

WINTER 2022/23

FREE

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Craven & Valley Life

Made by Yorkshire folk, for Yorkshire folk

**HAWORTH
ARTIST
DANIEL
ABRAHAMS**

**CHRISTMAS
CRAFTS**

**ON THE SET OF
EMMERDALE**

Winter
**WHAT'S
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EDITOR'S LETTER

In our latest edition I catch up with 'Our Chloe', former **Craven&ValleyLife** writer and now **Emmerdale** story-liner. After celebrating 50 years in the Dales - she takes us behind the scenes of the soap's village lanes, discovering the details behind the dramas...

Christmas time is the perfect occasion to visit Haworth as we take a trip to the village to visit landscape artist Danny Abrahams who captures the world of childlike innocence filled with fun, adventure and playing out until teatime.

We stay in Haworth as a local resident has a close shave. Maurice Baren, 85, has been shaving his head every five years to raise money for charity and we're keen to learn more about why he braves the shave!

As always we have our What's On listings to keep you busy over winter, along with 20 ideas for free activities to keep you occupied during the colder months. Once you've tried out all 20, why not have a go at our Craven Quiz and see if you can call yourself a true Yorkshire lad/lady or if you need to head over the border...

Wishing all our readers and advertisers a wonderful Christmas and a peaceful new year.

See you in 2023!

Karen

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VILLAGE PEOPLE

BY KAREN SHAW

It's been three years since we bid **Chloe McClaughlin** a fond farewell at **Craven & Valley Life** HQ, and since then she's been on quite the career journey, conquering the world of soaps one storyline at a time. We certainly miss having her around the office, but we were delighted when she nipped in for a chat on Karen's Couch to share with us some of *Emmerdale*'s most memorable episodes, including the unforgettably tense and wonderfully dramatic 50th Anniversary 'Storm Week' special back in October...



The cast and crew of Emmerdale.
Below: Chloe at the famous sign



Chloe started on Emmerdale back in late 2019. Her work in prop stores concerned all those little details us viewers never really think about - from keeping track of where actors place down their props for continuity between takes, to adding fake Emmerdale-brands onto cans, bottles, cereal boxes and even magazines - it sadly looks like we won't be seeing any Craven and Valley Lives gracing David's Shop shelves any time soon!

"At Emmerdale everyone has their own little jobs," Chloe explains, "and by early 2020 I was put on crew - weirdly enough I preferred standing outside in the rain for 12 hours, it was much more fun! Of course, after six weeks of training the pandemic hit, and we all got stood down."

Lockdown was an especially weird time for us all - I'm sure you don't need reminding - but even weirder for Chloe and the Emmerdale crew. In order to cover the transmission gap, Emmerdale ran six lockdown specials, the production of which Chloe was involved in. "There were only 18 of us in the building while we filmed the lockdown episodes," she recounts, "and it was proper strange! Once restrictions eased a bit later on, we were placed in cohorts of a few people - essentially a 'bubble' of all different people in all different departments forced together for 18 months."

"It's a bit of a cliché to say, but it is like a family. There's so much history with people being there for 20+ years that it might seem quite hard to join that environment, but, from my experience, everyone is so welcoming, so approachable, and just so lovely!" ☺

"It's a bit of a cliché to say, but it is like a family"



Left: Oh, the glamour! On set in the rain.
Below: Chloe with cast members



It was during that strangely nostalgic early-COVID era that Chloe began to express her interest in wanting a job in editorial. A natural-born writer, Chloe was almost destined for storylining – and this destiny manifested itself in an incredibly admirable, palpable determination. Three official knockbacks, a virtual secondment, and an interview at Coronation Street eventually led to a job on the rather exclusive storyliner team, where she now works outlining the events and character developments of future Emmerdale episodes.

“I was of course happy with props, I loved

working directly with everyone, but all the cast and crew knew that storylining was what I really wanted to do. It was just so sweet when everyone found out I got the job; I must have been congratulated about 20 times walking from prop stores (where I’d found out I’d got it) to the canteen, I think that speaks to how fast news travels on set!”

The storylining process is as complex as it is interesting. In essence, it’s a four-week cycle, beginning with a huge conference of writers, producers, and pitchers. It’s then the job of storyliners like Chloe to bring the ‘winning’ ideas to life, plotting out key moments, locations and characters. A series of drafts and revisions follow, before the storyline can be compiled into an overarching story for the writers to piece together. “It’s a really fast process,” Chloe explains, “and so luckily we don’t write the actual scripts as well! That’s one of the common misconceptions, I think, as we are basically giving the writers a summary: it’s their job to write the actual dialogue that will make it into the script of the episode, not ours.”

Chloe’s first storyline was certainly a memorable one; it involved Nichola, victim of a brutal carpark assault a few episodes prior, discovering Naomi, daughter of Vicar Charles Anderson, was one of her attackers. While the episode aired in September 2022, it was written months prior. As Chloe recounts, “we storyline the episodes quite a few months in advance. The issue with that is that all my stories blur into one after a while! It’s hard to pull yourself back to the present sometimes, I can never remember what plot threads people will or won’t know yet!”

“But pretty much straight after the Nichola/Naomi story I went to working on the 50th Anniversary episodes.” Emmerdale’s unforgettable ‘Storm Week’ was a dramatic series of twists and turns (quite literally, due to the titular storm that ravaged the village). Chloe was the mastermind behind the gut-wrenching Amelia/Noah plotline that week – any grievances about tears shed can be directed towards her!

“That’s why this job is so good, because you can get really powerful moments on your screen. Emmerdale, in my opinion, is best when it’s



“Chloe was the mastermind behind the gut-wrenching Amelia/Noah plotline – any grievances about tears shed can be directed towards her!”

Chloe at the Dingle's Bar

tackling an issue-based story that's tugging on your heartstrings, it adds the right balance of dark to the light.”

Of course, we had to ask the Sophie's Choice questions – ‘who's your favourite character?’ “That's a tough one!” she laughs, “I do have a soft spot for Mary, Rhona's mum. I think she's hilarious, just so much fun to write! I like writing stories for the kids like Arthur and April, too. Now that they're coming of age, we can get into their personalities a bit which makes for a lot of interesting plot points. People like Charity are great too, mainly because you can just do anything with them!”

Chloe's biggest advice to people is to not give up. “You just have to keep at it. If you want something you have to fight, you have to keep going. In my case, there wasn't many jobs available, so I was never going to get it first time. Working in TV, it's not meant to be easy, it's almost out of your control in that regard. What you do have control of is being able to put yourself

out there, being productive, and not holding yourself back - that's all you really can do!”

From humble beginnings working at Craven and Valley Life's HQ, Chloe is testament to the fact that perseverance will always have its rewards. Her ability to bounce back and be resilient, even after repeated setbacks out of her control, has landed her one of TV's most important – and exciting – roles. Now that our Chloe is storylining, the future of Emmerdale is looking brighter than ever! 🌟

With editor Karen



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COMPETITIONS

TO ENTER: Visit northernlifemagazine.co.uk/competitions or post entries to Craven&ValleyLife Competitions, Suite 14, Burton House, 2a Market Place, Colne, Lancashire, BB8 0HY. Deadline for entries 17/12/2022 unless stated otherwise.



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Q. How are Scaramanga's leather bags made?





The Spirit Of The Moors



A Stroll Down The Cobbles



Next Stop...Haworth!

Good HEAVENS

IN JUST OVER A DECADE, BRADFORD-BORN LANDSCAPE ARTIST **DANNY ABRAHAMS** HAS BECOME ONE OF YORKSHIRE'S FINEST PAINTERS.

Danny had never touched a paintbrush before the age of 32. Yet, in the space of a decade he has become one of Yorkshire's most beloved painters with his nostalgia-inspired pieces. Sweeping the viewer off their feet and setting them down in familiar northern settings that are twisted in wonder, the Bradford-born artist has captured the world of childlike innocence filled with fun, adventure and playing out until tea-time. "It was just something I thought I'd have a go at. Now I feel so blessed to be in galleries, especially when you think of how many people went to art school and dream of this all their life," said Danny. 🍷

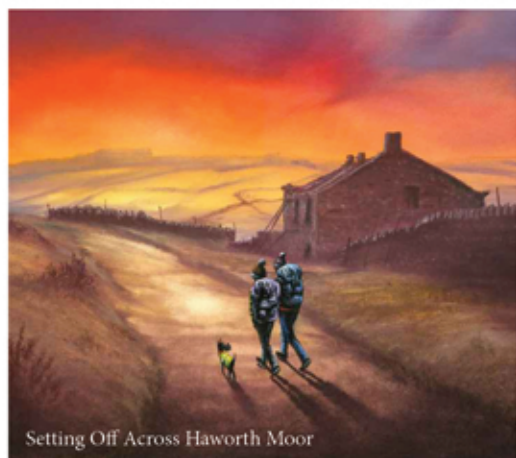


His paintings take inspiration from the beauty of northern landscapes, often depicting scenes of nostalgia, naivety, exploration, community and industrialism. Danny finds beauty in everyday images and things we take for granted, whether that be the sentimental feeling of childhood wonder we all, deep down, yearn for, or the natural beauty of tall trees, open fields and, prominently featuring in all of his pieces, the cloud-filled Yorkshire sky.

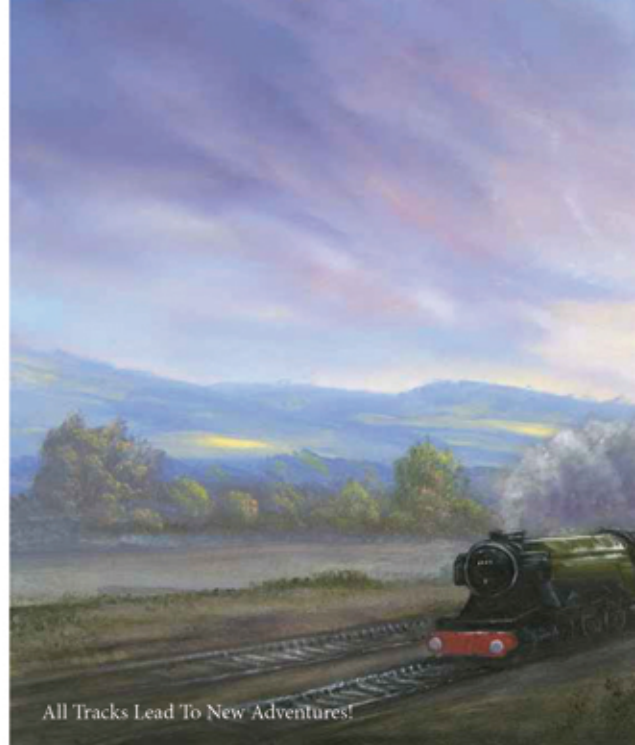
Before he found the world of art, Danny worked with lighting, starting out sign fixing with his dad immediately after leaving school and then working with neon lights soon after. It was during this time that he discovered his passion for painting, something he thanks his wife for. "She does like to rub it in my face a bit that if she hadn't bought me those paints I wouldn't be painting", he laughs. "As you get older, you realise how precious your time is, and so it's alright being in a job for the rest of your life but if you're not enjoying it then what's the point?"

Unfortunately, at the same time as finding his love for painting, Danny unexpectedly lost his sister, Gemma, when she was just 30. "That was just as I was getting to the stage where I was deciding whether it was worth the plunge to leave my job. Losing my sister so suddenly changed my outlook on life altogether - it was like I either go for it now or I never go for it because life's too

The sky has a beauty and rawness that never ceases to amaze me."



Setting Off Across Haworth Moor



All Tracks Lead To New Adventures!

short and you never know what's round corner."

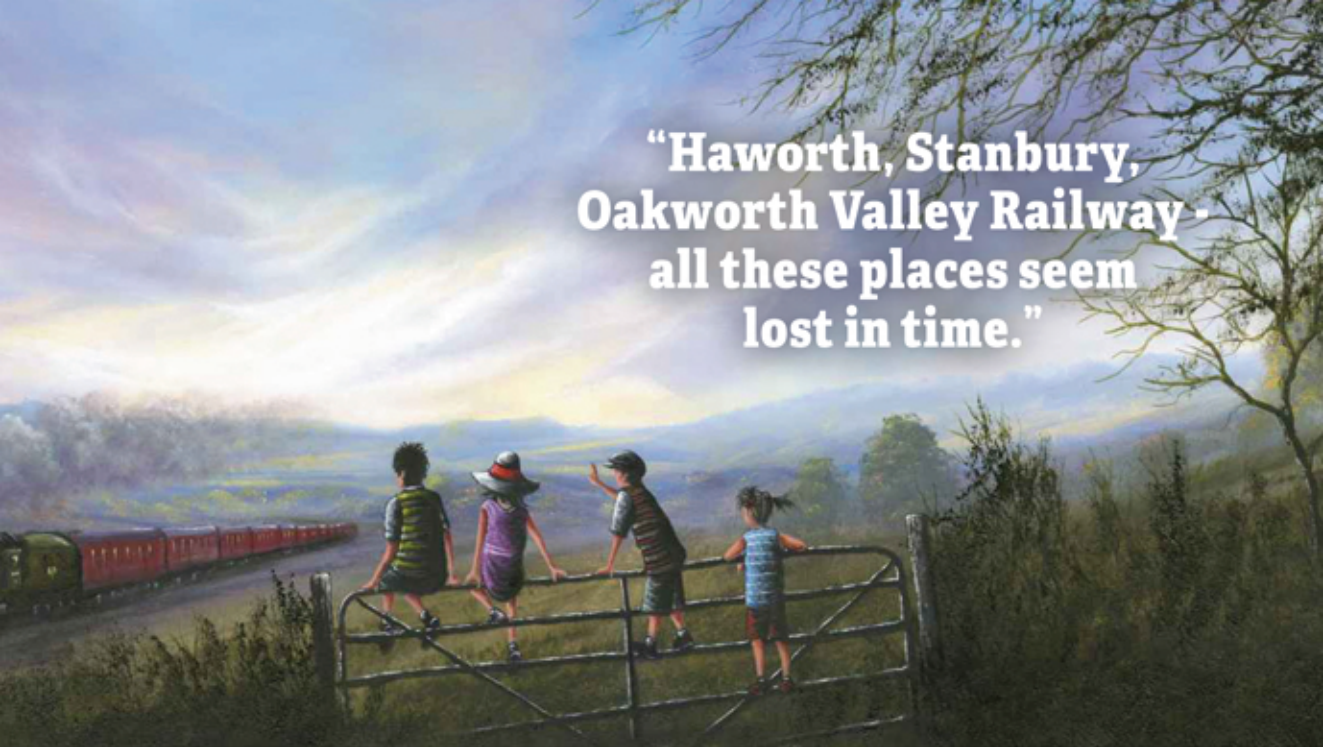
Since then, Danny has been able to devote himself to his art, rising from someone new to the medium completely to someone selling pieces rising in value - a journey that should not be understated as he is completely self-taught. "I remember needing some sort of guidance when I first began, so I started looking on YouTube and buying books about different techniques. I kept trying to cram myself with information and I realised it was blocking my natural flow of being an artist and being creative. I got rid of all that and decided to follow my own path. I suppose that's what caused me to have my own style.

"The first ever painting I did was just a little barn in a little field from one of those art books I bought. I started out using acrylics at first, but quickly realised I couldn't get those big, sweeping skies with them. Danielle couldn't believe I had done it myself. I tried oil paint after that, I didn't even know what it was when I started using it, but I've come to realise that's what I prefer - oil on board. That medium allows me to paint these big skies, and so I've stuck with it."

Said skies are one of the most prominent, and powerful, subjects in Danny's work. He describes them as an "everyday natural wonder that most of us take for granted. The sky has a beauty and rawness that never ceases to amaze me."

Success as an artist has allowed Danny and his family to open a gallery that could host a large collection of his paintings. Abrahams Gallery opened in 2020 on Haworth's Main Street. "It is

**“Haworth, Stanbury,
Oakworth Valley Railway -
all these places seem
lost in time.”**



my sister Victoria's gallery. She always wanted to open a shop on the main street, so we just decided let's go for it. It just felt right having a gallery in Haworth, it felt like the sort of place I could paint my Yorkshire scenes and fit in. It's unbelievable how many people come to visit it on weekends!" The gallery is open from 11:30am-4pm from Thursday to Sunday.

Being located in Howarth has allowed Danny to be further inspired by the natural beauty of Yorkshire landscapes. "There's so much nostalgia that you can't go wrong with painting around that area; you have Haworth, Stanbury, Oakworth valley railway - all these places that seem lost in time."

Danny's continued hard work and devotion to his art has evidently paid off, gaining national recognition for his work, with it being exhibited and sold all over the country. On the 12th November, Danny has an upcoming winter exhibition at the Acorn Gallery in Pocklington, and just in time for Christmas, there will be another exhibition on the 11th December at Abraham's Gallery in Haworth. Not only is his work, with their stunning skies and varied colour palettes, just a joy to look at, but he's managed to capture a sense of deep nostalgia that all us northern folk can relate to in one way or another. But more than anything, Danny is testament that it is never too late in life to find your passion, nor is it too late to discover new talents, to experiment, to learn, to fail, to succeed and find your true self. 🌟



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Ingredients

300g soft goat's cheese
3g mixed soft green herbs such as parsley, dill, and chives, finely chopped
2g crushed pink peppercorns
2g toasted sesame seeds
3tbsp toasted hazelnuts, chopped

Method:

To make your crispy coating, spread the chopped green herbs, pink peppercorns, sesame seeds and hazelnuts in a thin layer on separate plates. Then, line a baking tray with greaseproof paper. Divide the goat's cheese into 24 equal portions. Using your hands, roll each portion gently into a small ball. Roll your goat's cheese truffles in your coating mixtures, alternating between the herbs, peppercorns, sesame seeds and hazelnuts to get an even spread of flavours, until all truffles are evenly coated. Place on your lined baking tray and refrigerate for at least 30 minutes.

Virgin Earl Grey Martini

Ingredients

100ml grapefruit juice
100ml cold strong Earl Grey tea
40ml lemon juice
25ml honey
Few drops angostura or orange bitters
1 free range egg white
Ice to shake

Twist of grapefruit zest to garnish

Method:

Place two martini glasses in the freezer to chill, preferably an hour in advance. Fill a cocktail shaker (or flask) with ice and add all the ingredients. Shake vigorously for 1-2 minutes or until the shaker feels icy cold and the mixture is frothy. Strain into your chilled glasses and garnish with a twist of grapefruit zest. Serve immediately and enjoy!

Fruity Gingerbread Wreath

Create a sensational, colourful Christmas centrepiece with this delicious edible wreath

Makes about 25 biscuits

Ingredients

50g unsalted butter, diced
50g Demerara sugar
100g golden syrup
1 tsp mixed spice
1 tsp finely grated fresh ginger
1 tsp bicarbonate of soda
30ml beaten egg
250g plain flour
About 20 tbsp Bonne Maman conserve in many flavours and colours
250g white fondant icing
250g Royal icing sugar

To make the gingerbread dough, put the butter in a large bowl.

In a saucepan, stir together the sugar, syrup, spices and ginger and bring to the boil. Add the bicarbonate of soda (it will puff up) and pour the hot mixture over the butter. Stir until the butter has melted.

Beat in the egg and slowly blend in the flour. It will look as though there is too much flour but it will blend in.

Knead the dough in the bowl until smooth and cut into quarters. Wrap each piece in clingfilm. Roll out a quarter of the dough at a time to make the biscuits.

Roll the dough out between two sheets of baking parchment, to about 3mm thickness. Use a variety of Christmas cutters to stamp out about 50 biscuits of varying sizes. We used snowflake cutters from 12cm across down to 4cm. Remember you will need two of each size, to sandwich together. Re-knead and re-roll the trimmings.

Lay the biscuits out on baking sheets, lined with baking parchment. Stamp out the centre from half the biscuits to create the space for the conserve. We used a 2½cm and a 1½cm round cutter. Chill the biscuits for a good hour before baking.

Heat the oven to 170C, 150C fan, gas 3. Bake the biscuits in batches until golden and crisp. They will take between 7 and 10 mins, depending on size. Cool on a wire rack.

While the biscuits are cooling, roll out the fondant icing on a surface dusted lightly with icing sugar and stamp out 6 or 7 snowflakes, using the same cutters. Stamp out the centres, using the same round cutters. Brush the top biscuits with a little conserve and lightly press on the matching icing.

Brush all the base biscuits lightly with conserve and press on the top biscuits. You should now have about 25 snowflake biscuit sandwiches of various sizes, some iced with fondant and some plain.

Put the Royal icing sugar in a bowl with 40ml of cold water. Gradually beat the icing until it forms a stiff but pipeable paste.

Spoon into a piping bag with a small nozzle and pipe or drizzle icing across most of the biscuits to resemble snowflakes. Leave the icing to set for 10 minutes. Fill the biscuit centres with various flavours and colours of Bonne Maman conserve. Store the biscuits in airtight containers until ready to use.

To serve, arrange the biscuits in a generous wreath on a large white board and take to the table for Christmas tea.



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Cook's tips

If you don't have cutters, draw simple snowflake outlines on stiff card and cut out. These templates can be used to cut out the biscuit and icing shapes.



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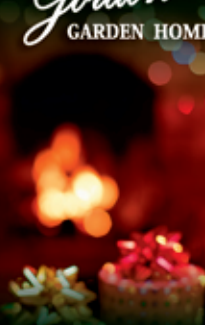
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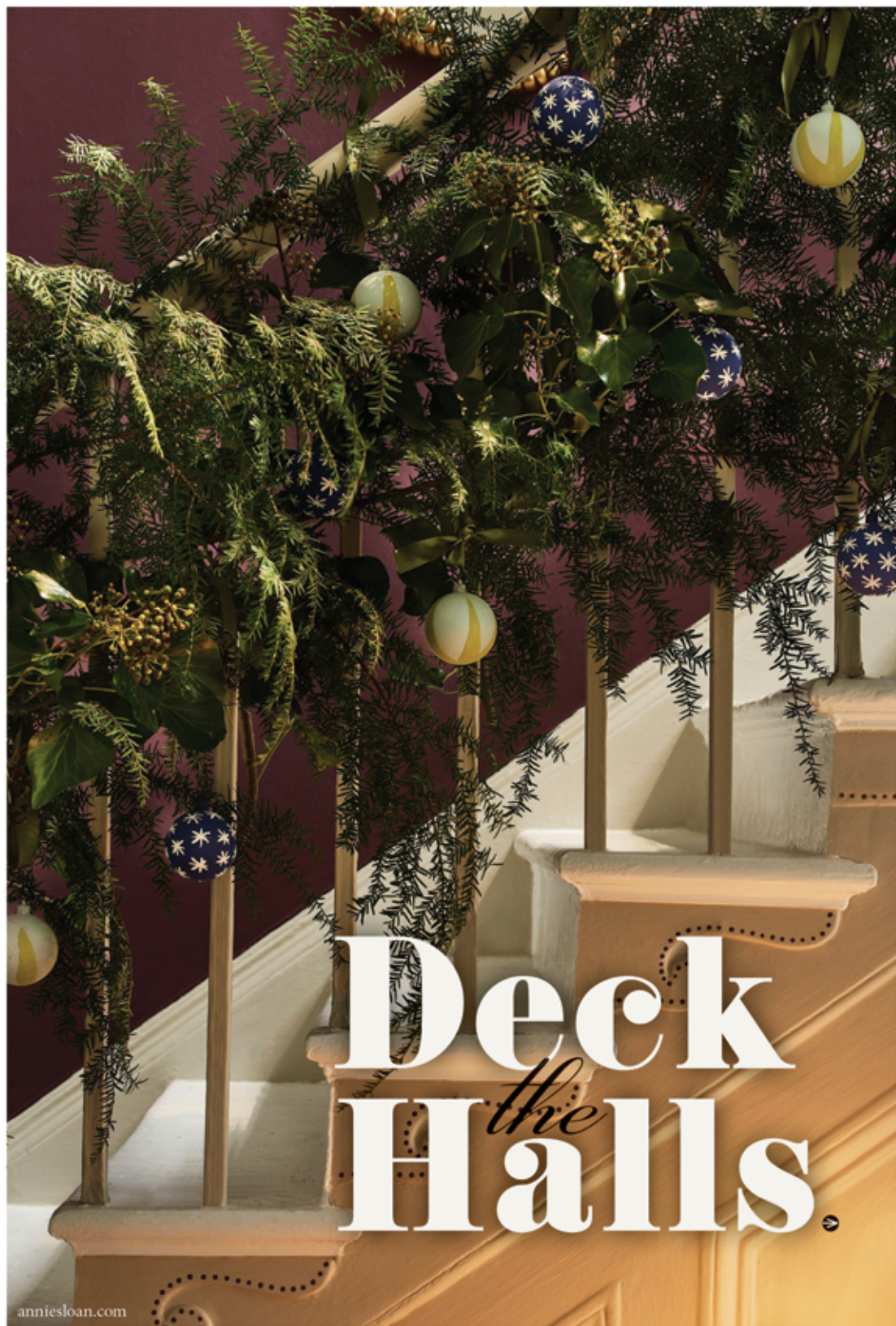



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Step into Christmas

with **Craven&ValleyLife's** guide on how to creating a fantastic festive first impression...

Create a gorgeous, textural Christmas hallway by decorating with rustic ornaments, from brushed steel candle holders and lanterns to wooden Christmas decorations and boxes. Wicker boxes and baskets provide handy hallway storage and somewhere to put gifts for guests. Hang Christmas tree decks on branches of pussy willow in a vase on a hallway side table to make things feel festive without overwhelming what's often a narrow space.

Greenery - real or faux - is an excellent example of something which can be used in excess without overwhelming the space. Wrap garlands along the top and bottom of your bannister, adorn mirrors and picture frames and include a mini Christmas tree.

While in a room where you'd be spending a lot of time, it's impractical and, frankly, annoying, to lose a whole chair just for a Christmas decoration, in the hall you won't have that issue.



wayfair.co.uk

Don't forget the stairs! 'Stairs are another area of your hallway that shouldn't be overlooked when it comes to your decorating,' says Jennifer Derry. 'Fairy lights are another way to add a bit of sparkle to a hallway. A warm light, similar to that of candlelight, is a fantastic way to add warmth or you can use multicoloured lights for a nostalgic bit of festive fun!



lights4fun.co.uk



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Many hallways include a window, either beside the front door or if a detached or end terrace, along the side of the wall. Make the most of this otherwise wasted space and treat the sill as an extra surface for decorating. 🏠



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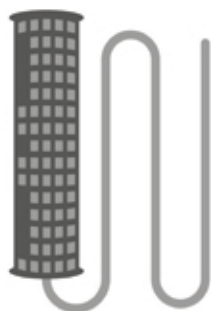
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Warm Up Your Winter Garden

With days becoming shorter and the weather turning cold and wet, it can be hard to find the right conditions to enjoy some quality time in your garden as the year comes to an end. But don't let your outdoor living space go to waste! Follow our tips below to help you make the most of your outdoor living space come winter...



INVEST IN LIGHTS

Solar fairy lights can make a stunning addition to your garden. Not only are they perfect for illuminating dimly lit gardens, but they also add atmosphere and romance without being expensive to run. Wrap them around pergolas or string them across fences for a whimsical touch.

Alternatively, why not look to introduce an outdoor fire pit for added warmth and light? Toast some marshmallows or simply cosy up with a blanket to create wonderful winter memories.



PREP YOUR GARDEN FURNITURE

Firstly, you must keep your furniture clean and free of dirt. Use a soft-bristled brush to wipe off any dried mud and dust. Gently wash wooden or plastic framed furniture with soapy water before allowing it to dry.

You should also look to cover your garden furniture to protect it from harsh winter weather while not in use. Garden furniture covers can be purchased for as little as £20 and are a great investment to keep your furniture looking its best for as long as possible.



FIND SHELTER

Looking up at the stars might seem like a romantic way to spend your winter evening, but being open to the elements is a sure way to kill a good time.

Why not try creating a canopy over your seating area. This can be done by setting up a temporary gazebo, hanging a waterproof tarpaulin over your pergola or even setting up a simple parasol.

If you have a large greenhouse or garden shed, you could also consider moving your garden furniture inside for ready-made protection from the elements.

INTRODUCE WINTER-HARDY PLANTS

While winter can leave your garden looking a little bleak, you can still make your patio area look inviting by switching out any dead plants with plenty of evergreen or winter-hardy species.

Ivy can look lovely trailing in hanging baskets while soft shield ferns can make even wintry gardens look lush. Or for those looking for a burst of colour, winter-flowering plants such as snowdrops, winter heather, clematis and pansies can add brightness to dull winter gardens. 🌿



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SOCK NISSER
GNOMES



WALNUT
PIXIES

Craft your Own Scandi Christmas

Christmas is the perfect time for crafting, here's a couple of our seasonal favourites that will help you to create, not just crafts, but also memories... 🌟





UPCYCLED SOCK NISSER (GNOMES)

These festive gnomes are so quick to make and don't even require any sewing, just a hot glue and scissors. We always seem to have an excess of single socks every time I do any laundry, so it is a great way of recycling them.

When cutting the faux fur, the trick is to cut only the backing fabric and not the actual fibres themselves, otherwise you will end up with an uneven finish. The easiest way to do this using scissors is by marking out the shape you require on the backing (ensuring the fur is pointing down) and then making lots of small snips, brushing the nap away from the cut edge as you work. However, it is much quicker to use a sharp craft knife if you have one, then you can regulate the depth of the cut and ensure you don't hack into the beard fluff itself.

- 1 Fill one of the socks with rice to make the base of the gnome.
The quickest method for this without making a dreadful mess is by filling a pint glass with rice, putting the sock over the rim and then inverting the glass. Repeat with the second pint of rice.
- 2 Mould the sock between your hands until you have an even, cone-shaped base then fix the elastic band around the top.



MATERIALS

- 2 socks, ideally in different colours
- 1kg of rice
- Hot glue gun
- Elastic band
- Wooden beads (12mm in this case)
- White faux fur

- 3 Snip off the excess sock fabric and then apply a ring of hot glue around the elastic band, pushing the trimmed material into the adhesive to secure it.
- 4 Snip your faux fabric into a beard shape, cutting out a small V-shape from the top edge. Apply a line of glue to the top at the back and then fix on to the base, about halfway up.
- 5 Take your second sock and pull it down over the base so the hem is covering the top of the beard, folding it up into a nice brim. Make sure the heel is pointing towards the back of the gnome.
- 6 Add a dab of hot glue to one of the holes on the wooden bead and then push it into the V-shaped cut to make a nose.
- 7 Blob a little more on the second bead hole and bring the hat down to cover it.
- 8 Working round the brim of the hat, add more adhesive and secure it to the body.
- 9 Tie a section of ribbon or baker's twine around the top of the hat, then snip off any excess.
- 10 To make a girl gnome, the process is the same, except for the lack of beard. Cut three thin strips of fur fabric or chunky wool, and plait them together to make a braid, tying off one end with baker's twine in a bow. Repeat to make a second braid.
- 11 Glue the braids underneath the hat brim before fixing on the nose.

WALNUT PIXIES

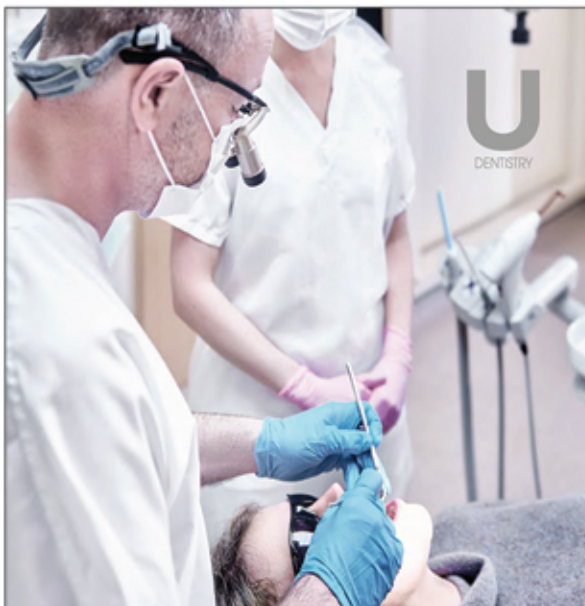
These dear little walnut babies are so quick to make in batches; in fact the hardest part is cracking the shells neatly. Pre-prepared walnut shells are available to purchase specifically for crafts, but the problem with that is that you don't get to eat the nut itself. The easiest way to split them in half neatly takes a little preparation but should guarantee a higher success rate than if you just attack them with a nutcracker (older walnuts will split more easily than fresh ones). Soak the nuts overnight in a bowl of boiling water. Rinse them and dry thoroughly. Take a sharp knife and carefully push it into the split at the rounded end of the nut, then gently wiggle towards one side along the crease. Remove the knife, turn the nut round and once again wiggle down the split. Now place the knife horizontally along the split and gently push down on the knife, applying firm pressure. The walnut should open into two equal halves; it probably won't work every time, but certainly gives you a higher success rate than any other method. (The leftover walnut pieces are delicious plunged into a jar of golden runny honey, steeped for a few days and then spooned over creamy natural yoghurt for breakfast). Once you have cracked the trick of splitting the walnuts open, there are so many speedy ways of making dinky decorations.



MATERIALS

- Walnut shells
- Cotton wool balls
- 25mm jacquard ribbon
- Knitted glove
- Baker's twine or paper ribbon
- Needle and thread
- Hot glue gun
- Fine marker pens

- 1 Cut a 4–5cm section of ribbon; if it has a pattern make sure it is centred where you would like. Thread the needle with a double length of cotton and then sew a line of tiny running stitches along the bottom of the ribbon.
- 2 Draw the thread up gently so the ribbon makes a 'cup' shape; don't pull it all the way as then you won't get such a rounded bed shape.
- 3 Glue half a ball of cotton wool into the base of the shell to fill it, then add another little blob of adhesive to its pointy end and attach the two ends of the twine to make a hanging loop.
- 4 Take the ruched ribbon and glue half a cotton wool ball to the reverse side to puff it out, then add more adhesive and secure it to the lower half of the walnut shell.
- 5 To make the head and hat, firstly draw a tiny face on the wooden bead, ensuring the holes are pointing vertically. I always think it is best to draw the features on at this stage then if it ends up with a face like a baby gargoyle you can always spin it round and have another go at it.
- 6 Snip a 4cm section of finger from the glove and roll the cut edge over twice to create a little knitted hat. Insert the glue gun and add a couple of blobs of adhesive to secure the brim, and then squirt a generous amount up inside the hat. While the glue is still warm and pliable, pinch the front and back of the hat together. Blob a little more glue on the left-hand side of the hat at the top, then fold it over and attach it to the brim.
- 7 Insert the bead just under the brim, adding a blob more adhesive if necessary, and hold it in place until it sets.
- 8 Glue the whole hat/head combo into the walnut shell, nestling it snugly under the blanket. 🧸



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Life Coach Lindsay CHRISTMAS PRESENCE

Make Christmas about presence instead of presents this year!

Instead of trying to squeeze everything in this Christmas, try doing the opposite and stretch things out. I'm sure many of you can relate to the belief of never having enough time over the Christmas period.

With visiting family and friends, buying presents and preparing for the day, we can put ourselves under so much pressure to make a perfect Christmas. Couple that with the increased financial pressure that comes from it all (especially within the cost of living crisis) and we have the potential for a great deal of extra stress over the festive period.

I want to encourage you to let go of the idea that Christmas needs to be picture perfect.

With so much to remember to do and buy, it can often feel like we're not enjoying it as much as we could. Sometimes, and often without realising it, this stress and angst can also be passed onto children.

As we head closer to Christmas and life gets busier, it's important to slow down with our children and focus on the things that truly matter.

Mindfulness opens up an opportunity and space to set an intention. By making

an intentional decision to do what matters, you will create a more meaningful season for everyone.

This month is the perfect time to teach your children about mindfulness, as you spend time together over the Christmas period.

Mindfulness can be a strategy to help manage emotions and keep everyone calm, while also giving families an opportunity to bond together. While the focus of this

"I want to encourage you to let go of the idea that Christmas needs to be picture perfect."

article is children, mindfulness works best when you practise alongside your child. Adults have just as much to benefit from a mindfulness practice as children, and this could be an exciting new approach to life for the whole family.

Studies show that practising mindfulness as a family can help parents feel compassion for themselves and their children, improve listening skills and increase warmth felt by children from their parents. 🌱

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By engaging in a few mindful experiences we can help our little ones focus on gratitude, joy, giving to others, our family and friends and the magic of this special time.

One of the best gifts we can give our children is having a grateful heart. Studies show that gratitude for children can be a powerful tool in developing empathy, resilience, self esteem and improves their ability to cope with stress.

Each morning in December, maybe just before or after they have opened a door on their advent calendar, encourage your children to focus on something or someone that they are grateful for. Make it a part of a regular routine to encourage connection and consistency. They could get creative and think of ways to express what they are grateful for by drawing a picture or making a little gift for someone else.

Scheduling in down time is something that I would encourage you to do. Don't feel pressured into doing an activity every day. Some days it's lovely to just sit and look at the Christmas lights on the tree and curl up to watch a family movie. It's all about finding joy in the small moments of togetherness.

Mindfulness for children is also a powerful strategy in addressing many extra needs that some children have. Children with sensory processing needs or self regulation needs, or even emotional regulation needs can benefit from this transformational practice. This is a perfect time to explore this subject as it is usually the time when you are with each other a lot more than a regular week.

Mindfulness has the potential to benefit your child in so many ways, and they might find that it affects their entire outlook on life. Trying it out over the

Christmas holidays might just alleviate some of this year's stress.

It can be less stressful. Calmer. Not running around trying to cram a million things into your days. You could see less meltdowns, more cooperation and generally happier kids.

They won't feel overwhelmed.

They will feel connected.

They will feel your presence.

Below is a short meditation that you can do with your children at any point over the festive period. A lovely time to do anything like this is when you have tucked them up in bed at night.

Sending each and everyone of you lots of love for the Christmas holidays. I hope you are able to spend it with the people whom you love and that everyone stays safe and well. xxx



Meditation CHRISTMAS TREE OF LIGHT



Guide

your

children to

imagine that they are

sitting next to a huge

Christmas tree.

The tree has lots of coloured

lights - each one is a feeling

or present that they can give to

someone to make them smile.

Ask them to imagine giving that
coloured light to a person they know
and how happy this
makes them feel.





BRAVING THE SHAVE

BY JOSH SWARBRICK

Over the years, 85-year-old Maurice Baren from Haworth has garnered deserved attention for shaving his hair for charity.

He's undeniably admirable, both in the money he has raised and in the way he's not afraid to look daft so long - as it's for a good cause. What might seem a simple act has had incredible, far-reaching effects - with Maurice having raised over £80,000 for Action for Children and End Polio Now since his first shave back in 1989.

"I don't think I was self-conscious the first time I had my whole head shaved; I think I just felt it was going to be some good fun. And that's the way

I've viewed it all the way through!"

Maurice recounts that as more and more people have gotten involved over the years, his shaves have become more and more extreme, "but it's

all still in good fun as far as I'm concerned. I'm quite prepared to be daft if it helps raise money!

"I've had a beard since about 1980," he explains. "My wife Judith and I had been involved with Action for Children for many years and have previously acted as District Organisers for the fundraising. The

organisation had an event commemorating the centenary of the death of Thomas Bowman Stephenson (the founder of the charity) and, in

"I'M QUITE
PREPARED TO BE
DAFT IF IT HELPS
RAISE MONEY!"

order to raise money, I was convinced to have my beard and moustache shaved off. I thought it would just be a one off at the time!"

But the decision to make a tradition of the shave came sooner than Maurice had expected. "I remember there being a local charity event that managed to get Bonnie Langford involved, and I was reminded how I'd previously agreed to have my head totally shaved. On that occasion we raised about £1,000!"

Maurice was also keen to explain his love of horticulture, something he has continuously devoted himself to over the years. His work with Britain in Bloom has led to some amazing opportunities to judge across the UK and Europe, but the most exciting moment came 10 years ago, when he was asked to be flown out to Montreal as a judge for Canada's Communities in Bloom. "I'd certainly have been daft to turn that opportunity down!"

The event inadvertently had a huge impact on Maurice's charity work. A bust with grass for hair inspired the ingenious idea to dye Maurice's hair before being shaven. Bright colours have been a staple of his shaves ever since, with Maurice most recently sporting a brilliantly bold pink and green for the last shave in October 2022. "I more or less left the colour of my hair to my hairdressers," he laughs, "it really was great fun - plus I couldn't object once they were halfway through! Everyone in the salon had a hoot of a time seeing me get all dolled up!" His nails also get done for the occasion. What started out as a purple fingernail (to commemorate the purple fingernail that marks if a child has been vaccinated against Polio in many South Asian villages) swiftly evolved into a bright set of all different colours.

Once again, Maurice gives his manicurist free reign to decorate him in whatever way they want, "I probably wouldn't have it as an everyday look, but if they want to have some fun with me, I'm more than happy for it to be done!"

"I don't mind what they do, just as long as it encourages people to give! And ultimately, it's not about the shave, it's about what good we can do with the money we have raised." Through letters alone we have raised over £11,000," Maurice explains, "and then the Bill and Melinda Gates Foundation in the USA put £2 to every pound we raised for polio - it's incredible."

In total, for both Action for Children and End Polio Now, Maurice's most recent shave raised a staggering £26,000 - an incredible number, but one which pales in comparison to the astounding £80,000 Maurice's shaves have accumulated over

Maurice had a beard since 1980



the years. Good can - and will - be done with the money that comes from these shaves.

Just from the most recent event, over 6,000 children in places like Pakistan and Afghanistan will be able to receive a Polio Vaccine. Where 50 years ago, children were left incapacitated, restricted to iron lungs, malformed, and very often fatally ill, now, thanks to the charitable work of people like Maurice helping to raise funds for vaccines and other forms of protection, children are far less vulnerable, and far more likely to receive the aid they need and deserve.

Maurice also holds hope for the future. "I had said that this recent shave would be my last, but who knows! If I get to 90, and am in a fit state, I don't see how I could say no to doing it again! Knowing that so much good can be done, I'm quite prepared to go through the hair dying, nail painting, shaving and daftness again - it's just a case of if I am physically able to do so."

Maurice is testament to the idea that a seemingly small charitable act can have far-reaching positive effects. What might be seen as a simple shave leaves thousands far less vulnerable than they might have otherwise been, and the importance of that cannot be overstated. Whilst his shaves may only be every five years, Maurice is eager to emphasise that donations can still be made through contacting the Keighley Rotary Club. Every penny is a valuable tool to support the fight against diseases like Polio.

If you want to give, payments can be made through justgiving.com/fundraising/mauricebaren85headshave

The big shave





20 FREE (or very cheap)



winter activities to do with the kids

Christmas can be an expensive time for many, so here's 20 activities that will engage and entertain the kids while keeping the costs down.

1. LOOK AT CHRISTMAS LIGHTS

Take a walk around your local area and see which neighbours have gone all out with their festive fun. If you wait until the sun has set you can see the lights and decorations in all their glory.

2. MAKE A WINTER COLLAGE

Take a walk through the woods and get your kids to gather a collection of winter materials, from evergreen leaves, pinecones and twigs. Once home, let them arrange their collection on a piece of card, before sticking everything down with PVA glue.

3. TORCH-LIT WALK

With the evenings getting ever darker this time of year, it may feel too late once work and school are over to get out and about. But kids love getting out in the dark, on a mild night take a torch and head out, let the kids carry the torch and see what they can spot from owls to foxes.

4. LOCAL PARKS

Local parks are great places filled with activities for the kids. Wrap up warm and head outside for an hour or two. Let the kids play on the playground or take a ball and have a go at some family football.

5. VISIT MUSEUMS

If you live close to a city, they probably have a museum or artgallery worth visiting, most are completely free and is a brilliant, educational way to spend an afternoon.

6. LIBRARY

Libraries are free, warm and a great place to nurture a love of reading. Let your child pick out a few books and take a look yourself. Libraries can also run free events, especially over the holidays, take a look at the website or ask inside.

7. STARGAZE

This may seem more like a summer activity, but with the nights drawing in, children won't need to stay up past their bedtime to see the stars. If you'd like to learn the constellations, borrow a book from the library and see if you can spot them together.

8. PUT UP DECORATIONS

Get the kids involved putting up the decorations for Christmas. This fun family activity also saves you doing everything alone. From decorating the Christmas tree to making paper chains, there's lots kids can help with.

9. SEND OUT CHRISTMAS CARDS

Just like decorating, there's no need to do all the Christmas activities alone, if your child can write, get them involved. Relatives will love getting a Christmas message from your child and it saves you a job.



10. WRITE A LETTER TO SANTA

This one is a classic. It's that time of year when kids love adverts instead of hate them, and you can find them rifling through the Smyths Toys catalogue in search of the perfect Christmas gift from Father Christmas. To ensure the safe arrival of the toys, make sure children have written them down in a handy list, to make sure Santa knows exactly what they want.

11. MAKE CHRISTMAS DECORATIONS

As well as helping to decorate, kids can make the decorations themselves. A classic is a salt dough decoration. Roll the salt dough with a rolling pin and use biscuit cutters if you have them for the shape. Poke a hole near the top with a pencil so you can thread string to hang it, then place the dough in the oven. Once set you can decorate the dough with paints.

12. DECORATE ROCKS

Collect large pebbles and use paints to decorate them in colourful designs, from bees to hedgehogs. Once dry you can hide the pebbles for another family to find.

13. POTATO STAMPS

Another simple crafty activity, this involves using potatoes as stamps and is really useful for livening up traditional brown wrapping paper. Cut a potato in half and insert a shaped biscuit cutter, then use a knife to cut around the cutter. Hand the kids some paint and the potato stamp and let them stamp to their heart's content.



14. DENS

When it gets cold outside there's nothing better than making a den and snuggling up. Use blankets draped across furniture or, for a luxury den, try cardboard boxes. Hang string lights and add pillows and more blankets, then get cosy!

15. FAMILY MOVIE NIGHT

Now you've got your den ready, time for a family movie night, pop that popcorn and choose something on Netflix. The best options are something the whole family will enjoy, whether that's Elf or Home Alone.

16. DONATE OLD TOYS

With Christmas coming up, it's likely your child will end up with a deluge of toys from eager relatives. To ease the clutter, start now by helping your child donate unwanted toys to charity.

17. FAMILY DANCE PARTY

It can be easy to forget about keeping active when it's freezing outside and even the dog doesn't fancy a walk, but it's important to keep healthy throughout the Christmas season. For a fun burst of exercise, pop on the best in cheesy Christmas pop and have a family dance party. Points go to the best dancer.

18. INDOOR SNOWBALL FIGHT

Snow is not a certainty in the UK, so while activities like sledging may be off the cards, you can still have a snowball fight right inside your living room. Scrunch up used paper and divide between family members, then – it's on! Hide behind the couches and see who has the best aim.

19. DISCOVER CHRISTMAS AROUND THE WORLD

It's great for children to learn about other cultures, get on Google and discover Krampus, the evil Austrian version of St Nick who captures naughty children and whisks them away in his sack and learn about Japan's Christmas tradition of a KFC feast.



20. BAKE CHRISTMAS TREATS

Nothing gets people in the Christmas spirit more than a festive treat. Bake cookies or another sweet treat, perfect for sharing at home or for giving away as a lovely homemade gift. 🍪





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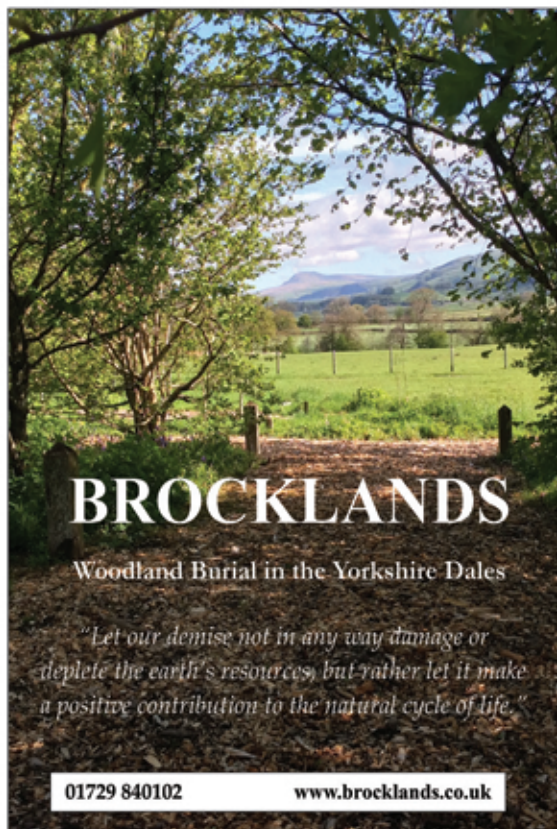


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Winter What's On Guide

NOVEMBER-FEBRUARY



DECEMBER

Thurs 1st

LE MISÉRABLES

Leeds Grand Theatre, 46 New Briggate, Leeds

This brilliant new staging has taken the world by storm and has been hailed as Les Mis for the 21st Century. Seen by over 120 million people worldwide in 52 countries and in 22 languages, Les Misérables is undisputedly one of the world's most popular musicals. 7.30pm. Wed, Thurs & Sat mat 2.30pm. £25-£79. 1-10th December. leedsheritagetheatres.com/ Fri 2nd

BRONTE TREASURES BY CANDLELIGHT

Bronte Parsonage Museum, Church Street, Haworth

An exclusive after-hours event to celebrate Christmas at the Parsonage. Join us for a glass of sherry, some Christmas cheer and the chance to see the Parsonage dressed for the Christmas season. £25. 7pm to 9pm. bronte.org.uk

Sat 3rd

SANTA'S GROTTO AT INGLESBOROUGH CAVE

Ingleborough Cave, Clapham, North Yorkshire

For our 2022 Santa's Grotto, the time you book is the time that you should arrive at our new ticket foyer at The Old Sawmill Café at the start of Ingleborough Estate Nature Trail. The Old Sawmill Café will be open all day for our Big Christmas BBQ! Booking essential for grotto. 3 December to 23 December. ingleboroughcave.co.uk/

FIRST CLASS SANTA SPECIALS

Embsay & Bolton Abbey Steam Railway, Bolton Abbey, Skipton
Celebrate Christmas in style this year, with First Class Santa Specials. This experience includes a full hour of Christmas entertainment on board a steam train! Every weekend from 26th Nov-11th Dec, then 17th-24th Dec. embsayboltonabbeyrailway.org.uk

Sun 4th

CHRISTMAS MAKERS FAIR 2022

Skipton Town Hall, High Street, Skipton

The market will take place in their

beautifully restored Concert Hall and will coincide with the annual Christmas Market taking place on the High Street and Artisan Market at the Canal Basin. Free entry. 10am-4pm. skiptontownhall.co.uk Mon 5th

WHITWORTH BRASS SEPTET

Leeds Cathedral, Great George St, Leeds

After the ensemble's first appearance last year, we're delighted to welcome back the Whitworth Brass Septet from the RNCM to join Darius Battiwalla for virtuoso brass music and some seasonal items including carols for all to sing along. Free. No booking required. 1:15pm-2:10pm. leedsconcertseason.co.uk/

Weds 7th

STICK MAN

Leeds Playhouse, Playhouse Square, Quarry Hill, Leeds

Touching, funny and utterly original, Freckle Productions' delightful adaptation of Julia Donaldson and Axel Scheffler's Stick Man. 10.30am, 1pm & 4pm. £14 -£21. 7 Dec-31 December. leedsplayhouse.org.uk



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Thurs 8th

ANYTHING FOR LOVE – The Meat Loaf Story

St. George's Hall, Bradford

The highly acclaimed Steve Steinman brings you his brand-new production featuring over 25 of Meat Loaf and Jim Steinman's greatest hits, £34.50. 7.30pm. bradford-theatres.co.uk/

Sun 11th

MUSIC AT THE MUSEUM

Cliffe Castle Museum, Spring Gardens Lane, Keighley

Join us inside the Bracewell Smith Hall and enjoy music from Two Rivers Concert Band. 2pm to 4pm. bradfordmuseums.org

Wed 14th

A CHRISTMAS CAROL – Craig Cowdroy

Skipton Little Theatre, Clifford Street, Skipton

Craig has always wanted to perform his own one man show and is proud to be bringing A Christmas Carol to Skipton. 7.30pm. Wed mat 2pm. £10, under 16s £5. 14-15 Dec. skiptonlittletheatre.org.uk

BACK CHAT BRASS

The Venue, Leeds Conservatoire, 3, Quarry Hill, Leeds

In this concert the band presents its signature take on all your favourite Christmas tunes, featuring a one-of-a-kind sound, musicianship, and simply electrifying showmanship. Free admission, no booking required. leedsconcertseason.co.uk/

Fri 16th

SNOW WHITE

The Mart Theatre, Gargrave Road, Skipton

'Magic Mirror on the wall, who's the fairest one of all?' Expect singing, expect dancing, and don't expect either to be any good! We'll throw in some really dodgy jokes and plenty of silly humour to suit adults and children alike. Fri 7.30pm, Sat & Sun 1pm & 5pm. Adult £8, child £6, family £25. 16-18 Dec. themarttheatre.org.uk

BRIGHOUSE & RASTRICK BAND CHRISTMAS CONCERT

St. George's Hall, Bradford

Join the world-famous Brighouse & Rastrick Band for a fantastic festive concert with all of the Christmas trimmings, yuletide greats and carols. £15 - £20. 7.30pm. bradford-theatres.co.uk

Sat 17th

THE CAROL TRAIN SERVICE

Keighley & Worth Valley Railway, The Railway Station, Station Road, Haworth

Take a journey through the Worth Valley, full of festive cheer and magical carols. The Hall Royd Brass Band will create the soundtrack, accompanying us on the journey throughout the evening. A Pie & Pea supper at Keighley Station will be served before an express service back to Oxenhope Station. Departs Oxenhope 7pm. £25. All day. kwvr.co.uk/

Sun 18th

RA/ID Escape Room Experience

Royal Armouries Museum, Armouries Drive, Leeds

Explore the Royal Armouries Museum in Leeds as never before and take part in an immersive game and escape room. To get the most out of the experience they recommend teams of 3 or 4 people. Children under 5 are not permitted to enter the escape room. Escape room tickets include entrance to the museum. See website for full list of prices. £8. 10.20am to 4.20pm. royalarmouries.org

THE SNOWMAN AND THE NUTCRACKER

St. George's Hall, Bridge Street, Bradford

A live orchestral soundtrack screening of the BAFTA award-winning classic The Snowman, including the unforgettable Walking in the Air. Opening the evening, the Sugar Plum Fairy, the Prince and the Mouse King are brought to life with music, pictures and storytelling in another seasonal favourite The Nutcracker. £16. 2.30pm. bradford-theatres.co.uk

Mon 19th

CHRISTMAS ART CLUB

Skipton Town Hall, High Street, Skipton

Join for a special Christmas Edition of Skipton Town Hall's Art Club. Art Club is aimed at young people aged 10-18yrs. There will be two sessions: 11am – 1pm, and then 2pm – 4pm £7.50. 11am to 4pm. skiptontownhall.co.uk

Tues 20th

THE NUTCRACKER – NORTHERN BALLET

Leeds Grand Theatre, 46 New Briggate, Leeds

Don't miss dazzling dancing snowflakes, the famous Sugar Plum Fairy and the notorious Mouse King in the ultimate festive entertainment. 2pm-7pm. £43 - £57. 20 Dec-3 Jan. leedsheritage theatres.com/

Fri 23rd

THE MUPPET CHRISTMAS CAROL: Sing-a-long

Skipton Town Hall, High Street, Skipton

The Muppets perform the classic Dickens holiday tale, with Kermit the Frog playing Bob Cratchit, the put-upon clerk of stingy Ebenezer Scrooge (Michael Caine). £7.50. 2pm. skiptontownhall.co.uk

Tues 27th

VIKING YULE

Royal Armouries Museum, Armouries Drive, Leeds

Come along to the Mead Hall to celebrate the midwinter festival of Yule. Viking combat demonstrations (of bitter, bloody battle) Viking songs and stories (of bitter, bloody battles), Viking axe-throwing practice (for taking part in bitter, bloody battles). This is a free event but please pre-book your tickets. 27-31 Dec. royalarmouries.org

JANUARY

Mon 2nd

DICK WHITTINGTON – The Rock 'n' Roll Panto

City Varieties Music Hall, 46 New Briggate, Leeds

Various times. £30 - £14. 25 Nov - 8 Jan. leedsheritage theatres.com/



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Tues 3rd

JACK AND THE BEANSTALK

The Alhambra Theatre, Morley Street, Bradford

Doomed to sell his trusty cow, Jack sets out on a quest to climb a beanstalk of gigantic proportions to cloudland in the spectacular family pantomime Jack and the Beanstalk. £17 - £43. 10 Dec-22 Jan. bradford-theatres.co.uk/

Sat 14th

STARGAZING BENEATH INGLEBOROUGH

Ingleborough Cave Clapham, North Yorkshire

Join Pete Collins from Diamond Skies for a guided tour of the Dales night sky, and experience the Ingleborough Estate Nature Trail as never before. The evening will commence in The Old Sawmill Café, at the entrance to the trail, with a talk by Pete. 14th Jan & 11th Feb. The event is suitable for children. £15. ingleboroughcave.co.uk/stargazing

Sun 15th

MUSIC AT THE MUSEUM – HATTRIX BIG BAND

Cliffe Castle Museum, Spring Gardens Lane, Keighley

A season of monthly Sunday afternoon concerts – from 2pm. Join them inside the Bracewell Smith Hall and enjoy music from local bands. Free. 2pm to 4pm. bradfordmuseums.org

Tues 17th

SKIPTON MUSIC PRESENTS: Bones Apart

Skipton Town Hall, High Street, Skipton

Wonder Women: Muses, Queens and Warriors. The quartet brings to life music by female composers and songwriters as well as exploring historical female trailblazers from Boudicca to Cleopatra to Calamity Jane! £25 under 30yrs £10, under 19yrs £2. 7.30pm. skiptontownhall.co.uk

Mon 23rd

THE LADY IN THE VAN

Keighley Playhouse, Devonshire Street, Keighley

Comedy drama by Alan Bennett. The Lady in the Van tells the story of

Miss Mary Shepherd, whom Alan Bennett first came across when she was living in the street near his home in Camden Town. 23 January 2023 to 28 January 2023. keighleyplayhouse.co.uk

Wed 25th

RAMBERT – Peaky Blinders

The Alhambra Theatre, Morley Street, Bradford

The performance features dazzling, athletic dance and stunning dramatization, with an iconic eclectic Peaky soundtrack, and a live on-stage band. 7.30pm. Sat mat 2.30pm. £24 - £44. 25-28 Jan. bradford-theatres.co.uk

Sat 28th

CLASH OF STEEL

Royal Armouries Museum, Armouries Drive, Leeds

An action-packed weekend of sword-fighting demonstrations, handling sessions and in-depth presentations. Sessions include: The Medieval Sword Master, Two-handed Sword Combat, Battō-jutsu Demonstration, Swords of Ancient China, Romans: Swords of the Empire (Sat only), Elizabethan Swashbuckler (Sun only). This is a free event but please pre-book tickets to guarantee your visit. Free. 10am to 5pm. royalarmouries.org

FEBRUARY

Thurs 2nd

COME WHAT MAY

St. George's Hall, Bradford

Come What May is an all-singing, all-dancing extravaganza as you enter the secret world of one of the greatest movie-musicals of all time. Featuring Strictly Come Dancing's sensational Robin Windsor and a cast of top West End performers. £31.50. 7.30pm. bradford-theatres.co.uk/

Tues 7th

THE BODYGUARD – The Musical

The Alhambra Theatre, Morley Street, Bradford

A 'brilliant' (The Times), breathtakingly romantic thriller, The Bodyguard features a whole host of irresistible classics. 7.30pm, Wed mat 2pm, Sat mat 2.30pm. £25 - £55. 7-11 Feb. bradford-theatres.co.uk/

Tues 14th

THE BEST EXOTIC MARIGOLD HOTEL

Leeds Playhouse, Playhouse Square, Quarry Hill, Leeds

The Best Exotic Marigold Hotel takes us on a journey to India with an eclectic group of British retirees as they embark on a new life. 7.30pm. Sat mat 2pm. £14 - £32. 14-18 Feb. leedsplayhouse.org.uk/

Weds 15th

QUEEN EXTRAVAGANZA

St. George's Hall, Bradford

Queen Extravaganza, the official Queen tribute band produced by Roger Taylor and Brian May. £20.50 - £48.50. 7.30 pm. bradford-theatres.co.uk

Thurs 16th

LUCY PORTER – Wake-Up Call

King's Hall, Station Road, Ilkley

A brand new stand-up show from the TV and radio favourite. As heard on Radio 4's The News Quiz and The Now Show and seen on Would I Lie to You, QI and Live at the Apollo. 8pm. bradford-theatres.co.uk/

Tues 21st

SKIPTON MUSIC PRESENTS:


Bloomsbury Quartet

Skipton Town Hall, High Street, Skipton

Here the group presents a unique 'concert experience' that combines performance 'in the round' with a multimedia exhibition on the life and works of one of the finest composers the British Isles have ever produced: Dame Elizabeth Violet Maconchy LeFanu (1907-1994). £25, under 30yrs £10, under 19yrs £2. 7.30pm. skiptontownhall.co.uk

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1. Which Monarch ordered the Dissolution of Bolton Abbey in 1539-40?
2. In Old English, what did 'Skipton' mean?
3. In the English Civil War, Skipton Castle was the only Royalist stronghold in the north of England. True or False?
4. Craven-born Lord Mayor of London Sir William Craven (1548-1618) is said to have given inspiration to the story of which famous panto hero?
5. The constituency of Skipton & Ripon has, since 1983, been considered one of the safest seats in the UK for which political party?
6. In 2005, it was found that Craven has the least proportion of land taken up by roads in any English district. True or False?
7. The highest of the Yorkshire Three Peaks is Wharfedale, but how many metres high is it? Is it 636m, 736m, or 836m?
8. What kind of animal was the famous Craven Heifer, to this day the largest of its kind to be bred and shown in England?
9. Charles Wilson was born in Skipton in 1882. Which iconic British figure was he the personal physician to during the Second World War?
10. How many different courses does Craven College offer? Is it 31, 41, or 51?
11. The former police station in Keighley is now what?
12. Which Harry Potter film sees Harry and Hermione, hiding from Voldemort and his Death Eaters, set up camp at Malham Cove?
13. The Yorkshire Dales National Park takes up most of the district of Craven, but how many square miles in total is it? Is it 441, 841, or 1241?
14. The Norber Erratics are a famous rocky landmark near Ingleborough, but what actually are glacial erratics?
15. The Craven Museum & Gallery in Skipton is home to a copy of what incredibly important piece of British literature?
16. Botanist and zoologist Thomas Nuttall (1786-1859) was born in which Craven village?
17. Which (blurry) Craven landmark features on the cover of The Cure's 1981 Album 'Faith'?
18. The Trow Ghyll skeleton, claimed to be the human remains of a Nazi spy, was discovered in 1947 in which Craven town?
19. The Gaping Gill, a natural cave on the southern slopes of Ingleborough, is the deepest known shaft in Britain. True or False?
20. In what year did the Royalists at Skipton Castle surrender to Oliver Cromwell after a 3-year siege in the English Civil War? Was it 1642, 1645, or 1648?
21. There was a Roman Villa near modern-day Gargrave. True or False?
22. The Stepping Stones are an iconic feature of Bolton Abbey, but how many are there? Is it 120, 90 or 60?
23. How many teams are partaking in the 2022 season of the Craven and District Cricket League? Is it 24, 34, 44, or 54?
24. In 1086 a Domesday book spelt what town, Chichleau?
25. What year was the modern local government district of Craven defined? 🗳️





ARCHIE
Jonny Bradley



MISS SCRUFFY
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