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Craven & Valley Life

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CROSS
BUNS**
3 ways

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ON**
GUIDE

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EDITOR'S LETTER

Spring is here - and the air is filled with optimism once again...

In our latest issue Adam Jacot de Boinod discovers the new words that 2022 provided us with. From fexting to disco nanny, this year's vibe-shift has provided us with a bounty of neologisms to discover!

Looking to the future, Coach Lindsay discusses how fresh air and longer hours of daylight can invite greater simplicity, love, and compassion into our lives.

Animal portrait artist Megan Elizabeth shares a few of her favourite paintings, including one, which she gifted to the Yorkshire Shepherdess, Amanda Owen. This Easter you may well be off to the Yorkshire coast for some seaside fun, but watch out for Yorkshire's 'Nessie.' Author Paul Weatherhead shares the story of 'Slippery Sam', spotted just off the coast...

For a spectacular end to Sunday lunch, we have a twist on the classic hot cross bun, with a tear and share bake or a chocolate indulgence.

Local author Alan McEwen shares an extract from his latest book 'Dandelion Scavenger', which offers an insight into northerners who can make 'owt out of nowt! These creative types build their homes and businesses out of what some would consider trash (another man's treasure and all that!).

As always, we have our Yorkshire quiz (perfect for spotting the offcundens among us) and our What's On Guide with plenty of local events that will certainly keep you busy.

Cover image: **Floral Bedroom HomeSense**

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REAL ANIMALS, REAL ART

Craven&ValleyLife TALKS TO **MEGAN ELIZABETH** ABOUT HER LOVE OF DRAWING PEOPLE'S PETS AND OTHER ANIMALS

BY JIM COULSON

Holmfirth-based pet portrait specialist Megan Elizabeth might not need any more publicity. Her work was endorsed over the festive period by none other than northern royalty Amanda Owen, otherwise known as The Yorkshire Shepherdess of Our Yorkshire Farm fame. And that is about as high as praise can get!

If you live in the White Rose County and you are looking for an expert on animals to pass judgement on the artwork you create, then Megan clearly went straight to the top and received the backing that she wanted and thoroughly deserves.

Because drawing animals is a passion that dates back to Megan's childhood. Although it wasn't all plain sailing to arrive at her current career.

"I used to draw all the time as a kid. I don't know if you remember the little blue tool caddies that you used to get from the Pound Shop," she says, "I had one of them full of crayons and it used to go everywhere with me. It was like an ongoing joke



that I never went anywhere without it. And then I continued with it [art] through school and college."

However, she found herself stifled as an artist at college and gave up for a time. "You had to do things a certain way and fit certain briefs. You couldn't just do what you wanted. I remember being told that drawing pretty pictures of animals isn't real art. Bear in mind that I grew up near Matlock in Derbyshire, where Pollyanna Pickering is from."

Pickering, by the way, was one of Europe's foremost wildlife artists and held the honour of being the most published artist in the UK. Surely no tutor would dare suggest that she was 'not a proper artist.'

However, the words stung Megan and she left the art behind for a number of years other than occasionally picking up her implements to create gifts for friends. It wasn't until 2019, when someone she knew started making art tutorials on Facebook that Megan was tempted to throw herself back into it.





“I’d got some Hobbycraft vouchers for my birthday,” she recalls, “so I tootled off to Hobbycraft and bought a set of 24 polychromos pencils which are the ones I use and which I thought were ludicrously expensive at the time. Before I realised how expensive art pencils are!”

She soaked up online tutorials and found herself back in the artistic routine. Friends and family approached her to produce artistic representations of their pets “then their friends would see it and ask ‘do you want to do one for me’ and, before I knew it, it turned into a little business.”

This coincided with the beginning of the Covid-19 pandemic in early 2020, when Megan’s main income had been coming from her employment as a horse riding instructor. With the costs of maintaining the horses remaining the same, but without being able to run lessons, the business at which she worked had to make cutbacks and let her go.

At a loss for what to do next and facing the grim prospect of job hunting just as everything else was shutting down, Megan’s fiancé Scott told her “you said you wanted to do something with your art. Well, now here’s your chance.” Spurred on by his support, Megan did just that. “And I haven’t looked back since!” she laughs, “I love it!”

Megan really has found her vocation and you can hear the joy in her voice as she discusses her work. “I’m so lucky that I get to spend seven or eight >

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**“THIS IS EXACTLY
THE WAY
SHE COCKED
HER LUGS
AND LOOKED
FORWARD WHEN
SHE SAW SHEEP”**

*Amanda Owen
The Yorkshire Shepherdess*



*Megan's portrait of Kate,
Amanda Owen's sheepdog*

hours a day, seven days a week, sitting here doing something I really enjoy,” she says.

Pet portraits remain her passion, as they were when she started out as a child with that tool caddy full of crayons. And she loves creating artwork that honours people’s beloved animals forever.

“About half of the portraits that I do are pets that have passed away,” she says. “It’s really lovely speaking to the owners and getting a feel for the pet, learning about their personality and trying to capture that.”

“I do wildlife as well, I do a few jobs for charity that tend to be wildlife, but the vast majority of what I do is commissioned pet portraits.”

When she takes on these portraits, there is a certain amount of pressure on the artist. Not only to achieve a likeness in a visual sense, but also to capture their personality too. “It can feel high pressure and I often will spend so many hours on a piece and think ‘this isn’t working’ and I’ll have to restart it,” Megan admits. “It is so important to get the personality as well. I ask for lots of photos of the pets, I’ll ask people to tell me about them and their quirky habits, I often go and meet them as well.”

However, not all of these visits are successful. “I went to visit one dog who loved jammy dodgers,” recalls Megan, “so I took some jammy dodgers, but they were the wrong brand so she wouldn’t eat them!”

But there were no such issues when it came to the portrait she painted for Amanda Owen. “I’m a big fan of Our Yorkshire Farm,” says Megan, “and a couple of years ago, I saw that Bill, who was her 15-year-old sheepdog, had passed away. I thought it was really sad, there’s a different bond with a working dog as a colleague as well as a friend.

I did a portrait over a couple of evenings and sent it off to her and she got in touch and was really



*Amanda Owen
with Bill*

thankful about it. And then just before Christmas I saw that Kate, who was Amanda’s own dog had also passed. Again, it’s heartbreaking and you could tell that she really meant a lot to Amanda.

I thought I’d do another little portrait and sent it over to her. She messaged me privately on Twitter to say thank you and then posted it online with a really nice message.”

That public message, from the Yorkshire Shepherdess herself, read “Not only have I got great memories of Kate but now have a portrait of her by the super talented @MeganArtUK. She’s captured every detail about her perfectly. This is exactly the way she cocked her lugs & looked forward when she saw sheep. Thank you #talented.”

The plan for Megan now is to run tutorials and build up her gallery portfolio until she has enough material to open a gallery in Holmfirth. She has already been exhibited in London on two occasions, which she regards as a real honour. Her work has been shown twice at the Sketch for Survival exhibition, which raises funds for conservation by the charity Explorers against Extinction. 🐾

*You can find out more about Megan’s work at -
megan-art.com.*

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FOOD & DRINK

HOT CROSS BUNS EASTER DELIGHTS



Break out the BIG BUNS

Mix it up with these delicious takes on a Good Friday favourite. From a luxurious Easter alternative to bread-and-butter pudding to two stunning centrepieces that will mean pudding is all bun and dusted. >

Tear and Share Hot Cross Buns

A delectable pudding perfect for sharing with guests.



Serves 11 **Preparation time** 1-2 hours to rise **Cooking time** 20 mins

INGREDIENTS

225ml milk
500g strong white flour
65g caster sugar
7g fast action yeast
1/2 tsp salt
1 tsp cinnamon
1/2 tsp ginger
1/2 tsp nutmeg
zest of 1 orange
50g butter (cold)
200g sultanas
2 medium eggs

TOPPING

50g flour
50ml water
marmalade (to glaze)

METHOD

- 1 Warm your milk in a pan until warm.
- 2 In a bowl, combine the flour, caster sugar, cinnamon, ginger, nutmeg, yeast, caster salt and orange zest.
- 3 Add the butter and use your fingers to combine the mixture.
- 4 Next add the milk, eggs and sultanas and mix it together well.
- 5 Transfer the dough out onto a lightly floured surface.
- 6 Knead for 5-10 minutes until the mixture is smooth, elastic and springy to touch.
- 7 Transfer to a clean bowl which is lightly oiled, cover the bowl with clingfilm and leave to rise until it has doubled in size (1-2 hours)
- 8 Once risen, remove from the bowl and knead lightly on a floured surface to knock the air out.
- 9 Split the dough evenly into 11 balls (approx 100g per ball.)
- 10 Lightly grease a cast iron sauté pan and gently place the balls in leaving a small gap between each.
- 11 Cover with lightly oiled cling film, and leave to rise (45-60 minutes) while your oven pre heats at 180°C.
- 12 Meanwhile whisk the flour and water together, and carefully pipe the crosses on top of the buns.
- 13 Bake in the oven for 20 minutes.
- 14 Take out of the oven and brush lightly with marmalade and leave to cool fully - enjoy!

Serves 8 Preparation time 15 mins Cooking time 45 mins

INGREDIENTS

6 hot cross buns
120g butter, softened
1 large pear, cored,
peeled and thinly sliced
lengthways
1 jar Opies black cherries
with kirsch
1 jar Opies stem ginger
in syrup
6 eggs
200ml milk
300ml double cream
75g caster sugar
110g brown sugar

METHOD

1 Preheat oven to 180°C / 160°C fan / gas 4. Grease a round 25cm ovenproof baking dish. Stand each hot cross bun on its side and using a sharp knife slice into 1cm thick slices before spreading one side of each slice with 50g of the butter. Arrange some of the slices around the edge of the baking dish so that they overlap slightly.
2 Next add a layer of pear slices around the buns, overlapping slightly. Continue layering the bun slices and pear around the dish until you finish in the centre. Drain the cherries and scatter half the jar evenly over the buns, using your fingers to push them in between the layers.
3 Beat the eggs, milk, cream and caster sugar in a large bowl then pour evenly over the bun

slices and leave to absorb for 15 minutes.

4 Place the dish in a large roasting pan. Pour enough boiling water into the pan to come halfway up the side of the dish. Bake in the oven for 40-45 minutes or until egg mixture is just set. Set aside for 5 minutes to cool.

5 Meanwhile, empty half a jar of stem ginger and its syrup into a blender and blitz until smooth. Pour into a pan over a high heat and bring to the boil until thickened before adding the remaining butter and stirring until melted. Pour syrup over the bun slices then leave for a further 5-10 minutes before serving.

TIP Use a mandolin to achieve enviably thin slices of pear for your rosette layering. ▶

Hot Cross Bun Rosette with Ginger Glaze

An Easter centrepiece - that's simply stunning and a clever way to use up leftovers.





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Hot Cross Bun and Chocolate Butter Pudding

Mix up your traditional Easter feast with this delicious take on bread and butter pudding - extra servings of mini eggs are essential!



Serves 4 Preparation time *20 mins* Cooking time *1 hour*

INGREDIENTS

4 hot cross buns
2 large eggs
200ml full fat milk
25g caster sugar
25g butter (add a little extra for greasing the dish)
100ml double cream
1 tsp grated nutmeg
6-8 hollow mini chocolate eggs (this allows the chocolate to ooze into the dish)
1 tbsp caster or icing sugar for dusting
1 tsp vanilla essence

METHOD

1 Preheat oven to 180°/160° fan.
2 Slice the buns, lightly butter and sandwich back together.
3 Slice each bun into 3 pieces, keeping them uniform (formed back with crosses on top).
4 Grease a baking dish (9 inches x 6 inches approx) and carefully place the buns in neatly. Be sure to leave a small space between each bun.
5 Place a chocolate egg into every other slice inside the bun and sandwich back together.
6 Using the Dualit Hand Mixer, make the custard by mixing together the eggs, sugar and vanilla essence. Whisk until pale. Then add the milk and cream, continuing to whisk for a minute to combine.
7 Pour half the custard over and between the buns, allowing the liquid to settle for a minute or two before adding the rest over the top. This allows the custard to soak into the buns.
8 Combine the nutmeg and sugar and sprinkle over the top.

9 Place in the oven on the middle shelf and bake for 50-60 minutes.

10 The pudding will rise and puff out whilst baking, check halfway to ensure the top is not burning. If you find it's a little too brown at this stage, loosely place a piece of foil over the top until the last 10 minutes, then remove and continue baking.

11 Place a skewer into the pudding to check the custard has set; the inside should be soft and will wobble, if it is runny or loose it needs to cook for slightly longer.

12 The pudding will deflate when you remove it from the oven. Allow to cool a little before serving as the middle can be very hot.

13 Dust with a little caster or icing sugar before serving.

Top Tips:

Cut into squares or slices and serve with a dollop of cream, vanilla ice cream or custard. We have used hollow eggs, but cream eggs also work well. Mint chocolate or chocolate spread is especially nice too.



9.6

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YORKSHIRE'S 'NESSIE' - Slippery Sam

BY PAUL WEATHERHEAD

During the 1930s Britain's north coast was regularly visited by a mysterious sea monster. At least, this is what many witnesses attested at the time, including a former lord mayor and two well-known Labour politicians. The press loved this recurring silly season story and the creature was dubbed The Humber Monster and the Withersea Visitor by various newspapers, though the folk of the Yorkshire coast also called him Slippery Sam, perhaps because of the large variations in eyewitness descriptions of the beast.^[i]

Humps

In early January 1934 reports emerged of something strange off the coast of Filey, North Yorkshire – a sea monster. One witness described what he saw from Filey Brigg: 'a huge body with numerous humps and a small head'. A search was made of the bay, though nothing was found.

However, further north in Gristhorpe Bay, the monster was seen again 200 yards from the shore. It must have caused a lot of excitement as a line of humps appeared in to be a false alarm – the row of humps suddenly separated and turned out to be some porpoises swimming in a line.^[ii]

**“It had a head like a horse
or hippopotamus, big eyes
and a broad snout”**

Head Like a Horse

The reports by fishermen of a strange creature off the coast of Yorkshire near Redcar and the Humber mouth continued into February, 1934, according to press reports. The Leeds Mercury, for example, claimed that the Yorkshire Monster resembled that of Loch Ness for fearsomeness. It had 'a head like a horse, with big eyes and a broad snout'.^[iii]

Two witnesses were fishermen Jack Thompson and his brother Jim, who were out in a little rowing >



boat about a mile east of Redcar. Checking their nets as day broke, they were stunned to see a huge creature in the sea. This is how Jim described the monster:

'It had a head like a horse or hippopotamus, big eyes and a broad snout. We watched it for about a quarter of an hour. It approached the boat but when it got near it plunged under the water and we saw it no more.'[iv] In all their fifty years of fishing they had never seen anything like this creature.

Further down the coast, a fisherman in a boat near Cleethorpes was examining the fishing lines when he shocked his shipmates by shouting in fear and falling back into them. He could only point in speechless horror to what he had seen in the water. His mates rushed to the side to see the water swirling and a huge black shape that vanished into the depths.[v]

The monster seems to have taken a break in 1935, but would back with a splash the following year...

The Mayor Meets the Monster

In early August 1936 the monster was seen by three prominent political bigwigs. Herbert Witard, former lord mayor of Norwich, was with Charles Ammon (Labour Member of Parliament for Camberwell North) and his wife and children and Archibald Gosling, a former Labour MP at Eccles on the Norfolk coast. This is how Witard described what he saw in the sea on that day:

'The creature looks like a huge snake. It was at least a mile out to sea and swimming parallel with the coast. Its speed was terrific. From 90 to 100 miles per hour would not be an exaggerated estimate. It disappeared very quickly on the skyline in the direction of Happisburgh.'[vi]

Charles Ammon, MP, added that the creature

was 'about 40 feet long and different parts of the body rose in and out of the water with the movement of an eel.'[vii]

Witard dismissed the idea that they were mistaken and had misinterpreted a line of porpoises: 'The suggestion that we mistook a shoal of porpoise for a serpent is ridiculous. I am an old sailor and I know something about the habits of porpoise.'[viii]

Slippery Sam

Sightings of a monster off the Yorkshire coast continued in the first few weeks of August, 1936. Mr J. Barkley, owner of the Cliff Café at Sewerby was an official coast watcher for the Board of Trade. He told the Leeds Mercury that he had watched the creature through a telescope from the top of Sewerby cliffs for twenty minutes: 'After lying on top of the water it would rush and dive as though feeding on something below.' He described it as being between fourteen and twenty feet long and looking like a huge black fish.

As sightings continued, thousands of visitors flocked to the coastal towns of Yorkshire in the hope of catching a glimpse of the monster, and many did.

Among the thousands of monster hunters scouring the Yorkshire coast, the creature had been the name Slippery Sam.[ix] This name reflects the fact that the witness descriptions of him are very varied – like a huge fish, like a serpent, like a horse, like a hippopotamus....

And the fact that descriptions were so varied leads to the obvious question: were people witnessing the same thing?

"After lying on top of the water it would rush and dive as though feeding on something below."





“The creature was about 40 feet long and different parts of the body rose in and out of the water with the movement of an eel.”

Cleethorpes Catches the Monster!

A number of explanations were offered in the press for the monster sightings. Some suggested porpoises swimming in a line would give the impression of humps near the surface.[x] Although former Lord Mayor Witard dismissed this explanation, looking at his sketch, it could plausibly be seen as the backs of a line of porpoises. Others suggested it might be a shark.[xi] Another explanation offered was that witnesses had actually seen a flock of birds flying close to the surface of the sea, looking at a distance like a long undulating creature. Seals were another explanation, though these would be rather too slow to explain most sightings of our speedy monster.[xii] However, the claims that the creature could swim at a hundred miles per hour must surely be an exaggeration!

The differing descriptions and different locations suggest that witnesses had seen or misinterpreted a number of different creatures for the monster, but perhaps the most likely explanation for a majority of the sightings was a whale.

In mid-August 1936 a party of campers saw what they thought was an upturned canoe on the beach near Cleethorpes. On closer investigation, it

turned out to be a stranded whale. The Hull Daily Mail crowed that ‘Loch Ness and other resorts may claim to see monsters, but Cleethorpes catches them!’[xiii]

In any case, the nature of human perception means that if we look hard enough, we will see monsters, whether they are there or not. 🐉

[i] *Sunderland Echo*, 13 August 1936

[ii] *Dundee Evening Telegraph*, 3 January 1934

[iii] *Leeds Mercury*, 5 February 1934

[iv] *Ibid*

[v] *Ibid*

[vi] *News Chronicle*, 8 August 1936

[vii] *Ibid*

[viii] *Portsmouth Evening News*, 8 August 1936

[ix] *Ibid*

[x] *Leeds Mercury*, 13 August 1936

[xi] *Sunderland Echo*, 13 August 1936

[xii] *Leeds Mercury*, 13 August 1936

[xiii] *Hull Daily Mail* 19 August 1936

Read more strange tales at paulweatherhead.com and discover strange and horrible local history in Paul's book *Weird Calderdale*. Available on amazon.co.uk for £9.99.



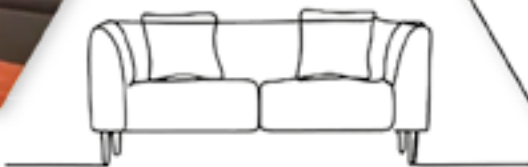
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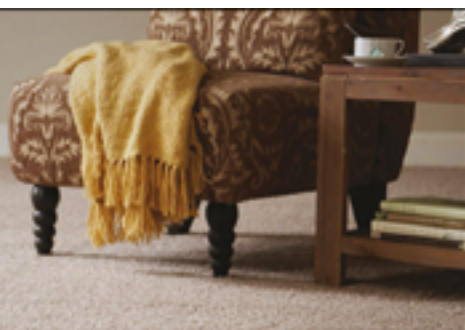
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World From Rough Stones

AUTHOR AND SELF-CONFESSED MASONRY MAGPIE
ALAN McEWEN EXPLORES THE WORLD OF SALVAGE
 AND THE FACINATING CHARACTERS IT ATTRACTS

Alan McEwen built his home - World from Rough Stones House - nestled among the encircling Pennines, from reclaimed York stone, Welsh slate and flagstones sourced from a Blackburn cotton mill.

For years, he had been hauling heaps of random stone, flags and timber from demolition sites ranging from all over Yorkshire and Lancashire. The construction of the Cowling home took six years, as he painstakingly incorporated details to make the house feel historical and exude character.

Alan never cared much for the modern world and, not content with just a house built from scavenged goods, he decided to set up a salvage company to find and sell unique treasures from demolition sites across the UK. Together with his late wife Christine, he founded the salvaging company Dandelion in early 2008. Dandelion sells Alan's collection of stone troughs and antique stone curiosities.

It was through hunting down these old curiosities that Alan came across the scavengers of the North, from the master salvager of Kittlingbourne Brow to master stone carver of the Dales. Northern Life follows Alan as he sets out to explore the salvagers that make their homes, lives and hobbies from the things many of us may chuck away. >



Alan McEwen with the charismatic Dragon Stone Arch



Eddie's house



Eddie Whiteside

First, we meet with Lancashire's master salvager, Eddie Whiteside. Like Alan, Eddie has built his own house from the things he has salvaged, from Welsh slate to a wrought iron fence. Alan has known Eddie for over 30 years and describes him as having "three large golden earrings dangling from an extended earlobe, with a purple-hued greying beard bobbing up and down."

A journey up to Kittlingbourne Brow, you can't help but be amazed by the spectacle of the recycled church steeple rising up from the house's roof.

Eddie's unique collection doesn't just end at his house, spanning his two-acre site, his eclectic mix of other people's junk is crammed into sheds, old lorries and caravans.

"Eddie is extremely passionate in regard to saving and renovating all sorts of artefacts once manufactured by British craftsmen in a bygone world," Alan writes.

For central heating, Eddie has a six-foot tall cylindrical air-compressor receiver of ancient origin, mounted on an iron box with acts as an ash-pit. Presumably he's attempting to reduce his gas bill!

It's not just salvaged items that Eddie boasts, also on his land is a large fishpond that he hand dug out of heavy clays.

Eddie has made a career out of engineering from working as part of the maintenance team for Blackpool Tower, he soon got used to climbing the 518 feet, Victorian-built tower which does explain the 40 foot tower on his own roof.

Steve 'Stego' Parker

Next up is Steve 'Stego' Parker known for his creative metal salvage. His workshop is tucked away in the hamlet of Mickley, around five miles from Ripon.

Steve emerged from studying design at York and Newcastle Colleges eager to create awe-inspiring structures but unfortunately didn't have a workshop or tools.

It was a dose of good fortune when Stego met local farmer Graham Clarke who was amassing a huge collection of old plough components which he had hopes of turning into a large mythical flying creature, (probably with the hope of scaring off any wandering Lancastrians from his Yorkshire farm!)

Stego was commissioned to create the unique scarecrow, subsequently called 'The Beast of the North.'

People flocked to see the unique creation and soon Stego was commissioned to create another, a two-metre-long bottlenose dolphin. From these commissions, he went on to create dozens of other creatures, using scraps from agricultural yards.

"I enjoy salvaging materials with a previous life – I love the idea of building something so that people can recognise component parts. It is great when I see admirers of my scrap metal creations, upon studying the work, suddenly grin as the penny drops, upon recognising the bits and pieces such as a bit off a plough or a combine," Stego tells Alan.



'Stego's' full-size scrap metal horse



Chris working on a millstone

Chris Swales

Next, we're off up to the Dales to find out more about Chris Swales of Swales in the Dales. If you're an avid reader of Craven & Valley Life you may already be familiar with Chris as the stonemason who engraved the Captain Tom memorial in Keighley. Captain Tom's famous saying - 'tomorrow will be a good day' was memorialised by Chris in the engraving that now sits in the Captain Tom Memorial Woodland.

A highly acclaimed stone mason and carver, Chris is also tremendously interested in salvaging antique stone.

"Ever since being a young boy, I had enjoyed walking around Skipton and viewing the wonderful stone buildings. This is where my passion for Yorkshire stone came from," Chris explains.

Alan worked with Chris on a project for a traditional designed millstone. This is now on display at an ancient windmill for the public to admire.

Alan and Chris



Will sat on a hand carved walnut dragon's head chair

Will Mowbray

Finally, we're off down to Shaw, in Oldham. Will Mowbray may not fit the traditional image of a scavenger, clean cut and business-like, Will was the kid at school with his parka filled with sweets, coke cans and anything else that would sell to his friends, from Pokémon cards to BB guns.

Throughout his teenage years, Will spent lots of time with his father, David, who was a stonemason, leading to an interest in the cotton mills dotted across Shaw.

Ever the businessman, he started attending farm auctions and selling his finds; reclaimed stone and other architectural salvage on eBay and Facebook market place whilst still assisting his dad with stonemasonry. In his early twenties Will founded his company WillMow Reclamation & Salvage Ltd in 2017 and it has quickly become one of the leading salvage companies in the North West. Not bad for a lad still in his twenties!



Read more stories of salvaging and salvagers in

Alan McEwen's The Dandelion Salvager.

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lead to more happy customers is true and we work hard to make that happen for every installation we carry out!"

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Grow Your Own Tommies

Poor weather overseas and soaring energy costs at home have been named as the cause of the current tomato shortage currently sweeping the nation's supermarkets.

With shoppers unable to purchase their favourite produce, some may be considering how they can grow their own at home.

Follow my top tips below for how to grow your own delicious and healthy tomatoes at home...

Choose the right tomato variety

Before you can begin to prep for growing tomatoes, you first must establish which tomato variety you want to grow.

'Gardener's Delight' for example is one of the most popular varieties to grow thanks to its reliable properties and sweet, bite-sized cherry tomato fruits.

Prepare the soil

Tomatoes favour well-draining soil. So, work in rich in organic matter compost, aged manure, or other organic material into the soil to improve its fertility and drainage.

Start from seed

The cheapest and most efficient way to grow tomatoes is growing from seed. Right now – from late February to early April – is the prime time to begin sowing tomato seeds.

Tomato seeds need warmth to germinate and take on average between seven to 14 days to germinate. So, either leave them on a warm windowsill indoors or make the most of a greenhouse.

Once germinated, the tomato seedlings can be transplanted into pots. Harvest times will depend on the variety of tomato plants and their level of care.

Provide support

As your tomato plant grows, its fruits naturally become heavier.

While this is a sign of a healthy harvest, the increased load can weigh down stems and put tomato fruits dangerously close to the ground, attracting pests such as slugs and increasing the chance of picking up soil-borne diseases.

Stakes, cages, and trellises can all be used to keep the plant upright and support the fruit.

Water regularly

Tomatoes require consistent watering – about an inch of water per week – and will need even more if they're being grown in a pot.

However, be wary of over-watering your tomatoes. Too much water can lead to root rot while irregular watering and fluctuating moisture levels can damage the tomato fruit, affecting the taste.

Fertilise appropriately

Fertilising can be a great way to boost plant growth and ensure a high yield come harvest.

Use a fertiliser specifically formulated for tomatoes and feed once a fortnight once the first flowers begin to show, increasing water and feed as the tomato fruit increase in size. 🍅

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Q What country is Rome the capital city of?

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Q In which Lancashire town is Panache Cruises based?



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OUT WITH THE OLD, IN WITH THE NEW



BY SOPHIA SMITH

In our autumn edition, **Craven&ValleyLife** writer Sophia Smith shared her story of living with the BRCA gene that increased her risk of breast cancer and resulted in her decision to undergo a preventative double mastectomy at the age of 22. Two months after her operation, Sophia shares the story of her surgery...



What a success – I am now the proud owner of two new life saving boobs. I wish I could tell pre-surgery Sophia that everything would be completely fine, the sleepless nights and fretting before the operation started to take its toll. Ten weeks on, I can tell you that it was more than okay. I might have lost my old breasts (and my sanity for a little while!) but I gained a new refreshed positive outlook on life.

The morning of the surgery, I was still trying to pretend it wasn't happening. As I put on my surgery gown, and not so attractive surgery socks, I remember catching a glimpse of myself in the mirror, pale as a ghost and sick with nerves, and realising this is the last time I would see my old boobs! The remarkable breast surgeons Liz Baker and Claire Murphy marked up my breasts with dozens of lines, they were extremely reassuring before the surgery and I could not have asked for a better team or hospital to have experienced this with.

As I walked into the surgery room the anaesthetist was waiting for me, the room was extremely big with an operating table in the centre of it. I climbed onto the operating table still wearing my cros, the team started laughing and pulled my shoes off, it was time for my anaesthetic. Expecting them to make me countdown from 10, I had been yapping on about my upcoming travels to Australia before coming down to theatre, the anaesthetist just said in a soothing voice, 'pretend you're at an Australian beach! You can hear the waves, it's so calm right now' and within ten seconds, lights out!

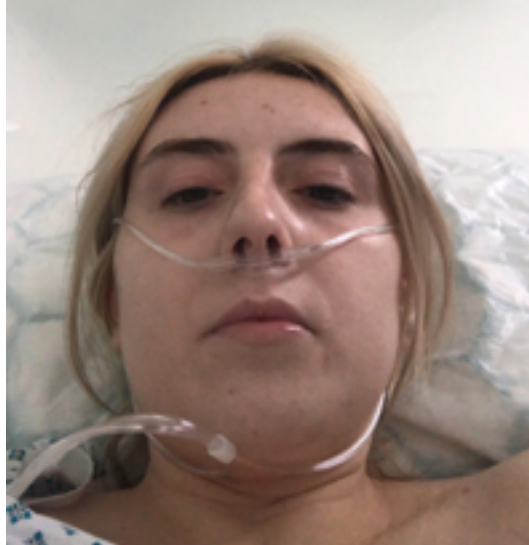
Are they okay? Do I have boobs? Is this real?

I got wheeled into a new ward when I had come round properly, the morphine and fentanyl made me dizzy and I just remember being awakened by a woman talking loudly on the ward about how excited she was to buy a Christmas jumper this year. This was September?!

I was in a confused state of mind, and I was desperate to have a look at the outcome of the surgery, but I couldn't even lift my arms up, or string a proper sentence together, never mind stand up. I had two chest drains on each side of me to drain off the excess fluid my body was creating as a result of the operation, and I was wearing two snazzy shoulder bags to carry them around in. These were sent to me by a new friend - Dawn, who I had met in a group for people who shared the same BRCA gene through Facebook, she had also had a double mastectomy with reconstruction the previous year and helped me tremendously through my own journey with her support.

My mum, Clare, picked me up the following day from the hospital, I had a pillow strapped to my

“Are they okay?
Do I have boobs?
Is this real?”



Sophia after the operation

chest the whole way home so I couldn't feel the seatbelt pressing against me. Each small bump on the road sent a shock through my chest, ouch!

Once home, I just remember sleeping for days. Neil, my dad, and Clare, did everything for me, from gory things like helping to drain the blood from my chest, to plaiting my hair or making me scrambled eggs. Often you realise in situations like this how much you actually are cared for!

My drains were removed five days following my operation. Freedom!

I took a trip back to Airedale Hospital, six weeks later, to check the progress of my boobs. During my visit there, one of the nurses brought in a white box. Inside was filled with stick on nipples, all different sizes and colours! She gave me some that were similar to my previous ones, which gave me a great sense of normality when I looked in the mirror to see some semi-normal looking boobs again (even if I could peel the nipples back off), it can be my party trick!

Weeks later, the dressings were off. There they were: my new boobs. I looked, and was instantly filled with thankfulness towards these incredible people that have helped me to get here. They had taken away dread and nervousness, replacing it with security and reassurance. I might not have my nipples, and I might have scars, but they will always be a part of me, and a story I can live to tell for a long time! 🌟

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COACH LINDSAY

NATURAL MINDFULNESS

How to use the change of the seasons to inspire a change in your mindset

Spring is an ideal time to nourish your family's mindfulness practice. With the change in seasons, boost of fresh air, and longer hours of daylight as inspiration, you can consciously invite in greater simplicity, love, and compassion, and clear those habits that are no longer serving you.

The different seasons allow us to explore mindfulness with children in different ways. Spring allows our senses to come alive and examine our senses in a way like no other season.

I find the transition of seasons a great time to be more awake, allowing me to reconnect with myself and the world around me. It is a stark reminder of life as constantly changing; as winter draws to a close and with the new beginnings of spring, nature once again shows us its resilience against the harshest of conditions. Nature holds so many lessons for us, to be able to consciously look for these is extremely precious.

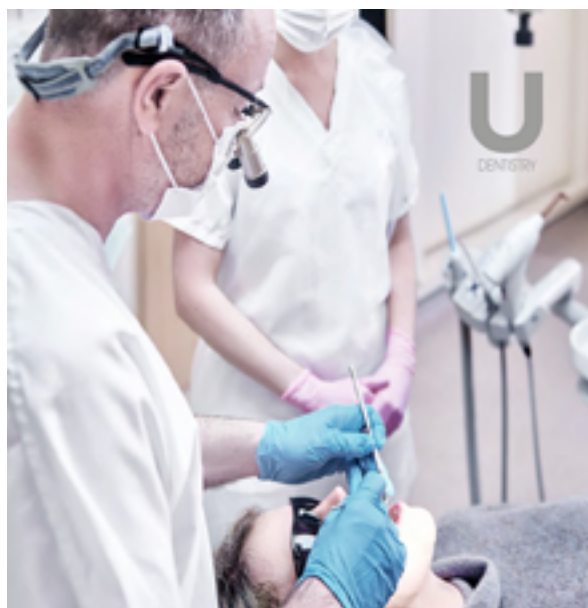
As we see living things open up again, we too can encourage ourselves to let go of our winter habits of hibernating.

While spending time with your children encourages them to notice how

beautiful nature is and how it can help anchor you in the present moment and create feelings of gratitude towards the world we live in. Springtime is when the colours of nature are at their sharpest. You don't have to go out of your way to notice nature. Even the skies becoming brighter can be an observation. When we encourage an awareness of nature and the world around us with our children, they and we are better able to feel present and connected to ourselves.

"AS WINTER DRAWS TO A CLOSE AND WITH THE NEW BEGINNINGS OF SPRING, NATURE ONCE AGAIN SHOWS US ITS RESILIENCE"

Take time to pause wherever you and your children are, and just listen. Try it for yourself and see what other sounds you notice. It could be the trees swaying, water running or kids laughing. All of this can be enough to boost your feelings of connectivity to the present moment, both in meditation >



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and everyday life. Try to encourage your children to listen to these sounds too.

Observing nature open up around us and immersing ourselves in the delights of spring can help with stress reduction. When we step out of the story in our head and into the present moment, whether through meditation or mindful activities, we cultivate our capacity to put a pause on stressful thoughts. Stopping and pausing to notice how you feel on a daily walk, for example, can improve your feeling of connectivity with yourself and help you better manage any stress you may be carrying.

Each day we take about 20,000 breaths. This automatic bodily response keeps us alive and helps to regulate our emotions. When we bring attention to our breathing, we take control of our emotions and reactions through mindful purpose.

While being more present we can pause to find joy in the small things, especially during a season as lovely and inspiring as spring. Appreciating less is a good virtue to pass onto children, who are so often bombarded through the media and their peers about needing more stuff to be happy.

If there are any silver linings during this time, it's that we are forced to slow down, be still, and observe. Together with your child, you can try this mindfulness meditation that aligns perfectly with spring, a time to notice how our earth revives itself and perhaps in doing so, we revive our spirits a little.

Children have a natural mindfulness, particularly when it comes to nature. Now that Spring has begun to peak out from behind the greyness of Winter, the

cloud meditation taps into this natural curiosity.

My spring wish for you is the hope that you will take every opportunity to (mostly) step away from technology and get outdoors, especially as the temperatures warm up. ☀️

If you think your child or young person could benefit from some 121 sessions with me, please get in touch via my social media platforms and we can have a chat.

*Love and light,
Coach Lindsay x*

HOW TO DO A CLOUD MEDITATION...

Have children sit or lie down with a good view of the clouds.

Begin by having them take five deep mindful breaths. Ask them to stare at the clouds while you ask them these questions to guide the meditation.

- Are the clouds fluffy or thin?
- Are they moving?
- Are they making shapes of things you know?
- Are they all the same colour?
- What does the sky look like behind the clouds?

Give them some silent time to just gaze and mindfully and explore the clouds.

Complete the meditation by discussing what they noticed and what emotions were felt.

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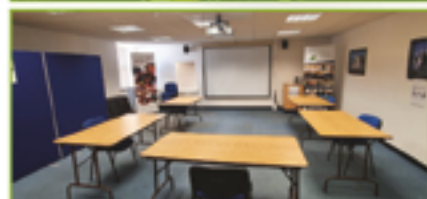


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neologism

/nɪˈplɒdʒɪz(ə)m/

noun. plural noun: **neologisms**

a newly coined word or expression

BY ADAM JACOT DE BOINOD

Every year neologisms, the official word for newly-coined words, slip effortlessly into our language. Invariably, to stand the test of time, they need brevity, wit and invention rather than simply be what linguists call a profanity or a vulgarism. As a philologist, a lover of words, I list my favourites that have originated across 2022 and from all over the English-speaking globe and come into general use typically from newspapers and social networks.

We've had Brexit, then Covid and now, beginning this Carolean (relating to Charles III) age an unstable Government with:

Partygate the scandal of social gatherings in Downing Street during the pandemic in defiance of the public-health restrictions that prevailed at the time

permacrisis an extended period of instability and insecurity, especially one resulting from a series of catastrophic events

vibe shift a significant change in the prevailing atmosphere or culture

... and the resulting need to watch one's money:

frugaller someone who tries very hard to avoid wasting food or other resources and spends as little money as possible

thriftifarian someone who is well off but pretends they have to spend less money and not buy certain things so that they appear to be in the same situation as most other people

fexting the act of fighting with someone by exchanging text messages rather than speaking on the phone or in person

#%!*&*

%#!*?

Inevitably there are the usual advances in technology causing more bizarre forms of interaction:

screenome a very detailed record of someone's activity on their smartphone or tablet

tappigraphy the study of how, how often and in what patterns someone taps the keys on their mobile phone

tattleware software that allows an employer to monitor the activity of someone who is working from home

Our hybrid lifestyles bring new forms of employment:

dial artist someone who is paid to alter a watch by painting it, engraving it, etc. in a unique design

silvfluencer a middle-aged or elderly person paid by companies to encourage people to buy items such as clothing and make-up by recommending them on social media ➤

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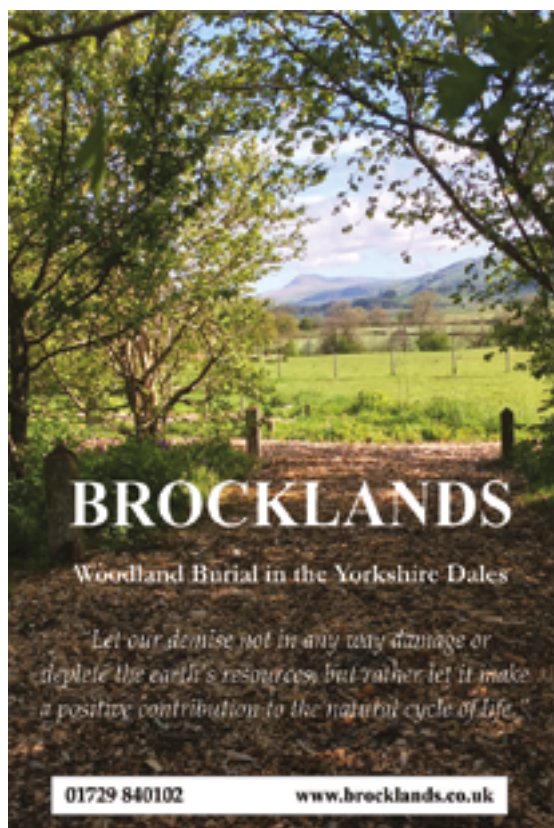
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disco nanny someone who looks after a family's children overnight during a holiday, while the parents go out to parties and nightclubs

luxury detective someone who finds rare and very expensive handbags, watches, jewellery etc. for other people to buy

... and brand-new approaches to going about the working day:

quiet quitting the activity of doing the minimum amount of work needed to keep one's job but with no enthusiasm or commitment

tang ping a trend where people reject the pressure to work long hours in a stressful job, and instead adopt a more relaxed lifestyle (from a Chinese term meaning 'lie flat')

... which is only a short step away from all kinds of recreational sport:

wallball a sport similar to squash in which players hit a ball against a wall using their hands rather than a racket

earthing a sport that combines running and swimming, in which the competitor dives off the end of the running track into the swimming pool

drone soccer a team game played between two teams of up to five people, in which each team tries to win by flying a drone into the other team's goal

... and the joyful pursuits of travel:

ghost flight a commercial aeroplane that flies to its destination with very few or no passengers, because of a law that means the airline will otherwise lose the right to land at and take off from that airport

hometel a hotel that is designed to make guests feel as though they are living in a comfortable home

splooting the act of lying flat on the stomach with the legs stretched out (as a way of countering unusually high temperatures)

... or else the pleasures of domestic life

kniffiti knitted or sometimes crocheted items that are left in public places as decoration

hural wallpaper on one wall of a room that features one large photo or picture

FORO
fear of
running out!

... and the simple attraction of reading:

romantasy a type of book that is part romance and part fantasy

cosy crime a type of crime fiction that is light-hearted and often humorous, set in a small community without featuring explicit violence

stealth help a type of book that uses a story, or an account of someone's experience, to inspire its readers to achieve goals and overcome problems

... and all sorts of general indulgence:

wearapy the activity of wearing particular clothes as a form of therapy, with the clothes chosen to make the wearer feel happy or comforted

spiritual bath a ritual that involves having a bath to encourage wellbeing, with oils, herbs, flowers, etc. added to the water and in a relaxing environment, for example with candles and soft music

And, of course, every year texting brings with it novel abbreviations:

HOGO an abbreviation for "hassle of going out": a feeling that leaving the house in order to socialise is too difficult or not worth the trouble

FONO an abbreviation for "fear of normal": a worried feeling about going back to your normal life and activities after the restrictions of the Covid-19 pandemic

FORO an abbreviation for "fear of running out": a worried feeling that you may run out of a product or a supply of something. 🌐



Adam Jacot de Boinod was a researcher for Stephen Fry's BBC television series *QI*, which led to an interest in words. Adam is the author of *The Meaning of Tingo and Other Extraordinary Words from around the World*, published by Penguin Books.



Value Our Love

Craven&ValleyLife chats to local lass Katie who unexpectedly became a kinship carer to her niece.

Back in April 2020, the UK had been thrown into lockdown, couple Katie and Mark from Bradford were starting to get used to their new normal. With more time together they had begun to think about starting a family of their own, they had started to save up for the possibility – then a phone call one evening changed their lives forever.

“We had to go and pick up my niece immediately,” Katie explains. Katie’s sister was no

longer able to take care of the then eight-month-old child. “I knew social services were involved, but I had no idea of the extent. It was a complete shock when they asked us to take her straight away.”

Having been in foster care herself, Katie was determined to not let her niece go through the same things she did. Katie wanted the child to know her family and be aware of her identity as she grew up.

However, becoming a carer to her niece was a

"I GOT SUPPORT FROM MY PROJECT WORKER KELLY, SHE WAS THE ONE WHO GOT THE THERAPY SORTED FOR MY NIECE, SHE PUSHED FOR IT AND GOT US SPEAKING TO THE RIGHT PEOPLE TO MAKE IT HAPPEN."

big adjustment for the family. "We were an auntie and an uncle. We had sleepovers and spent time with her but then we would give her back. Not being able to sleep for one night every once in a while is fine, but this was completely different, it changes everything about your whole life. There isn't a handbook firstly on how to look after a child in general and then one that's been through childhood trauma."

By agreeing to care for her niece, Katie became a kinship carer, joining over 162,000 kinship carers in the UK. Kinship care is when a relative or friend steps in to provide full time care for a child when a parent isn't able to care for them. Over half of kinship carers are grandparents, but siblings, family friends and uncles and aunts like Katie are also carers.

While Katie finds caring for her niece incredibly rewarding, it has also led to her own plans being put on hold. When the eight-month-old first came to Katie and Mark, they were classed as temporary foster carers, which meant they received financial support from their local authority. In November 2020, however the financial support was reduced following Katie and her partner becoming Special Guardians, the couple could claim child benefit but this was deducted from the weekly allowance. The intention was that the allowance would cover monthly nursery costs, however, the couple had to top this up on average £100 per month just in order for them to continue working.

In November 2022 the allowance stopped altogether and the couple now have to find over £350 a month for nursery fees. Without this financial support, Katie had to put her own plans on hold. It wasn't just the financial support Katie lost as a special guardian. She was also expected to handle arrangements for her niece to see her mum which impacted greatly on her relationship with her sister. "But my niece has had to take priority. I have to put her first," Katie explains.

As Katie's niece grew older, she also started struggling with behavioural issues, and Katie was struggling to get her the support she needed. That's when she came across charity Kinship. "I got support from my project worker Kelly, she

was the one who got the therapy sorted for my niece, she pushed for it and got us speaking to the right people to make it happen." The charity supports Kinship carers like Katie, providing advice and helping them get the help they need. "They asked if anyone would like to speak about their experience and I volunteered, partly because I wanted to give something back to the charity because they've helped us so much but also I wanted make a difference. If I can help change the law or policy for another kinship carer in the future so that they don't have to go through what we've had to go through then job well done.

"It seems as though children in kinship care aren't valued as much as those in foster care. They don't receive the support they deserve."

Research for the charity reveals that 7 in 10 kinship carers had been forced to spend their savings or pension pots with 78% of carers feeling they did not receive the support they needed from their local authority in order to meet the needs of their kinship children.

"The government needs to recognise who we are - we're individuals, we've got lives and ambitions of our own. And that kinship children are just as important as any other child." 🌟

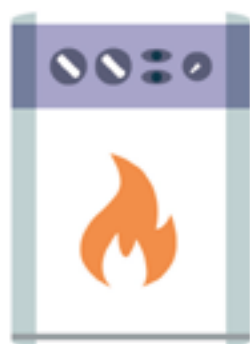
Kinship is calling on the government to value the love of kinship carers and take urgent action to improve support available for kinship families.

To learn more about their work visit kinship.org.uk





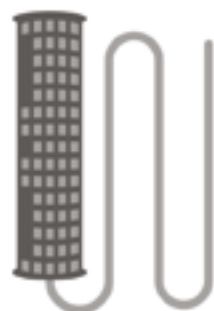
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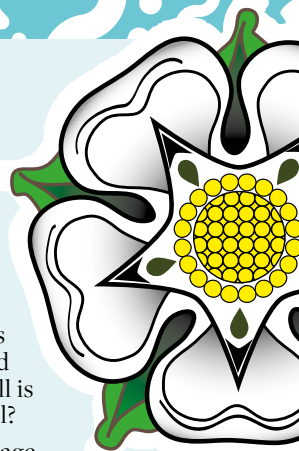
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YORKSHIRE Quiz

Ow' much d'ya know about God's own county? Tackle this brain teaser and find out.

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- 1) Which flower is the traditional emblem of Yorkshire?
- 2) Which battle, said to have been 'the bloodiest ever fought on English soil', took place in North Yorkshire in Spring 1461?
- 3) The Tudor Rose is a physical representation of a united House of Lancaster and House of York under Henry VII. Which two flowers does it combine?
- 4) True or False: in their traditional form, Yorkshire Puddings were eaten before the meal as a starter?
- 5) The highest point in Yorkshire is Mickel Fell, a mountain in the Pennines. But how tall is it? Is it 588m, 788m, or 988m?
- 6) True or False: Wakefield is the smallest city in Yorkshire?
- 7) Which Spice Girl was born in Leeds on May 29th 1975?
- 8) Leeds-born James Henry Atkinson is best known for his 1898 patent of the spring-loaded animal trap he nicknamed 'Little Nipper', but which creature did this trap aim to catch?
- 9) 'Eboracum' was the name of a Roman legionary fortress that eventually developed into which present day Yorkshire city?



- 10) A traditional symbol of springtime, approximately how many sheep are estimated to live in Yorkshire?

- 11) Which TV Series, based on the books by veterinary surgeon and author James Herriot, is set in the Yorkshire Dales in the mid-1930s?

- 12) Which Yorkshire town earns its name from the Old English for 'Sheep Town'?

- 13) The largest ever cow shown in England was bred at Yorkshire's Bolton Abbey. What name was it given?
- 14) The West Yorkshire village Barwick-In-Elmet is famous for housing the UK's second tallest Maypole. But how tall is it? Is it 13m, 19m, or 26m tall?
- 15) Poet Laureate Simon Armitage was born in which Yorkshire town?
- 16) The Yorkshire Three Peaks are among the best-known hills in the Yorkshire Dales. Can you name all three?
- 17) Of the 24 clubs who have competed in the Rugby Super League, how many are from Yorkshire?
- 18) At the 1998 Oscars, The Full Monty, which takes place in Sheffield, was nominated for which major award?
- 19) The Thornborough Henges are an ancient ritual monument complex in North Yorkshire, thought to date back to the Neolithic Age. How many henges are there on the site?
- 20) True or False: the town of Gawthorpe, West Yorkshire, holds the World Coal Carrying Championships annually every Easter?
- 21) Which infamous plague first reached Yorkshire in Spring 1349?
- 22) The historic York street 'The Shambles' is just one of a number of locations which claims to be the inspiration behind Diagon Alley in the Harry Potter series. Which of these cities has not claimed to have inspired the famous wizarding street: Edinburgh, Exeter, or Oxford?
- 23) Heptonstall is the Yorkshire town best known for which unusual Easter tradition?
- 24) What was the name of the infamous, often romanticised highwayman who was hanged in York in Spring 1739?
- 25) Which Yorkshire town became known as 'The English Spa' following the discovery of natural mineral springs in the late 16th Century?





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Spring What's On Guide

MARCH - APRIL - MAY



MARCH

Sat 25th

ONCE UPON A PANTOMIME!

Cliffe Castle Museum, Spring Gardens Lane, Keighley

Once Upon a Pantomime – Cliffe Castle's newest display in our upstairs Costume Gallery features character from Pantomimes past. Tues - Fri 10am - 4pm, Sat & Sun 11am - 4pm. Closed Mon. bradfordmuseums.org

BENEATH THE BANNER BY UP THE ROAD THEATRE

Skipton Town Hall, Skipton

Created partly from the words of former miners and their families, Beneath the Banner shines a light on the untold and unseen stories of coalmining communities, from fireside to pit bottom. 7pm. skiptontownhall.co.uk

THE BRONTËS AND THE WILD

Brontë Parsonage Museum, Church Street, Haworth

The Brontës and the Wild, considers how landscape, weather and the natural world play an important role in the lives and work of the Brontës. bronte.org.uk

HOT AIRE! CONCERT BAND

Silsden Town Hall, Silsden, BD20 0AJ

An exciting concert band with trumpets, saxophones, clarinets, flutes, trombones and more. Led by Stephen Bradnum and based in Bradford. Their repertoire includes film and show themes, pop music, classic pieces and special arrangements. £7.50. 7.30pm. silsdentownhall.org.uk

BARNOLDSWICK IN WONDERLAND

Barnoldswick Town Centre, Barnoldswick

Fans of Lewis Carroll's timeless classic, 'Alice's Adventures in Wonderland,' are in for a treat as Barnoldswick town centre transforms into a whimsical wonderland for an immersive experience like no other. Accompanying the event is a wonderful makers market and free children's rides. barnoldswick.uk

KVU SINGERS SPRING RECITAL

Christ Church Skipton

This concert is the Spring Recital performed by KVU Singers, a local choir which has been going since 1906, based in Steeton and will be joined by Skipton Building Society Camarata Orchestra. The "Stabat Mater" is a modern work by Karl Jenkins, the theme is Easter passion. The "Gloria" by Vivaldi is well-known and much-loved. Under 16s free. £15. kvusingers.co.uk

Tues 28th

SKIPTON MUSIC PRESENTS:

Samantha Ege

Skipton Town Hall High Street, Skipton

Dr Samantha Ege is an internationally recognised concert pianist, award-winning researcher, and renowned public speaker. She belongs to a new generation of practitioners who are redefining classical music and illuminating the diversity of its past, present, and future. £25 under 30yrs £10, under 19yrs £2. skiptontownhall.co.uk

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**CARL HUTCHINSON**

King's Hall, Station Road, Ilkley
 Carl Hutchinson is back with his brand new show - 'Watch Till The End'. £17. 7.30pm. bradford-theatres.co.uk

DANCE FITNESS FUN!

Silsden Town Hall Main Street, Silsden
 A one-hour dance/exercise class using movement to music. Come and join in the fun and dance your way to fitness. The class is suitable for the over 50s and is a great way of meeting new people and making friends. No need to book just come along. Every Thursday 11am. £5

Thurs 30th**THE BIG MESS QUIZ NIGHT**

The Mess Room, The Old Fire Station, Coach Street, Skipton
 The Mess Room now has its own monthly quiz - hosted by our very own Brett Butler. Come and join us them and test your brain power on general knowledge, music and everything in-between! Teams of up to six - non-fabulous prizes to be won.

DANCE FITNESS & FUN

Kelbrook & Sough Village Hall
 A one hour dance/exercise class using movement to music. The class is suitable for the over 50's using music from popular pop, Latin and country music. Why not come along and join in the fun. Every Thursday. 11am. kelbrookvillagehall.org.uk

Fri 31st**THE ROY ORBISON EXPERIENCE**

Ilkley Playhouse, Weston Road, Ilkley
 A celebration of the music of Roy Orbison, with the amazing Oliver Harris and an excellent fully live band of talented musicians, this is guaranteed to be an experience you won't want to miss. £14. 7.30pm. ilkleyplayhouse.co.uk

THE REBECCA DOWNES BAND

Barnoldswick Music & Art Centre, Rainhall Road, Barnoldswick
 Birmingham-based Rebecca is a fully independent artist creating original blues/rock music with her co-songwriter Steve Birkett and releasing it on her own label Mad Hat Records. She plays live within a five-piece band, performing tracks mainly from her superb second album Believe

and the stunning third album More Sinner Than Saint. £17.50. 7pm to 11pm. barnoldswickmusicandartscentre.com

APRIL**Sat 1st****SOUL IN SKIPTON - WEEKENDER**

Skipton Sound Bar, Keighley Road, Skipton
 Halifax Soul Crew present a weekend of classic Soul. Including guest DJs. Saturday 2-10pm. Sunday 2-9pm.

LEGO CLUB

Barnoldswick Library, Fern Lea Avenue, Barnoldswick
 Calling all master builders and Lego enthusiasts! Come and share your passion and amazing creations at our Lego Club. A club for children and young people. Just drop in. Every Saturday. Free. Until 1 July. events.lancashire.gov.uk

Sun 2nd**AIRE VALLEY RAILWAY MODELLERS CLUB**

Melbourne House, Dalton Lane, Keighley.
 Over a dozen layouts, from 2mm fine scale through to O gauge. Trade stalls, refreshments available. Free. 10am-4pm. avrmc.org.uk

CHILDREN'S EASTER PARTY

Silsden Town Hall, Silsden, BD20 0AJ
 A fun-filled afternoon with games and dancing. 3pm-5pm. £3 per child age 10 and under. Refreshments available. silsdentownhall.org.uk

Mon 3rd**FAMILY FUN WALKING CHALLENGE**

Aireville Park, Skipton.
 A great family day out, simply search for markers and explore Aireville Park in this fun navigation challenge! This event is totally free and prizes are given to all the families who complete the challenge. 11am-2pm. welcometoskipton.com

SPRING FARM AND SOFT PLAY

Thornton Hall Farm, Thornton in Craven
 This school holiday head down to the farm with your little ones for fun-filled

farm fun and soft play featuring the excellent Eggsprimento live show and eggciting walkabout characters. 10am-4.30pm. thorntonhallfarm.co.uk

Thurs 6th**SKIPTON KIDZ COMEDY LIVE**

Skipton Town Hall, Skipton
 Kidz Comedy Live is an inclusive, laughter filled show for all the family. Featuring three top professional comedians, silly songs, party games and plenty of fun along the way, Kidz Comedy Live is a great way to spend an afternoon. Best of all, any child who wants to, can climb onto the stage and tell the whole audience their favourite joke. 2pm. skiptontownhall.co.uk/

Thurs 13th**ILKLEY PLAYHOUSE BIENNIAL WRITING FESTIVAL**

Ilkley Playhouse, Weston Road, Ilkley
 Eight plays by eight different playwrights, all eight minutes long will be presented. This year the theme is about something unusual occurring, hence the title 'Once in a Blue Moon'. Come along to see high quality performances of the work of rising stars in the world of playwriting. £10, cones £5. 13-15 April. ilkleyplayhouse.co.uk

SARABETH AND GLEN MITCHELL - ROYAL SOUTH

Barnoldswick Music & Art Centre, Rainhall Road, Barnoldswick
 Two amazing country stars contemporary country stars from both sides of the Atlantic team up to play Barnoldswick. £20. 7pm to 10.30pm. barnoldswickmusicandartscentre.com

Sat 15th**VACO EASTER CONCERT 2023: SKIPTON**

Christ Church, Skipton
 The talented musicians of Vacation Chamber Orchestras bring a delightfully varied selection of chamber orchestra music to Skipton, including Dr Richard Shephard's 'The Selfish Dragon' for chamber orchestra with narrator, a work specially commissioned by VaCO. A concert with something for everyone - family friendly! 7.30pm. Adults: £12.50. christchurchskipton.org.uk



We open on 24th March for the 2023 season



- Lambing Live
- Easter Egg Trail
- 2 Play Areas
- Picnic Area
- 84 Acres to Explore
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- Rare Breeds



Get 10% OFF between 24th March and 3rd April using code **NORTHERNLIFE10**

For opening times and to buy tickets, visit:

monkparkfarm.co.uk

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**Sun 16th****MORGAN & WEST: UNBELIEVABLE SCIENCE**

Glusburn Community & Arts Centre, Colne Road, Glusburn

Science and silliness abound for ages seven to 107! Captivating chemistry, phenomenal physics, and bonkers biology in this fun for all the family science extravaganza! £10/£12. 2pm-3pm. gicac.org.uk

Fri 21st**THE MAGICAL MUSIC OF HARRY POTTER**

St. George's Hall, Bridge Street, Bradford

The Magical Music of Harry Potter is a unique and enchanting evening where original actors, star soloists, a choir and an orchestra bring the boy wizard's world to life! A one-of-a-kind film and music experience. £29.90 - £69.90. 7.30pm. bradford-theatres.co.uk

SYNC OR SWIM

Skipton Town Hall, Skipton

Join two dancers diving into a synchronised swimming routine on a day trip to the seaside – remaining in full competition mode! See the dedicated pair apply sun cream, settle in for a beer on the beach and even scran down fish and chips, all with the grace, intensity and artistic flair of true Olympic champions. 7pm. skiptontownhall.co.uk

Sat 22nd**THE RAGDOLLS**

Glusburn Community & Arts Centre, Colne Road, Glusburn

UK's no1 tribute to Frankie Valli & The Four Seasons. The Ragdolls will take you on a musical journey through the sounds of one of the most successful bands of all time. Classic songs such as 'Sherry', 'Walk Like a Man', 'Oh, What a Night' and many more will fill your night with enjoyment. 7.30pm. gicac.org.uk

THE HIDING MAGPIES

Silsden Town Hall, Silsden, BD20 0AJ

Americana band from Colne. £15. 7pm. silsdentownhall.org.uk

Weds 26th**TEST MATCH SPECIAL LIVE: THE ASHES**

St. George's Hall, Bridge Street, Bradford

After a sell-out live tour in 2022, the Test Match Special team are back on the road - and this time, the Ashes are at stake! Join Jonathan 'Aggers' Agnew and Australia bowling legend Glenn McGrath for an evening of stories, memories and predictions ahead of a massive Ashes summer. £22 - £47. 7.30pm. bradford-theatres.co.uk

THE JAMES OLIVER BAND

Barnoldswick Music & Art Centre, Rainhall Road, Barnoldswick

James plays blues, rockabilly, rock and country...it's all here in one explosive pickin package'. Prepare to be blown away. £12.50. 7pm to 10.30pm. barnoldswickmusicandartscentre.com

ONE-DAY PAINTING RETREAT

1 Hirst Mill, Hirst Mill Crescent, Saltaire

One-day painting retreat, based in the most picturesque Saltaire location. Take one day out just for yourself, and fulfil your creativity by applying paint on canvas while indulging in the immediate surroundings of nature. £120. 10am-4pm. saltaircartschool.co.uk

YORKSHIRE SYMPHONY ORCHESTRA

St. George's Hall, Bridge Street, Bradford

Bradford Festival Choral Society and Yorkshire Symphony Orchestra bring you a sublime evening of classical masterpieces. £16.50 - £33. 7.30pm. bradford-theatres.co.uk/

Sat 29th**CARDBOARD COSMOS**

Keighley Library, Keighley

A mysterious cardboard craft has crash landed right here in the local area! As local people arrive to a sight of a cardboard wreckage from outer space, everyone is wondering who could possibly have been flying it. Free. 2pm. ilkleyliteraturefestival.org.uk

Sun 30th**I'M EVERY WHITNEY - WHITNEY HOUSTON TRIBUTE**

Silsden Town Hall, Silsden, BD20 0AJ

Kieshia is a reputable Tribute Act who began her exciting musical voyage of artistic discovery in 1996. Since then, she has used constant collaboration and exploration to shape the signature sound that echoes that of the late, great Whitney Houston. 7.30pm. silsdentownhall.org.uk

MAY**Mon 1st****SUPER SOAP BOX CHALLENGE**

Bradford City Centre, Bradford

Come along on Sunday 1st May 2022 to watch brave soapbox racers hurtle down the huge ramp... It'll be a great day out for all the family with continual commentary and all the action visible on large format screens. As well as the excitement on the course itself, there'll be a funfair, live music and lots of food and drink concessions to choose from. Various times. All day. visitbradford.com

JACK OF DIAMONDS

Keighley Playhouse, Devonshire Street, Keighley

A comedy by Marcia Cash and Douglas Hughes. Directed by Mike Ellison. £10. 1 May to 6 May. keighleyplayhouse.co.uk

Tues 2nd**JULIUS CAESAR**

The Alhambra Theatre, Morley Street, Bradford

The Royal Shakespeare Company returns to Bradford with a fast-paced political thriller, directed by Atri Banerjee. Julius Caesar. A divisive leader who holds awesome power. 7.30pm. Thurs & Sat mat 2pm. £18.50 - £34.50. 2-6 May. bradford-theatres.co.uk

Weds 3rd**RUMOURS OF FLEETWOOD MAC**

St. George's Hall, Bradford

Personally endorsed by Fleetwood Mac



founding member, Mick Fleetwood, Rumours of Fleetwood Mac is the ultimate tribute to one of rock and roll's most remarkable groups. £32 - £47. 7.30pm. bradford-theatres.co.uk

Sat 6th

FLYING SCOTSMAN CENTENARY

Keighley & Worth Valley Railway, The Railway Station, Station Road, Haworth
The Keighley & Worth Valley Railway will host the locomotive throughout May and help celebrate the landmark birthday. There will be a whole host of events across the month, including ride the legend, special dining services, late-night running and plenty of photo opportunities. Exact dates to be confirmed. 6-31 May. kwvr.co.uk

Tues 9th

AN INSPECTOR CALLS

The Alhambra Theatre, Morley Street, Bradford
Stephen Daldry's multi award-winning National Theatre production of JB Priestley's classic thriller. Winner of 19 major awards and hailed as the theatrical event of its generation, An Inspector Calls has thrilled more than 5 million theatregoers worldwide. 7.30pm, Wed mat 2pm, Sat mat 2.30pm. £23-£39. 9-13 May. bradford-theatres.co.uk

Fri 12th

BETTY LEGS DIAMOND UK TOUR!

St. George's Hall, Bridge Street, Bradford
Hot off the heels of 28 successful, glamorous years performing at Funny Girls in Blackpool and across the globe, Betty Legs Diamond (one the UK's leading Female impersonator) will pack up her heels, handbag and feathers and tap dance round the nation performing her award-winning iconic routines. £27. 7.30pm. bradford-theatres.co.uk

WTHE KORGIS - 40TH ANNIVERSARY - THE BEST OF
Barnoldswick Music & Art Centre, Rainhall Road, Barnoldswick
Original founder/Songwriter and Lead Vocalist James Warren with his loyal pack of Korgis will be hitting the road with shows in 2023 celebrating 40 years

since The Best of Album was released. A night not to be missed. £30. 7pm to 11pm. barnoldswickmusicandartscentre.com

Sun 14th

STEAMING DAY AT BANCROFT MILL ENGINE MUSEUM

Bancroft Mill Engine Museum Gillians Lane, Barnoldswick
On these days you can see our Engines and looms in operation, we have guided tours which explain the history of the mill, and the museum, and we aim to answer as many of your questions as we can. Gift shop and cafe. Adult £6, cones £5, child £3, Family £15.

Tues 16th

THE BOOTLEG ROCK SHOW

King's Hall, Station Road, Ilkley
Songs from the very best rock bands of the past four decades are all there: Aerosmith, Def Leppard, Boston, Queen, Journey, Rainbow, Heart, Bon Jovi, the list goes on and on. £26.50. 7.30pm. bradford-theatres.co.uk

Fri 19th

ESTONIAN NATIONAL SYMPHONY ORCHESTRA

St. George's Hall, Bradford
This distinguished orchestra, established in Tallinn 100 years ago, is now the most prominent orchestral ambassador of Estonia, working with renowned conductors and soloists worldwide. £16.50 - £33. 7.30pm. bradford-theatres.co.uk

Sat 20th

A CELEBRATION OF SIMON & GARFUNKEL

Glusburn Community & Arts Centre, Colne Road, Glusburn
No make-up, wigs or costumes - just two great musicians performing some of Simon & Garfunkel's classic songs in an intimate and relaxed way. 7.30pm. gicac.org.uk

Fri 26th

BANDS ON THE SQUARE

The Square Barnoldswick Bands On The Square (BOTS) is an

iconic music event where the best bands and artists from the area on a custom built stage on the town square. Free.

Sat 27th

IN THE NIGHT GARDEN LIVE!

The Alhambra Theatre, Morley Street, Bradford
Pip-pip, onk-onk! Igglepiggle, Upsy Daisy, MakkaPakka and friends are back in their fun-filled live show Igglepiggle's Busy Day! You'll see all your favourite characters beautifully brought to life with full-size costumes, magical puppets, and enchanting music. 10am, 1pm and 4pm. £17 - £21. 27-28 May. bradford-theatres.co.uk

THE GREATEST MAGICIAN

Glusburn Community & Arts Centre, Colne Road, Glusburn
A dazzling new magic show, presented by the magician most infamous for jamming the BBC switchboard after predicting the lottery, this enigmatic, five-star rated show promises to leave you dizzy in disbelief! £15. 7.30pm. gicac.org.uk



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