stay fresher for longer. If you find that six months is not enough time to nibble your way through your nuts, then you'll be pleased to hear that they can be frozen - which extends their shelf life to one year. 🌱





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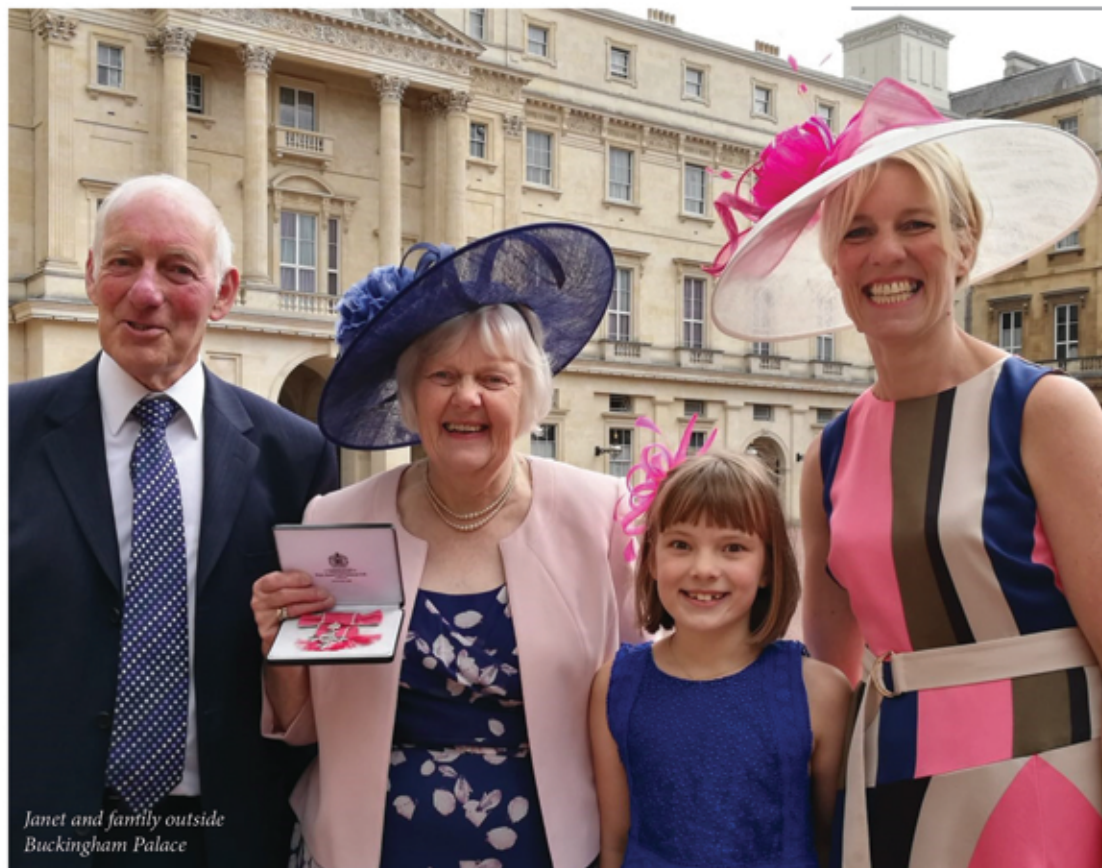
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Janet and family outside
Buckingham Palace

GUIDING THE COMMUNITY

Janet Armstrong MBE has risen to become the real beating heart of her community. A self-confessed organiser, her work behind the scenes orchestrating everything from the annual Oakworth Gala to local Girlguiding has cemented her as a key figure in village life, somebody who is always preparing the next event, whether big or small.

Janet, now 79, grew up in Keighley and joined her Brownie pack at age seven – in her words joining “like so many other girls: because your friend goes”. She speaks of the importance of having experience in ‘leadership roles’ for potential careers, and so became a Brown Owl (the leader of the Brownie pack) at age 18. “I think I continued with that Brownie Pack until I was expecting our oldest daughter and then I think I stopped. I had three or four years where I didn’t do anything because I was just really busy.”

It was during this time when Janet, newlywed, discovered Oakworth, or more accurately Oakworth discovered Janet. “Some friends of ours came to live in Oakworth so we used to come up to see them. When we were looking for a house, the one we happen to live in now, and have since we were married, was the one we liked the best and could afford.”

Since 1978, Janet has aided in organising Oakworth’s famous gala. “There was a sort of hiatus with the gala that restarted with the Silver Parade ➡

(for the Queen's Silver Jubilee) and it was decided that we ought to try to run the gala again as it brings the community together."

From there, things seemed to snowball, as they so often do. "When our twin girls were seven, I decided I wanted to run a Brownie Pack on my own, which was in 1980. I opened a Rainbow unit at the Methodist Church in 1991, and I've run that ever since. Then there was no one left to run the Guide company in Oakworth so I said 'I'll run it' and took over sometime in the 1990s, but now I run all three on the same night." Combining her time in the Keighley and Oakworth packs, she's been a Brown Owl for 57 years, certainly a big achievement.

"I think Girlguiding is one of the best things that any girl can do, even if it is only for two or three years. It gives them a chance to be a girl in a girl-only space. If they want to continue to become a leader, or a teacher, or in my case a physiotherapist, it gives them an opportunity to fulfil their own potential. An awful lot of famous women were Girl Guides, our Queen herself was a Girl Guide! You know it just gives them a bit of an edge in interviews and on applications, doesn't it?"



Memorial for the six Canadian airmen

"Girlguiding helps to make them people who know the difference between right and wrong, if they carry these morals through with them throughout their lives then eventually, not in my lifetime but maybe some time, we will have a better society." Unbelievably, Janet's work doesn't stop here. Community celebrations continue throughout the winter, most notably the Christmas Fair. She also aids organisation of annual Remembrance ceremony in November and a memorial service in January for the six Canadian airmen who were killed in a tragic plane crash in 1944 on the village hillside. She recalls how a gentleman, who had been a boy at the



"EVERYTHING I'VE DONE
BECOMES A LASTING
MEMORY, A PART OF
WHO I HAPPEN TO BE,"





*Janet receiving her MBE
from HRH Prince William*

time of the crash, brought the event to her attention. "He said one day that we ought to do something to remember the aircrew. It really went from there because I said 'yes we should', and so I did. We had a memorial stone dedicated in 1993, and an amazing event on the hillside where hundreds of people came, we even had a Spitfire fly over!"

Though I think it is fair to say her biggest achievement is her MBE, awarded in 2017. "Well, that was a huge surprise," she laughs, "I was awarded the MBE for over 40 years of work in the community in Oakworth. It included Girlguiding and the village society because I'm the sort of central organiser... though I don't want to appear to be blowing my own trumpet!"

But it seems that it's not just the community who benefit from Janet's work. "Everything I've done becomes a lasting memory, a part of who I happen to be," she says.

And of course, as Janet is eager to emphasise, this is a team effort. "Obviously on the days of these

events I have a team behind me. I can set balls in motion, do any amount of paperwork and form-filling (though I'm not particularly good at email, Facebook and that kind of stuff) but on the days I have a team behind me who take over."

When asked about this year's gala, she fondly recounted how, even if they only stayed 10 or 20 minutes, she still made sure people had a good time. "That's why I do it. We need this kind of thing to happen."

She really highlights the importance of togetherness, something evident in both her words and her work. Everything she does is for the community, in her own words doing things because people enjoy them. In a time of ever-increasing division, it is clear that we, more than ever, need more people who thrive in bringing their communities together, more people with an infectious passion for what they do, more people who want to celebrate and remember: more people like Janet. 🌟

Stepping off the Hamster Wheel

BY MELVA BURTON

I can't believe that it's nearly three years since I started writing the Mindfulness and More column. As I sat down to begin this one, I realised that I was struggling to choose what to focus on this time round. So, I decided to settle down for a few minutes of mindfulness practice to quieten my busy mind. My eyes were drawn to a bookcase rammed with mindfulness books.

Back in 2016 I started studying for an MSc in mindfulness with Aberdeen University. A great adventure. Preferring 'real' texts, rather than the e-book versions, I amassed a sizeable library of interesting reads. As I scanned the shelves a book with a purple cover (my favourite colour) appeared to be calling for my attention. It was a book by Vidyamala Burch. Vidyamala is the co-founder of Breathworks, which was set up in 2004 and is a charity focusing on mindfulness for pain, illness, stress and wellbeing. What is more, it's not based over in the States, the centre of London or up in the wilds of Scotland but in the middle of Manchester. A bit of Northern Soul? The Mindfulness-Based Pain Management Programme, developed by Vidyamala following a series of spinal conditions which left her needing to use a wheelchair, has been shown to improve self-management of pain and improve the quality of life.

Vidyamala describes mindfulness as "living in the moment, noticing what is happening and making choices in how you respond to your experience, rather than being driven by habitual reactions." Similarly, Thich Nhat Hanh says that it is "the act of bringing one's full attention to what is happening in the present moment". For Ed Halliwell it is an ABC skill: the more that we are aware (A), and can skilfully be (B), the more our range of choice (C). I could go on.....there are many definitions in the volumes in my book case.

For most of us there are times when life can feel like a turbulent ocean. As Jon Kabat-Zinn points out: we can't stop the waves but we can

learn to surf. Alongside that, Vidyamala tells us that it is possible for us to rest in the calm depths of the ocean rather than being tossed around by the waves and the surface chaos of our lives. Mindfulness practice can benefit us all, regardless of whether we are a child, a teen or an adult. There are so many distractions for us human beings (or, maybe more accurately, us human doings) in our fast-paced digital age. Vidyamala reminds us that "mindfulness is only one breath away" and she suggests that we give ourselves a gift of the present moment. A delightful gift indeed.

Although I don't run sessions in educational settings, I am impressed with Mindfulness in Schools Project, a national charity providing training for teachers, that has been around for over ten years. Their research suggests that mindfulness training across the school age group can reduce stress, anxiety, reactivity and bad behaviour.

WE CAN'T STOP THE WAVES BUT WE CAN LEARN TO SURF

Alongside this it has been shown to bring about greater calmness, relaxation, and an enhanced ability to manage behaviour and emotions as well as increased self-awareness and empathy. There is a light touch practice of theirs that I do use. It's called FOFBOC – an easy acronym to remember – as a little grounding practice. It stands for Feet On Floor Bum On Chair. I can imagine shouting this to a class of rowdy kids to get their attention so that they pause, come back into the present moment and calm down a bit. Another practice from their programme is getting the kids to text 'b' to one another during the day. The dot means 'stop', and the 'b' stands for 'breathe' and 'be'. Fun and grounding at the same time.

A theme that appears frequently in mindfulness teachings focuses on our tendency to live life on automatic pilot and the impact that this can have on our lives. Autopilot has its benefits for dealing with mundane activities and everyday routines. When the brain is in autopilot mode stuff gets done quickly, accurately and without conscious thought.

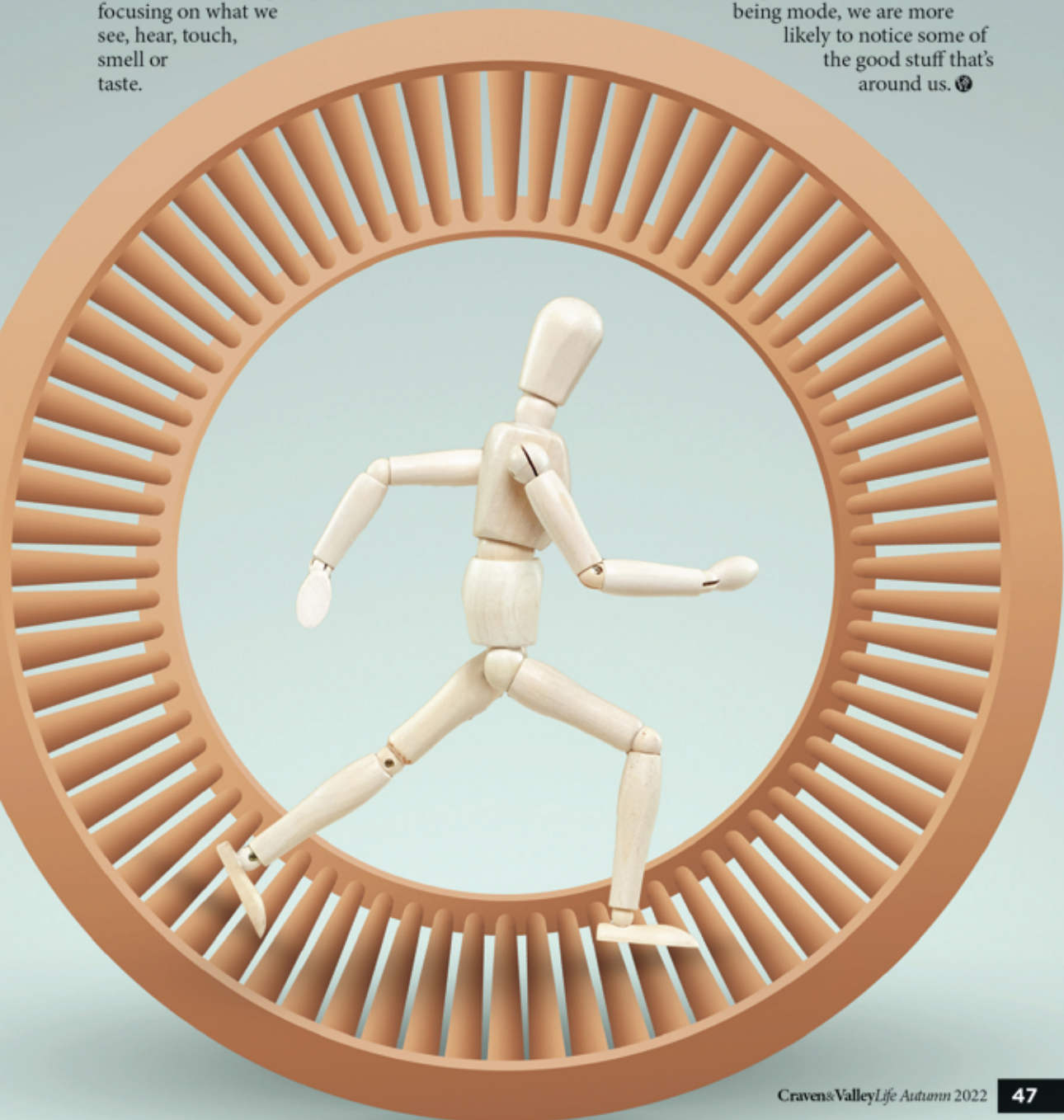
But do we really want to live our whole lives on autopilot? I certainly don't.

Mindfulness practice gives us an alternative to automatic pilot by encouraging us to step out of doing mode. We can let go of the past and future, slow down and pause.

Back in 2005 Jon Kabat-Zinn wrote 'Coming to Our Senses', outlining how the power of mindfulness can be harnessed to effect change in our personal lives and in the world. When we are feeling overwhelmed or worried, if we come to our senses then we bring ourselves into the present moment. We can quieten that busy mind simply by focusing on what we see, hear, touch, smell or taste.

In doing this we are able to take in the good stuff around us too. Practising this up on the allotment I see how the vegetables are coming on, I hear a blackbird's song, I touch a blade of grass, smell the sweet peas and –if I'm very lucky –taste a strawberry or two.

So, if we set an intention to weave little bits of mindfulness practice into our daily lives, then there are lots of ways we can step off that hamster wheel for a moment or two. In pausing and coming to our senses we are able to shift out of doing mode. As we move into being mode, we are more likely to notice some of the good stuff that's around us. 🌱



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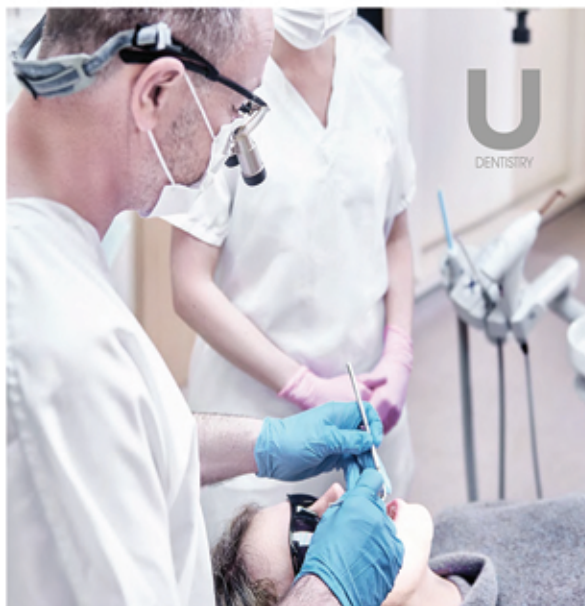


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INSPIRING STUFF



DESIGN FOR SUCCESS

BY ROSEANNE PLUMMER

My brother Alex Starkie was born in Burnley and raised in Nelson by his dad. Alex is my biggest inspiration, he's been there for me in some of my darkest times and managed to help me through them.

He's also been there for the rest of our other seven siblings and at the same time has been successful in securing a place on a BA course in Gaming Design at Cheltenham University this year so that he can become a character designer when he graduates.

His selflessness and motivation has inspired me to get up and move on in life. Because of Alex's encouragement I'm trying my hardest to become the best I can be, so I can achieve my dream of becoming a police detective. Whilst growing up in



Roseanne and Alex

Nelson, he thought it was "an alright place to live", because he was a close to his family and loved ones.

His motivation is knowing that every step he takes, he's managing to get somewhere instead of being up all-night playing video games. After university, Alex is thinking of moving back up north to work in gaming studios so that he can live closer to his family again.

My brother thinks his greatest accomplishment was managing to get a distinction, B's, Bs and Ds on his GCSEs although he found getting his first job with no qualifications and putting up with our other seven siblings quite challenging.

Alex says that the "difference between the north and the south of England is that up north things are a lot cheaper than down south. Also, people pretend you don't exist down south but when they do acknowledge you most of them are nice."

Alex has shown me that nothing's impossible, it is just challenging. If there's something you really want in life then reach out and grab it!

The Craven&ValleyLife office opened its doors to school pupils Nikita and Roseanne for two weeks this summer. With notepads in hand, they were tasked with writing about the person who inspires them the most

MAKING SACRIFICES

BY NIKITA BROADBENT

For the first three hours of my life my Nana was the one to hold me and I like to think that that important initial contact is part of the reason behind the close bond we have always shared, and I value so much.

Throughout my life my Nana has always been there to help, hold and inspire me. I look up to her as an example of the kind of person I want to be because of the love and selflessness she displays every day. In 2014, my Nana and Grandad, Nicola and Mike, moved over 250 miles, about five hours by car, from Southampton to Lancashire to take care of my Nana's mum.

"Well, it's family, isn't it?" There were challenges of course, "The weather!" she exclaimed with a laugh, "not knowing anybody - it's a different culture up here to how it was in Southampton."

Six months after my Nana and Grandad's move, my mum, sister and I followed them up because we missed them so much (and Nana's baking of course!) Moving up here has been fantastic. We've been able to explore new places, meet new people and make so many new memories! And after a couple of months, well, who am I kidding... years, we're finally able to understand people's accents!

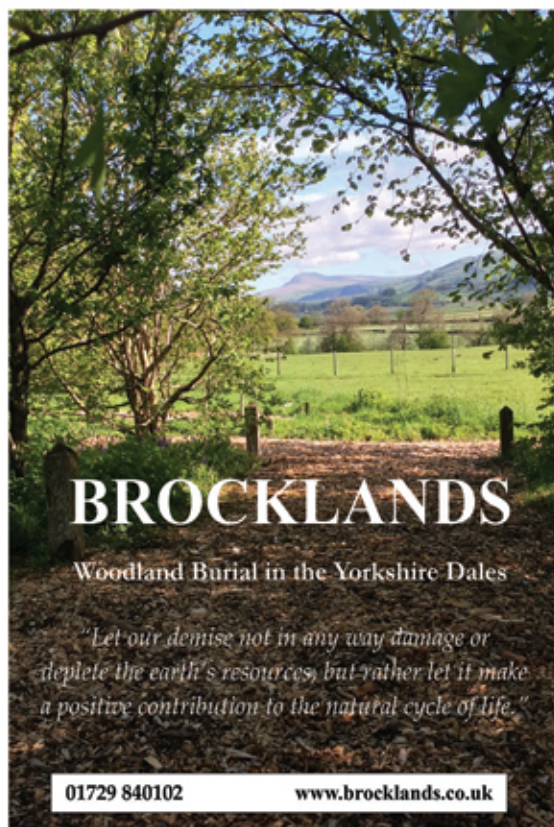
When discussing the benefits of moving up here, one of the first thing that came to my Nana's mind was the stunning scenery we're so grateful to see and live in. "We like visiting Morecambe Bay for the sunsets, and also, the Lake District. We've made some lovely friends and we've got to know new people we'd never have met if we hadn't moved and that's been really nice, that's opened up other opportunities like learning Romanian!" I feel the same, the people are so friendly, aside from some good-natured jesting to us southerners with our so called 'posh accents'.



Nikita and her Nana, Nicola

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on ripened grain.
I am the gentle
autumn rain.
When you awaken
in the morning's hush
I am the swift
uplifting rush*

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Autumn What's On Guide

SEPTEMBER, OCTOBER & NOVEMBER

SEPTEMBER

Tues 13th

TEA DANCE

Skipton Town Hall High Street, Skipton.

Bring your dancing shoes and be entertained by Blackpool Tower resident organist, John Bowdler. We can't wait to welcome back our regular tea dancers and new guests! 1.30pm - 4pm. ticketsource.co.uk

Thurs 15th

MRS WARREN'S PROFESSION – By George Bernard Shaw

Ilkley Playhouse, Weston Road, Ilkley. Mrs Kitty Warren has worked hard to provide for her daughter, but how will Vivie react when she learns the truth about her mother's profession? The stage is set for a tale of duplicity, love and morality. 7.30pm. Sat mat 2.30pm. £12, concs £6/£10. £8. ilkleyplayhouse.co.uk

POETRY COURSE

Ilkley Playhouse Weston Road, Ilkley A 10-week twentieth-century poetry course from 15th Sept - 8th Dec. 10.30am. The course is aimed at anyone who enjoys reading and discussing poetry, focusing on twentieth-century poetry in English, from England and elsewhere. £70. ilkleyplayhouse.co.uk

Fri 16th

ALFIE MOORE: Fair Cop Unleashed

Skipton Town Hall, High Street, Skipton.

Join BBC Radio 4's cop-turned-comedian Alfie Moore for his latest stand-up tour show. Fair Cop Unleashed is based on a dramatic real-life incident from Alfie's police casebook. Enjoy Alfie's unique brand of humour hilariously woven together with his personal insights into his life on the front-line of the police force. £18. 7.30pm. skiptontownhall.co.uk

Sat 17th

MONEY FOR NOTHING DIRE STRAITS TRIBUTE

Glusburn Community & Arts Centre, Glusburn.

Money for Nothing was formed in 2000 as a tribute to one of the world's premier rock bands – Dire Straits. The line-up features top-class and experienced musicians that make this band a worthy tribute to Dire Straits. £22. 7.30pm. gicac.org.uk

Wed 21st

DEFYING EXPECTATIONS AT BRONTE PARSONAGE MUSEUM

Bronte Parsonage Museum, Church Street, Haworth.

This brand-new exhibition, co-curated with costume historian Dr

Eleanor Houghton, places focus on some of the remarkable garments and accessories worn by Charlotte Brontë. The Brontë Parsonage Museum and shop are open Wed - Sun, 10am - 5pm. Adult £11, Adult 65+ £9, concs £7.50, child £4.50, under 5s free, family £26. 21st Sep 2022 - 1st Jan 2023. bronte.org.uk

Thurs 22nd

TOM SLADE – The High Road *King's Hall, Ilkley.*

During these turbulent times, Tom has been flying by the seat of his pants and trying to remember what was important before responsibility and fear got in the way. He's simplified his life; sold his house (and most of his retro possessions) and embarked on his latest round of misadventures. Recommended age 16+. £20.50. 8pm. bradford-theatres.co.uk

Fri 23rd

AN AUDIENCE WITH FRANK BRUNO

Bingley Little Theatre, Bingley Arts Centre, Bingley.

Widely regarded as one of Britain's most popular sportsmen of all time BIG FRANK will be in town for his wonderful life story event. An event that is quite simply unbelievable in and out of the ring. £20 - £69.99. 7.30pm. bingleyartscentre.co.uk



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BRONTE FESTIVAL OF WOMEN'S WRITING

Bronte Parsonage Museum Church Street, Haworth.

From poetry workshops and Q & As to live music and more. What's more, this year's festival is hybrid, which means you can join in person in Haworth or online from wherever in the world you are. bronte.org.uk

Sat 24th

CREATIVE WORKSHOP FOR ALL THE FAMILY

Bronte Parsonage Museum, Church Street, Haworth.

Creative workshop for all the family. Part of the Bronte Festival of Women's Writing. Come along to our foyer for a free artist-led workshop for all the family. Roll up your sleeves and get into some Brontë-inspired crafting! This event is free with entry to the museum. Sat 11am, Sun 3pm. 24th - 25th Sep. bronte.org.uk

Sun 25th

WORTH VALLEY FLOWER SHOW

Glusburn Community & Arts Centre Colne Road, Glusburn.

Flower and vegetable show, including baking and photography. Open to the public from 1pm, auction of exhibits at 3.30pm. The Studio Café will be open throughout the event, raising funds for the Centre. gicac.org.uk

October

Sat 1st

THE NOISY LITTLE TROLL

Skipton Town Hall High Street, Skipton.

Deep in the heart of the Norwegian Forest live the trolls – big trolls, tiny trolls and a Nosy Little Troll who has an amazingly sensitive nose. An interactive, funny and magical show by Garlic Theatre for family audiences from 3 – 8 years. 11am & 2pm. £8.50. skiptontownhall.co.uk

STAGEFRIGHT COMEDY CLUB

Ilkley Playhouse, Weston Road, Ilkley.

Stagefright Comedy Club - Strictly 16+ Acts are subject to change. Refunds only available if the event is cancelled. Details to follow. £14. 8pm. ilkleyplayhouse.co.uk

BRADFORD ACCORDION BAND – SHALL WE DANCE?

Bingley Little Theatre, Bingley Arts Centre, Bingley.

Bradford Accordion Band return with another brilliant night of music. In support of Jacqui's Million. 7:30pm. bingleyartscentre.co.uk

Sun 2nd

SKIPTON ARTISAN MARKET

Skipton Artisan Market, Skipton Canal Basin, Coach Street, Skipton.

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Tues 4th

SKIPTON MUSIC 75TH ANNIVERSARY CONCERT SEASON – Hidden Treasures

Skipton Town Hall, High Street, Skipton.

Celebrating Women Composers Across the Ages. A concert series showcasing the works of over 30 different women composers, including Hildegard von Bingen and Barbara Strozzi. £25, under 30 - £10, under 19 - £2. 7.30pm - 9.30pm. skiptontownhall.co.uk

Thurs 6th

THE PITMEN POETS

King's Hall, Ilkley.

A night of songs and stories laced with North East humour and humanity! Be enthralled and entertained by The Pitmen Poets Lindsfarne singer and songwriter Billy Mitchell, Warhorse Songman Bob Fox, Master of Tyneside song Benny Graham, and award-winning songwriter Jez Lowe. £24.50. 7:30pm. bradford-theatres.co.uk

STRIKE UP THE BANNIS

Skipton Little Theatre Clifford Street, Skipton.

Skipton Players present Strike Up The Bannis. Olwen Wymark's suburban comedy is a rebel's dream, a hostess's nightmare, and an audience's delight. £10 under 16s £5. skiptonlittletheatre.org.uk

Fri 7th

SKIPTON CAMERATA: Beethoven's Fourth

Skipton Town Hall, High Street, Skipton.

Beethoven's Fourth Symphony, described by Schumann as 'a slender Greek maiden between two Norse

giants', is somewhat overshadowed by the revolutionary Third (the 'Eroica') and the legendary Fifth, yet its masterly mix of beauty, cheeriness and power make it a favourite for many. £19.50, over 60 £18.50, under 25 £5.50. 7:30pm. skiptontownhall.co.uk

CINEMA: THE DUKE

Glusburn Community & Arts Centre Colne Road, Glusburn.

In 1961, Kempton Bunton, a 60-year-old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that the government invested more in care for the elderly - he had long campaigned for pensioners to receive free television. What happened next became the stuff of legend. £6. 7pm. gicac.org.uk

Sat 8th

FARM AND PUMPKIN PICKING

Thornton Hall Farm, Thornton in Craven, Nr. Skipton.

Enjoy all the family fun of the farm plus our spooky pumpkin patch! Price includes farm park entry. Lots of animals to see and feed, daily animal activities, outdoor play area, free caterpillar ride for every full paying child (weekends only), jumping pillows (weather permitting). 8th-19th Oct. 10am-4pm. thorntonhallfarm.co.uk for more details.

THE 60s FROCK SHOP BY HISTORY WARDROBE

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Sun 9th

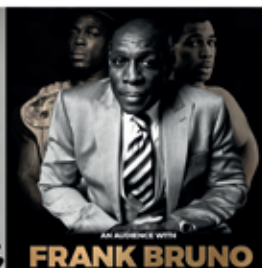
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Coach Street Car Park, Skipton.

The event will take place in Coach street car park where there will be a display of vintage buses and a number of bus services will run from the bus station to various dales locations. All day event. Free. welcometoskipton.com



AUTUMN & WINTER 2022



HIGHLIGHTS AT THE MUNI THEATRE, COLNE

Cirque -

The Greatest Show

Friday 23 September

U2UK

Friday 30 September

Northern Live -

Do I Love You

Saturday 1 October

Crown Ballet Presents:

Sleeping Beauty

Thursday 6 October

A Beautiful Noise

A Tribute to Neil Diamond

Friday 7 October

Pink Floydian

An Evening of Pink Floyd

Saturday 8 October

Forbidden Nights

Thursday 13 October

From Gold to Rio

Friday 14 October

Gary Delaney:

Gary in Punderland

Saturday 15 October

An Audience

with Frank Bruno

Friday 21 October

Megaslam Wrestling Live

Monday 24 October

Halloween Ghost Stories

Thursday 27 October

Chris Connor

Up Close and Personal

Saturday 29 October

Lost in Music

Friday 11 November

The Drifters

Friday 18 November

Maet Live and the

Never Neverland Express

Saturday 19 November

UK Rock Show

Friday 25 November

Party with Bez!

Friday 2 December

Christmas Disco Party Night

Friday 16 December

Nelson Arion Male Voice Choir

Christmas Cracker

Saturday 17 December

For a full line-up, scan QR code or visit
www.themuni.co.uk



Thurs 13th

BEER & MUSIC FESTIVAL 2022

Keighley & Worth Valley Railway,
The Railway Station, Station Road,
Haworth.
From Thurs 13th Oct through to
Sun 16th Oct, the Keighley & Worth
Valley Railway is transformed into a
five-mile-long Beer & Music Festival.
The main festival site is at Oxenhope
Station in the Exhibition Hall, where
there will be the main Festival bar
with around 90 different cask-
conditioned ales. There will be live
music at both Oxenhope and Ingrow
from Fri to Sun. 13th-16th Oct.
beerandmusic.co.uk

Sat 22nd

DIAMOND NIGHTS - NEIL DIAMOND TRIBUTE

Glusburn Community & Arts Centre
Colne Road, Glusburn.
The Neil Diamond concert you always
wanted, featuring all the hits! No
other Neil Diamond tribute comes
close, he sounds just like the real
thing. £15. 7.30pm. gicac.org.uk

Sun 23rd

THE YORKSHIRE FLEA

Skipton Auction Mart, Gargrave Road,
Skipton.
The event will have between 50 and
80 traders occupying the livestock
pens and the foyer selling a range of
antiques, vintage items, industrial
salvage, decorative curios and
collectibles for home, wardrobe
and garden. There is ample free
parking and on-site cafe. 9am - 4pm.
welcometoskipton.com

Thurs 27th

MADE IN DAGENHAM - The Musical

The Mart Theatre, Gargrave Road,
Skipton.
Inspired by a true story and based on
the hit movie, the uplifting British
musical comedy about friendship,
love and the importance of fighting
for what is right. Sat mat 2.15pm. £14
- £18. Thursday 27th Oct to Saturday
29th Oct. themarttheatre.org.uk

November



Tues 1st

MARSYAS TRIO

Skipton Town Hall, High Street,
Skipton.
Formed in 2009, the Marsyas Trio
is the UK's leading flute, cello and
piano ensemble whose programming
illuminates forgotten masterpieces
whilst inspiring a generation of new
works through commissioning and
recording projects. £25, under 30 -
£10, under 19 - £2. 7.30pm to 9.30pm.
skiptontownhall.co.uk

Wed 2nd

POLLY PAULUSMA - LIVE @ The Sound Bar

Canal Walk, Keighley Road, Skipton.
Enjoy an evening of great music
in fantastic surroundings. Polly
Paulusma follows up her critically
acclaimed 2021 album 'Invisible
Music' with 'The Pivot On Which
The World Turns', shortened to Pivot.
£12.50. 8pm. welcometoskipton.com

Sat 5th

BONFIRE WEEKEND

Thornton Hall Country Park,
Thornton-In-Craven.
This Bonfire weekend bring the
whole family and grab your friends
for a special night of fireworks, fun,
and entertainment. 5.30pm. £19.95.
eventbrite.co.uk

Sun 6th

SKIPTON ARTISAN MARKET

Skipton Canal Basin, Coach Street,
Skipton.
Home to talented stallholders
bringing with them, some of the
most amazing array of unique
produce and products. Whether you
want a scrumptious, tasty treat or a
beautifully created unique gift, there
is something to suit almost everyone.
10am. welcometoskipton.com

Sat 12th

SARAH MCQUAID

Silsden Town Hall, Kirkgate, Silsden.
"One of the most instantly

recognisable voices in current music
... Shades of Joni Mitchell in a jam
with Karen Carpenter and Lana Del
Rey."—Neil March, Trust The Doc.
£15. 6.30pm. silsdentownhall.org.uk

OPERA FOR THE PEOPLE WITH NICOLA MILLS

Glusburn Community & Arts Centre,
Glusburn.
Opera for the People is popular opera
and crossover music where you, the
audience, choose the songs. If you
love Andrea Bocelli and Andre Rieu
then this is for you! 7.30pm. £14.
gicac.org.uk

20th Sun

CHRISTMAS FAIR AND MAKERS MARKET

Glusburn Community & Arts Centre
Colne Road, Glusburn.
Showcasing an amazing mix of
artisan crafts and Christmas gifts,
from dozens of independent creative
producers, designers, artists and
traders - all under one roof! A
wonderful opportunity to purchase
that unique Christmas gift or to
treat yourself to something special.
The volunteer-run Pop-Up Café
will be open all day serving hot and
cold drinks, home baking and light
lunches. 4pm. £12. gicac.org.uk

AMERICAN WRESTLING IN KEIGHLEY

Victoria Hall, Hard Ings Road,
Keighley.
The big time American wrestling
experience crashes into Keighley
this November! £11.20. 3pm. @
victoriahallkeighley

Sat 26th

THE WASHBOARD RESONATORS

Silsden Town Hall, Silsden.
Foot-stomping blues, ragtime, swing
and folk music. The Washboard
Resonators hail from Leeds in
England and can be described as
sounding and looking like 'a ragtime
street band meets a Hollywood
musical on a theatre stage somewhere
in around 1932'. £15. 7.30pm.
silsdentownhall.org.uk





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COMPETITIONS



TO ENTER: Visit northernlifemagazine.co.uk/competitions. Deadline for entries 17/10/2022 unless otherwise stated. For full terms and conditions of each competition visit northernlifemagazine.co.uk



Soon you could be enjoying some 'you' time, with the chance to win an incredible spa break with Oulton Hall Hotel, Spa & Golf Resort. This historic mansion is nestled in acres of landscaped gardens and set in the rolling Yorkshire countryside. Relax and unwind with an expert spa treatment and a dip in the pool at the hotel's state-of-the-art spa & health club. As part of your prize, you will be treated to an overnight stay with breakfast, dinner for two as well as full access to the health club and spa with a 50-minute treatment each.

Q. How long is the treatment you can win?

WIN AN OVERNIGHT SPA EXPERIENCE FOR TWO

Manor House Hotel in Alsager, Cheshire is an independent family-owned hotel. Looking out onto the fields beyond, the English Spa Garden includes a Salt Shed experience, panoramic sauna, steam room, spa pool and open-air vitality pool plus outdoor heated cosy sensory seating areas. For a chance to win the opportunity to experience its brand-new spa facilities along with an overnight experience with dinner and a Spa Garden Afternoon, answer the question below.

Q. Where is the family-owned hotel based in Cheshire?



WIN CBD OIL WORTH £95

Burnout, the quest to have a good night's sleep and a desire to take a holistic approach to health, led founder Lucy Stride to launch The Mindful Muscle, which has launched four luxurious blends of CBD oil to help restore balance in body and mind.

Q. Who launched The Mindful Muscle?

DE-STRESS AT HOME



IS THA PROPA YORKSHIRE?

FIND OUT AND TEST YOUR KNOWLEDGE

IN **Craven&ValleyLife's Yorkshire Quiz**



Scan here for
the answers



1. Thomas Spencer, co-founder of the chain, Marks & Spencer, was born in which town?
2. Skipton was the home to a former Conservative Chancellor of the Exchequer, but who was he?
3. Skipton was the highest producing town for textiles in Yorkshire in the 19th Century, true or false?
4. Thanos (not the marvel bad guy) means what in Yorkshire?
5. The town of Simbach in Bavaria is twinned with which town in Craven?
6. Which rugby union team plays at Rose Cottage, Utley?
7. Keighley Picture House is one of the oldest of its kind in England but what is it?
8. An annual show, taking place on the first Saturday of September in the town of Bentham celebrates what?
9. The town of Grassington was used as the setting for the fictional town of Darrowby in this 2020 series?
10. This creamy and crumbly cheese was first made in Yorkshire in 1150. What is it called?
11. Julian Smith has been the Conservative MP for Skipton & Ripon since 2010 but who preceded him?
12. Since 2007, a festival has been held at Skipton Town Hall but what was it regarding?
13. In which town would you find the rock carrying giant Rombold?
14. For what occasion was a beacon lit on 2nd June in Skipton?
15. "Put the wood in the hole" is a phrase that a Yorkshireman may use to instruct what?
16. With technology taking over agriculture, how many people are still employed by the agriculture sector in the Craven district? Is it 1.4%, 2.7%, 3.4%?
17. A copy of William Shakespeare's First Folio is on display in what museum?
18. The highest pub in Britain, the Tan Hill Inn is in Yorkshire, but how many feet above sea level is it? Is it, 1,732, 1,932 or 2,132?
19. The infamous Guy Fawkes was born and raised in Yorkshire, true or false?
20. The oldest city in the UK is in Yorkshire, but what's it called?
21. Yorkshire is the biggest county in England but how many acres is it? Is it 2.9 million, 4.3 million or six million acres?
22. Roman Emperor Septimius Severus lived in Yorkshire for three years, true or false?
23. Which world-famous singer was born in Hebden Bridge in 1991?
24. The War of the Roses was a dynastic fight between the Houses of York and which other house?
25. The current England Cricket captain, Joe Root plays his cricket at what famous old ground?






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