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SAVES CINEMAS

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CURLEW TAGGING

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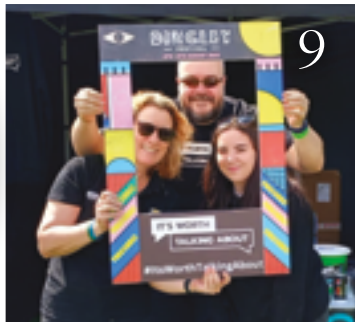
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EDITOR'S LETTER

We've had a busy summer at Loop HQ, so we were 'over the moon' to be joined by two budding young journalists, Josh Swarbrick and James Crickmore who have been gaining valuable work experience before James begins his A-levels as Josh makes his way to Cambridge University to study History. These enthusiastic lads have been out and about, discovering local stories that matter. In this issue, James has been exploring It's Worth Talking About – a mental health support service in Keighley to discover more about their work.

While James was busy in Keighley, Josh has been embracing the last of the sunshine in the Yorkshire Dales, learning more about curlew conservation. The tagging of this red-listed species furthers research into wildlife-friendly farming. Discover more about Britain's most beloved big-billed bird on page 4.

After the school summer holidays, I hope you've found time to connect with your kids or even grandkids. If you think your child is struggling returning to school and is feeling anxious, make sure they know they can chat if they need to, take a look at Coach Lindsay's guide to helping your children open up about their mental health.

As always, we have many fantastic prizes up for grabs in our competitions, tons of local events in our What's On Guide, as well as our Yorkshire Quiz. Discover how much you really know about God's own county!

For those of you who don't recoil at the thought of the festive season slowly approaching, now's the time to share your Christmassy creative sides - maybe you have a yuletide poem, festive story, magical memory, or pics of your pet in a Santa hat! Send them to editor@looppublishing.co.uk - we'd love to include them in the next edition.

Karen



James and Josh

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Issue 56

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Suite 14, Burton House, 2a Market Place, Colne, Lancashire. BB8 0HY

Tel: 01282 861982 cravenandvalleylifemagazine.co.uk

Editor - Karen Shaw • Designer - Chris Pearson, Vikki Shennan • Sales - Lee Banks
Editorial team - Laura Storey, James Crickmore, Josh Swarbrick





The story of Curlew Tagging



BY JOSH SWARBRICK

Photos by Rich Bunce

We chat with Dr Samantha Franks, a senior research ecologist at the BTO whose unwavering passion for wader birds has enabled her to dive deep into the world of curlew conservation, and Rich Bunce, an award-winning photographer who joined Sam and her team for a day in the Dales to photograph their last day of curlew-tagging fieldwork.



*DR Samantha Franks (r)
and Katharine Bowgen (l)*

Back in April this year, researchers at the British Trust for Ornithology (BTO) embarked on a crucial curlew conservation project in the Yorkshire Dales, fitting a select number of the birds with GPS tags to help build a clearer picture of the potential causes for the species' decline. In 2015, curlews, the largest European wader bird, were added to the 'Red List' of the UK's Conservation Status Report, officially classifying them as an endangered species. With a rapid population decline in the past 20 years that has caused the number of curlew breeding pairs to fall by almost 50%, the BTO's extensive research into and dedication towards conserving wild bird species is more critical now than ever.

"It's an ongoing project," Sam explains, "where the BTO is working with the Yorkshire Dales National Parks Authority to monitor waders in the dales. By GPS tagging curlews breeding in different habitats, we aim to find information that we can feed back into improving wildlife-friendly farming measures to help the species' breeding success."

"We tagged the curlews at the beginning of their breeding season, shortly after they arrived back in Yorkshire from wherever they've spent the winter," Sam continues. "They set up a territory, pair up with mates, defend their territory against other pairs, lay a nest, and then incubate their eggs for 20-30 days. If they get through to raising chicks, that will take them to around the end of June. This whole process coincides with periods of peak farming activity – lambing, grazing cattle, hay cutting – and so by tagging the birds; we can find out if they stay in one field and how big the area they move around in is, allowing farmers to potentially modify their practices so they don't accidentally mow nests"



“ In 2015, curlews were added to the ‘Red List’ of the UK’s Conservation Status Report, officially classifying them as an endangered species”

or chicks. We hope that the information gained from the project will feed into new nature-friendly farming policies and decisions, especially as there have been many changes to subsidies given to farmers for nature-friendly farming approaches since the UK has left the EU.”

Sam is eager to spotlight the invaluable contribution local Yorkshire landowners made to the project. “Whether it was farmers, gamebird estate managers, or gamekeepers, it was clear to all of us that we were fortunate to have the support of locals with a lot of knowledge and love for curlews,” she recalls. “We were very grateful to work with people who cared about breeding waders and wanted to improve their fortunes. It was also lovely to show them curlews in hand – they often only ever saw them from afar, so they marvelled at seeing the birds up close and in person! We told Rich this when he joined us – we warned him that we couldn’t

promise to catch anything on the day he was with us, but we, quite unusually, managed to catch two that day!”

Wildlife has been a lifelong interest for Sam, who grew up in Canada and is currently based in the BTO’s main offices in Norfolk. University allowed her to focus more generally on birds, and since coming to the UK and working with the BTO, she has been able to pursue her love for waders like curlews. “Curlews are almost like the pandas of the bird world,” she laughs, “because they’re just so charismatic! They’re quite big; they have a distinct bill and an undeniable call, so people love them. They’re a very iconic species of the British countryside, and they’re certainly the species I have the most affinity with.”

Photographer Rich Bunce joined the project through his involvement with Curlew Action, a charity set up by author Mary Colwell which aims >

to give curlews a secure future through supporting conservation efforts, highlighting curlews' cultural importance, and engaging with science and government policy. A Curlew Action event in December 2022 enabled Rich to contact Sam and the team at the BTO, who informed him of the upcoming Curlew tagging project in the Dales.

Originally from Kingston upon Thames, Rich moved north in 2010, eventually settling in the small West Yorkshire village of Burley in Wharfedale. In 2013, he founded 'Walking Photography', a passion project that offers practical photography lessons for people of all abilities and experience levels. "The identity of a walking photographer really appealed to me," he explains, "as it leaves me the freedom to do what I want. Even though I tend to lean towards nature and wildlife, I don't feel confined to that photography category. It's freeing."

Much like Sam's interest in wildlife, Rich's passion for photography came at an early age, ever since receiving his first camera bought by his mum from the Avon catalogue. After earning his BA (Hons) in Photography & Digital Imaging, Rich enjoyed much success as a freelance photographer, working with a variety of clients, from small businesses all the way up to slightly more famous clients like M&S and Coca-Cola.

Yet despite this immense success (not to mention his numerous awards and international exhibitions), Rich is keen to emphasise that the quaint world of



"We were fortunate to have the support of locals with a lot of knowledge and love for curlews"





“We are so lucky in the UK to have so many nature reserves where we can access nature on both a big and small scale”

nature is his primary source of inspiration. “I love being outdoors and, from a young age, have been lucky enough to be absorbed in nature. I think that inspired me to do the workshops I offer,” he says, “as I combine my passion for photography with my love of nature whilst simultaneously sharing it with others. The workshops have significantly grown in the past ten years; it’s been lovely.

“I think we’re fortunate in the UK to be surrounded by such gorgeous scenery,” Rich continues, “we can immerse ourselves in nature, and it’s just wonderful.” Sam builds on this further, explaining how spreading this love of wildlife and birds to urban areas is a key focus of the BTO.

“We are so lucky in the UK to have so many nature reserves where we can access nature on both a big and small scale – it gives people a really wonderful interest in nature. I’m very fortunate to live in rural Norfolk,” she explains, “where there are so many birds and so much wildlife on my doorstep, but that’s not always the case for people who live in bigger cities. I know the BTO is working hard to bring this interest in nature to more urban areas, particularly to young people who do not have easy access to these vast wildlife areas.”

Having recently celebrated its 90th birthday in July 2023, the BTO is showing no signs of ending its unwavering dedication to researching and implementing conservation methods for some of

the UK’s most endangered bird species. And it is clear that the tireless work of the organisation’s passionate researchers like Sam will lead to many positive developments in the world of bird conservation, with the project back in April in particular hopefully looking to make many invaluable contributions to both improving wildlife-friendly farming measures and to helping to slow the decline of curlews in and around the Dales.

To learn more about Rich’s walks and workshops, visit his online webpage at walkingphotographer.co.uk, or, to learn more about curlews and to keep up with any future updates on the BTO’s many ongoing bird conservation projects, visit either curlewaction.org or the central BTO website bto.org. 



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IT'S WORTH TALKING ABOUT

James Crickmore talks to founder **Ryan Anderton** about the charity helping Keighley locals open up. ›

On an overcast day at the beginning of August, 17,000 music lovers descended on the Bingley Weekender. The atmosphere was ecstatic, with the crowd enthusiastically singing along to Noel Gallagher's High Flying Birds, Travis and the legendary The Lancashire Hotpots. Photos show fans in traditional festival revelry, and many of them are holding up a frame with the words #ItsWorthTalkingAbout.

The Keighley mental health charity had headed down to the festival to capture the atmosphere within their charity's colourful picture frames, chat, and spread the word that mental health matters.

Formed in March 2020, it was initially set up as a single men's mental health peer support group in Keighley but has now developed into a multi-group, multi-sex organisation covering the Worth & Aire Valley.

The aim of #ItsWorthTalkingAbout is to provide safe, confidential spaces for men & women to come and talk about anything affecting their well-being, mental health or quality of life.

"I suffered with my mental health in the past to the point where I was a resident at Airedale Hospital for ten weeks in 2010. That started my own mental health journey," Ryan Anderton, the founder of the Keighley charity, explains. After several suicide attempts, Ryan stumbled across Andy's Man's Club in Hebden Bridge, a male peer-to-peer support group. Being able to talk about his struggles openly worked for him in a way that medication hadn't. He also discovered a hobby through others in the group – cycling.

Amazingly, in 2018, despite only taking up cycling two years previously, Ryan decided to cycle 4,800 miles around the entire coastline of Britain to raise money for mental health charity Mind. He managed to raise nearly £7,000 and completed the epic journey after six weeks in the saddle, despite being hit by a car on the third day of the trip.

The following year, he set himself another challenge – to ride through 12 European countries in 21 days, from Nordkapp in Norway to Tarifa on the Spanish coast.

Cycling and opening up about his struggles transformed Ryan's life. He became a peer support worker for Mind in Bradford and spoke at prisons, schools and universities about mental health.

Following the suicide of a footballer from his hometown, Ryan realised that there was no male support group in the local area of Oxenhope. "His brother mentioned to me that he'd probably still be around if there was an Andy's Man Club in the local area. I was working for Mind then and thought about possibly doing something at a local pub."

Ryan organised a meet-up at The Hop On Worth in Keighley town centre. He hoped to emulate the experience he had at Andy Man's Club and provide

a supportive space for men to speak about their struggles.

"Normally, it's a group who have challenges in their life sat round a table, having a drink and talking about their struggles together," Ryan explains.

The group quickly evolved from being a men's only support group to include all genders. "A young man from Wilsden who went to Bingley Grammar lost his life to suicide. His family became involved with us. His cousin Megan Russell was grieving, and she suggested that women would benefit from a support group too."

The group had set up only two weeks before the COVID lockdown. "We had a temporary closure until the rules were determined," he explains. "Then we opened at parks and in town halls, continued running, and were socially distanced."

The groups were much needed as people struggled with isolation and the change in their daily routines. "Attendances grew, and therefore, the

"CYCLING AND OPENING UP ABOUT HIS STRUGGLES TRANSFORMED RYAN'S LIFE."



Ryan



Spreading the word at Bingley Festival

“SEVERAL OF THE GUYS IN OUR GROUPS WANTED TO ENCOURAGE PEOPLE TO GET OUTDOORS AND GET ACTIVE.

people that came wanted to help further and open their own groups.”

Today, there are 12 groups running under the #ItsWorthTalkingAbout banner, including men’s and women’s groups across Keighley, Haworth and Bingley, along with a mixed group in Bradford and Keighley and a youth group in Haworth. The charity also has a men’s football team.

“Several of the guys in our groups wanted to encourage people to get outdoors and get active. It’s good for bonding and provides a support circle. Anyone who wants to come watch or play is more than welcome.”

Volunteers are the backbone of #ItsWorthTalkingAbout. From handing out leaflets and taking pictures at the Bingley Weekender to spreading awareness at Saltaire festival, volunteering allows those struggling to speak to the people involved. “It helps them find the courage to attend

a support group. Awareness is everything regarding mental health - reducing the stigma and allowing people to know support is available and what we do.”

If you’d like to volunteer, get in touch or attend a group. “Come to the sessions to see what we actually do, so you’ve been there and know you like it,” Ryan recommends.

To learn more about #ItsWorthTalkingAbout go to iwta.co.uk 🌐





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*Jerk-Style Chicken with Rice and Beans
Recipe on following page*

riceassociation.org.uk

Herby Rice with Harissa Roast Tomatoes

Rice *Brown* **Serves** 4 **Preparation time** 5 mins **Cooking time** 25 mins

INGREDIENTS

200g brown rice

For the tomatoes;

300g cherry tomatoes

1 tbsp olive oil

For the harissa dressing;

2 tbsp harissa/rose harissa

4 tbsp extra virgin olive oil

1 lemon juice

To stir in;

150g feta

10g fresh dill, chopped

15g fresh mint, chopped

METHOD

Cook the rice as per pack instructions.

To cook the tomatoes, preheat the oven to 180°C. Add the cherry tomatoes to a large baking tray and toss them in 1 tbsp of olive oil. Bake on for 20-25 minutes or until soft and browning a little. Set aside.

To make the dressing, add all the ingredients to a jar and mix to combine then season to taste. To sever, toss the rice with the dressing, fresh herbs and feta.

Top with the roast tomatoes.

Cook's tip -

Make a vegan version by swapping the feta for vegan feta or crispy tofu.



riceassociation.org.uk

Jerk-Style Chicken with Rice and Beans *from previous page*

Rice *Long grain white rice* **Serves** 4 **Preparation time** 15 mins **Cooking time** 30 mins

INGREDIENTS

4 chicken drumsticks, scored

4 chicken thighs, excess skin removed and scored

2 tbsp oil

1½ - 2 tbsp Jerk seasoning

1 onion, chopped

1 clove garlic, chopped

400ml can reduced fat coconut milk

250g long grain rice

400g can kidney beans, drained and rinsed

Fresh thyme

METHOD

Preheat the oven to 200C, gas mark 6.

Place the chicken in a big bowl and toss in 1 tbsp oil and the Jerk seasoning.

Transfer to a large baking tray and roast for 30 minutes until cooked throughout.

Meanwhile, heat the remaining oil in a large saucepan and fry the onion and garlic for 3-4 minutes until golden.

Add the coconut milk and 200ml water and bring to the boil, add the rice and kidney beans, cover and simmer gently for 15 minutes, stirring occasionally or until the rice is tender and the liquid has been absorbed.

Serve the rice and beans with the chicken and its juices and garnish with chopped thyme



Korean Beef Bibimbap

Rice *Basmati rice* **Serves** 2 **Preparation time** 15 mins **Cooking time** 15 mins

INGREDIENTS

125g basmati rice
 ½ tbsp oil
 250g stir fry beef, thinly sliced
 ½ tbsp gochujang chilli paste
 125g pak choi, quartered lengthways
 1 carrot
 2 tbsp ketjap manis sauce
 ½ tbsp toasted sesame seeds

METHOD

Cook the rice in boiling water for 10-12 minutes until tender, drain well.

Meanwhile, heat the oil in a frying pan and fry the beef for 2-3 minutes, add the chilli paste and cook for 1 minute, stir in 1 tbsp water.

Blanch the pak choi in boiling water for 2 minutes, remove with a slotted spoon.

Divide the rice between two bowls and spoon over the beef with the juices. Place the pak choi and carrot ribbons to the side.

Make ribbons with the carrots using a vegetable peeler and add to the boiling water, blanch for 30 seconds and drain.

Divide the rice between two bowls and spoon over the beef with the juices. Place the pak choi and carrot ribbons to the side.

Mix the ketjap manis sauce with 1 tbsp of water and drizzle over the bowls, sprinkle with sesame seeds and serve.



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Spiced apple gin fizz

INGREDIENTS

50ml gin
squeeze lemon juice
4 tbsp cloudy apple juice
2 pinches of ground cinnamon
handful of ice cubes
200ml bottle of sparkling wine
½ small apple, cored and thinly sliced

Pour gin into a cocktail shaker or large jam jar. Add a generous squeeze of lemon juice, apple juice, a pinch of cinnamon, and a handful of ice cubes. Shake the mixture well by closing the lid. Next, strain the mixture into two glasses and top with sparkling wine. Lastly, sprinkle some cinnamon over the apple slices and place them in the glasses for decoration. To complete the look, add a cinnamon stick to each glass. Enjoy your tasty cocktail!



Low & slow hot chocolate

INGREDIENTS

1 litre milk
300ml double cream
200g dark chocolate, chopped
100g milk chocolate, chopped
scorched marshmallows to serve
softly whipped cream, to serve
grated chocolate, to serve



First, pour the milk and double cream into the slow cooker. Next, add the dark chocolate and milk chocolate. Cover the oven and cook on low for two hours, stirring halfway through. After two hours, remove the lid and stir again. Cook for an additional 15-20 minutes. Finally, serve by ladling the mixture into mugs. Top each mug with marshmallows, dollops of cream, and grated chocolate.

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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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Creating a hedgehog haven

Follow these steps to help welcome prickly visitors with open paws

If you're lucky enough, you may have experienced the joy of spotting these endearing and prickly little nocturnal visitors, hedgehogs, snuffling around your lawn for a juicy earwig or a tasty beetle. This spikey species may look sharp, but sadly, their populations have been facing troubling declines. However, it's not all doom and gloom for these adorable creatures! We can take proactive steps to transform our gardens into hedgehog havens and help these spiny little creatures thrive once more:

Embrace Hedges By preserving or planting hedgerows, you not only provide a perfect place for hedgehogs to hide and feed but also create a natural boundary that adds a touch of rustic elegance to your garden.

Install a Hedgehog Highway If fences are a necessity in your garden, there's still hope for our spikey friends! Consider adding a small gap or hole in your fencing where small creatures can exit and enter without having to cross busy roads.

Attract Insects Hedgehogs are insectivores, and their diets heavily rely on insects, slugs, and other invertebrates. By encouraging a diverse range of

insects in your garden, you provide a vital food source for hedgehogs, especially during their essential fat accumulation period before hibernation.

Nature's Messiness Rather than aiming for a perfectly manicured garden, leave some areas undisturbed and untidy. Fallen leaves and decaying logs may seem like clutter to some, but they are treasure troves for insects, fungi, and other wildlife. Creating these natural microhabitats helps support a thriving ecosystem, attracting not only insects but also other small creatures like frogs and toads that hedgehogs love to snack on.

Tea Time Treats Hedgehogs are opportunistic feeders, and while they mainly enjoy feasting on insects, they also appreciate a tasty meal of cat biscuits or meat-based pet food.

Pond Safety Measures Make sure your pond has sloped sides to allow hedgehogs to climb out easily if they fall in accidentally. This simple adaptation can save hedgehogs from potential drowning hazards.

By incorporating these steps into your garden, you'll be actively contributing to the conservation of hedgehogs and other wildlife. 🌿



Photo: Keighley News

Charles outside The Picture House, Keighley

THE MAN WHO SAVES CINEMAS

ANDREW LIDDLE TALKS TO **CHARLES MORRIS** WHO OWNS
AND CHERISHES SIX INDEPENDENT CINEMAS

Hoylake, a dignified seaside town at the sandy west end of the Wirral Peninsula, once boasted a particularly fine cinema, the Winter Gardens. Charles Morris was seven-years-years old when, with his parents, he first set foot in it. It was 1958 and the animated film being shown, *The Lady and the Tramp*, had already become a well-loved Disney classic.

With the vivid clarity of Hollywood technicolour, he remembers everything about the occasion. To echo one of the film's most delightful musical numbers it was Charles's *Bella Notte*, 'the beautiful night when the heavens are right' and a magical spell is woven.

He was in love with cinema, hooked for life. After this first taste, it was difficult to keep him from hanging around on the prom outside the venerable building converted for use as a silent cinema in 1931. "I started to cultivate the staff," he remembers, "began helping

out, mending seats, making myself useful doing odd jobs." By the time he was ten he was assisting in the projection room, learning how to change the reels of 35 mm film every 20 minutes.

Christmas Eve 1963 is the night he cherishes most of all. "I ran my first film, completely unassisted." His voice still carries a boyish sense of wonder. "Even though the projectionist was somewhere in the house he never came in and just let me get on with it!"

Unfortunately his memories are not all sunnily nostalgic and darker dates are imprinted on his mind. By the late-1950s audiences were declining and the cinema closed on 3rd January 1959. It re-opened in May 1960 only to be threatened with closure again nine months later. "I was most

anxious that it should be kept open and I took a great interest in developments."

He remembers hand-painting a series of advertising posters to display. A petition organised by a member of staff attracted a large



Charles and Judy

number of signatures and fortunately the cinema was saved. He little realised at the time but this was the first of many endangered cinemas that he would make it his life's work to save.

Fast forward to the early 1980s and we find Charles, an electronic engineer for the Ministry of Defence, still keeping his hand in as a projectionist by taking part-time jobs in the local cinema of whichever town his work took him. While holidaying in the Yorkshire Dales, he spotted an opportunity to show films in the Victoria Hall, Settle, and surprisingly turned a small profit. "The seed of an idea started to germinate."

He is eternally grateful to his wife, Judy, for encouraging him soon afterwards to acquire his very own picture house. "She could see my passion for cinema, knew how much it meant to me." An opportunity had arisen in the Calder Valley town of Elland to lease The Rex, one of the oldest purpose-built cinemas in the country. Sadly fallen on hard times, it had closed after an unsuccessful spell as a bingo hall.

"It was a risk, but one worth taking, even though it was all crazy for the first few years."

In partnership with Peter Berry, a former manager of the Rex, Charles and Judy took on the tremendous task of renovating a building which had stood empty for three years and been vandalised. "Everything needed redoing," he recalls, "and we did every job ourselves – except laying the carpets on the 70 by 30 square-foot floor." He took particular pride and pleasure in personally adding the finishing touch, installing the projection equipment.

The cinema was not an immediate success, however, and barely broke even in the first three months. It took enormous determination to succeed and many hours distributing publicity material to raise public awareness. Ironically it was the power of television, a medium that was inflicting most damage on cinema, that gave The Rex the much needed boost.

After a local television channel featured it in a news item on the 75th anniversary of the cinema, audiences started arriving in huge numbers to see the ultimate escapist film of its day, Shirley Valentine.

He next took the Royalty Cinema in Bowness on a 25-year lease with no break. "It was a risk," he reflects, "but one worth taking, even though it was all crazy for the first few years." It meant that he had to give up his job and spend many hours commuting between Elland and the Lake District, where he and Judy now decided to make their home.



Plaza, Skipton

It was only in 1996 when they decided to rescue The Picture House. "By now a pattern was developing," Charles considers. "We could see what needed doing to each, sense what type of films would have local appeal, knew how to make it work."

But it was far from plain sailing when two years later they acquired the Skipton Plaza. "It was a bit of a challenge," he concedes, "it was an old building in need of a lot of work, but eventually we turned it round."

They began to set their sights on having a business nearer their home. The closed ABC cinema Regal in Lancaster was their next project, in 2003. "We reopened it as the Regal and were welcomed with open arms – and had three and a half glorious years there until a newly-built multiplex in town killed us."

In 2005 they took over the Cottage Road Cinema in Leeds which was on the point of closure and the following year added the beautiful Art Deco Roxy, in Ulverston, to their stable.

Charles can now reflect on a 65-year connection with cinema and with enormous pride on the cinemas he has saved and which are beginning to flourish again after the lean lockdown times.

He has now gone 17 years without adding any more. "We said some time ago six is enough," Charles says. "Any more would need a much bigger set-up with greater demands on the profits."

So that is definitely the last? "Well, I'd certainly consider any approach if a cinema might otherwise go under." He smiles. "I always did like a new project."

If there is such a thing as a born cinema projectionist, it is surely Charles Morris. 🍿



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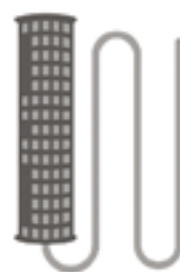
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COACH LINDSAY

OPENING UP A CONVERSATION ON MENTAL HEALTH

Giving our children and young people opportunities to open up is one of the biggest things we can do as parents and carers to support their well-being.

It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood, which can make them feel more able to cope.

It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves on a conscious level, what their needs are and when that need is not being met.

However, talking isn't always easy, right? You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or, you might be worried about making things worse or saying the wrong thing. These are all normal worries, but remember that your child doesn't need you to always get it right. They just need to know you're there.

In my experience, most children and young people find talking easier while doing an activity. This takes the pressure off as they don't have to sit and make eye contact, and mainly it makes the pauses and silences more comfortable for both of you.

"HOWEVER, TALKING ISN'T ALWAYS EASY, RIGHT? YOU MIGHT FEEL LIKE YOU DON'T KNOW WHERE TO START."

Having something in their hands or something practical to focus on can really help to make it easier for some children to think more clearly and reflect. Doing an activity together rather than having 'the big chat' makes your conversation more natural. ➤

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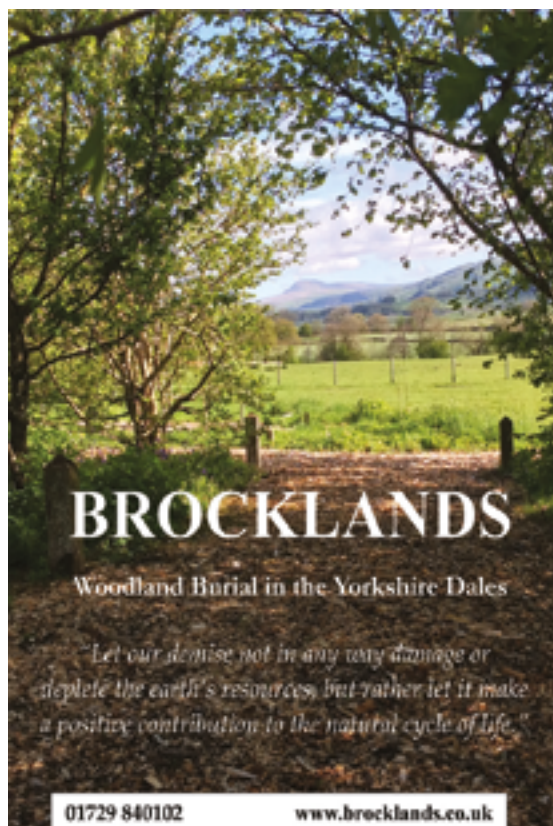
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Here are some of my conversation starter top tips that encourage an open conversation.

- What was the best part of your day?
- What was the worst part of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If they are having a hard time, you could try and find out how they would like you to support them by asking gentle, soft questions like:

- How can I support you through this?
- Do you want to talk about what's going on?
- Is there anything that you need from me? Space, time to talk?
- What was the biggest problem that you had today? What helped?

It's important to reassure them that you are always there for them to talk to and that they can come to you anytime. To help encourage this, you could try saying things like:

- You can talk to me at any time.
- If you want to talk to me about something worrying you, I will do my best to help. Even if I don't understand it, please know I want to.
- Even though it feels big to you, I can handle whatever you want to tell me.
- We are in this together, and I am right by your side.
- You can speak to someone else if you don't want to talk to me. I won't be upset.

To feel seen and heard is so important when a child or young person tells you that they are struggling, so when responding to them can help to:

- **Validate their feelings.** You could say, "It's understandable that you are feeling this way", to let them know that their feelings are ok.
- **Always thank them** for sharing what is going on.
- **Let them know that you are there for them** and love them. That they can talk to you anytime they need to and that you can help get them support if that is what they want.
- **Ask if you could do anything** that is particularly helpful right now.
- **Spend time together** exploring what's making them feel this way.
- **Inform them** of any helplines or online chat services they can use.
- **Remind them that this is only temporary**, as is everything, and these big feelings won't last. Reassure them that things get better and they will feel better in time.
- **Try not to have conversations like these at times of distress.** They will be in a flight, fight or freeze state and will not be receptive to conversations like this.

If you think your child or young person needs professional support, a good place to start is your GP, and in some cases, it can be helpful to talk to their school or college about what support they can offer. You can always contact me on my social media pages if I can help.

*Sending you all love and light,
Go gently on yourselves
Coach Lindsay x* 🌍

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Autumn What's On Guide

SEPTEMBER - OCTOBER - NOVEMBER

SEPTEMBER

Sat 16th

MAET LIVE & THE NEVER NEVERLAND EXPRESS

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Mon 18th

GREATEST DAYS

The Alhambra Theatre, Morley Street, Bradford

Relight Your Fire with this sensational new production of Take That's smash hit musical Greatest Days. Various times & prices. 18-23 Sept. bradford-theatres.co.uk

Tues 19th

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 Tuesday. 11am. Tel: 07879886612. £5. 11am to 12pm. silsdentownhall.org.uk

SKIPTON TOWN HALL TEA DANCE

Skipton Town Hall, High Street, Skipton

Blackpool Tower resident organist John Bowdler will entertain you. The price includes sweet treats and refreshments. £8. 1.30pm to 4pm. skiptontownhall.co.uk

Wed 20th

DAVID HOCKNEY: A YEAR IN NORMANDIE

Salts Mill, Saltaire, Shipley

At 90.75 metres long, this is David Hockney's biggest-ever picture: a vibrant, joyful frieze recording the changing seasons in and around the artist's French garden. Runs until 29th October. visitbradford.com

Thurs 21st

'TAKE THAT' – CANCER!

King's Hall, Station Road, Ilkley

A fabulous evening of 90s entertainment from 'Rule the World' is one of the best Take That tribute acts. All proceeds go to Jacqui's Million to care for patients at Leeds Cancer Centre. £20. 7.30pm. bradford-theatres.co.uk

Sat 23rd

DOGFEST YORKSHIRE

Harewood House, Harewood, Leeds

DogFest is the ultimate dog's day out; you can try your hand (or paw) at a variety of have-a-go activities, enter the Fun Dog Show for the chance to win Best in Show or take part in the Big Dog Walk, a group dog walk around the stunning stately home and grounds at Harewood. Plus, there are loads of stalls, festival food and drink, and more dogs than you can imagine! 23rd - 24th Sept. harewood.org

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THE THREE DEGREES

Settle Victoria Hall, 24 Kirkgate, Settle

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Tues 26th

BODY WELLNESS PILATES

Glusburn Community & Arts Centre, Colne Road, Glusburn

Pilate classes are great for all abilities. The courses are designed to work at your level and to be fun. Tues 10am - 11am. £8. Runs until the 31st Oct. bodywellnesspilateswithtracy.com

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Skipton Town Hall, High Street, Skipton

Skipton-based soprano Bibi Heal and guitarist Amanda Cook explore the universal influences of human nature and Mother Nature. £25, Under 30 £10, Under 19 £2. 7.30pm. skiptontownhall.co.uk

Thurs 28th

WIDESCREEN WEEKEND

National Science and Media Museum's Pictureville Cinema, Bradford

From Thurs, 28th Sept - Mon, 2nd October, festivalgoers can experience a blend of classic and contemporary film, showcasing the widescreen aspect ratio using Pictureville Cinema's world-class projection facilities and highly skilled projectionists. With exclusive talks from industry leaders, glorious print screenings, Cinerama restorations and more, Widescreen Weekend aims to reignite our love for the magical experience of going to the movies. scienceandmediamuseum.org.uk

Fri 29th

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OCTOBER

Sun 1st



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Wed 4th

ARMOURIES INTEREST GROUP

Royal Armouries Museum, Armouries Drive, Leeds
Suppose you have a particular interest in arms and armour. Why not consider joining a group of like-minded people to participate in the discussion and enjoy talks about the collection? First Wed of each month. Free. 7.30 pm to 9.00 pm. royalarmouries.org

Fri 6th

KEIGHLEY ARTS AND FILM FESTIVAL

Old Sunwin House, Hanover Street, Keighley
This year, we celebrate Keighley's past, present and future, working with all our partners to deliver a fun and quirky festival experience for everyone to enjoy. 6th-8th Oct. keighleycreative.org

Sat 7th

STARLIGHT HIKE

Keighley & Worth Valley Railway, The Railway Station, Station Road, Haworth
A fantastic night for all the family; you are walking under the stars and remembering loved ones. With a 10k route through the surrounding villages of the Worth Valley, entertainment and the incredible Starlight Express train ride, this will be an extraordinary and memorable night. Charity event for Sue Ryder. sueryder.org. 6pm. kwvr.co.uk

MARTIN LUNN'S RAMBLE THROUGH THE SOLAR SYSTEM

Silsden Town Hall, Keighley
Martin Lunn, a former curator of astronomy at the Yorkshire Museum, explores our solar system in an exciting talk suitable for all ages. £6.75. 7.30pm. Silsden.live

Sun 8th

STEAMING DAY

Bancroft Engine Mill, Gillians Lane, Barnoldswick
On these days, you can see the Engines and looms in operation. They have guided tours that explain the history of the mill and the museum, and we aim to answer as many of your questions as possible. The volunteers are also happy to answer questions. Adults £6, Concessions £5, Child £3. bancroftmill.org.uk

Tues 10th

THE ADDAMS FAMILY

Pendle Hippodrome Theatre, New Market Street, Colne
Basics Junior Theatre School Presents The Addams Family - A new musical comedy. 7.30pm. Sat mat 2pm. £14 - £17. 10 October to 14 October. pendlehippodrome.com 12 October

LIGHT NIGHT LEEDS – ARTS & LIGHT FESTIVAL

Royal Armouries Museum, Armouries Drive, Leeds
Light Night Leeds invites people to see the city in a new light and discover free arts events across the city centre. From large-scale light projections and interactive installations to music, dance and street performances, there is always something for everyone. Free. 12th-13th Oct. royalarmouries.org

Wed 11th

SKIPTON CAMERATA: THE SORCERER'S APPRENTICE

Skipton Town Hall, High Street, Skipton
Unstoppable enchanted brooms carrying pails of water and hilltop-dwelling giants are brought to life in this family-friendly music concert for young and old, presented by conductor Ben Crick. For audiences of all generations. 4.15pm. skiptontownhall.co.uk

Thurs 12th

BEER & MUSIC FESTIVAL 2023

Keighley & Worth Valley Railway, The Railway Station, Station Road, Haworth
Over the weekend, the Keighley & Worth Valley Railway is transformed into a 5-mile-long Beer & Music Festival. Our Event Weekend Rover allows unlimited travel on all trains and entry to Festival sites. Various prices. 12-15 October. beerandmusic.co.uk

Fri 13th

JUSTIN MOORHOUSE: STRETCH & THINK

Skipton Town Hall, High Street, Skipton
A brand new show that may contain Yoga, getting older, Madonna, shoplifters, Labradoodles, middle-aged cyclists, The Menopause, running, hating football fans but loving football, not drinking, funerals, is Tapas a rip-off? Come, it'll be fun. £15. 8pm. skiptontownhall.co.uk

Sat 14th

A FORCE TO BE RECKONED WITH

Skipton Town Hall, High Street, Skipton
With a handbag, whistle and a key to the Police Box, WPC Iris Armstrong is ready for whatever the mean streets of a 1950s market town throw at her. £15. skiptontownhall.co.uk

Fri 20th

A SPOONFUL OF JULIE

Skipton Town Hall, High Street, Skipton
Join Nicola Mills singing the songs of the practically perfect Julie in this memorable one-woman tribute. Full of charming anecdotes of Julie's life and songs and medleys from all her best-known shows. Adult £12.50, under 16s £5. 7.30pm to 10pm. welcometoskipton.com

HALIFAX'S FAVOURITE DAME
ADAM STAFFORD
AS NURSE BRENDA BRIGHOUSE

THE CONJURORS
**MATTHEW POMEROY AND
NATASHA LAMB**
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Sat 21st

SPOOKS! AT THORNTON HALL FARM*Thornton Hall Country Park, Thornton in Craven, Near Skipton, BD23 3TS*

Thornton Hall Farm promises a day filled with deliciously devilish delights with an interactive Trick or Treat Street, Halloween Hunt, Pumpkin Patch, and 'Join the Coven' Live Show. 21st-29th October. 10am-4.30pm. Adult £9.95, Child £14.95. thorntonhallfarm.co.uk

Mon 23rd

JEEVES & WOOSTER IN PERFECT NONSENSE*Keighley Playhouse, Devonshire Street, Keighley*

Comedy by David & Robert Goodale. £10. 23-28 Oct. keighleyplayhouse.co.uk

BLT PRESENTS THE CHILDREN'S HOUR*Bingley Little Theatre, Bingley Arts Centre, Bingley*

How powerful is a lie? The characters are wonderfully complex and original; it's a true psychological thriller. 23rd-28th Oct. bingleyartscentre.co.uk

Tues 24th

SKIPTON MUSIC PRESENTS: ETHAN LOCH

Skipton Town Hall, High Street, Skipton
Born in 2004 and diagnosed completely blind since birth, Ethan's formal piano lessons began at age four with his mother, and he now studies at the Royal Conservatoire of Scotland. Winner of the 2022 BBC Young Musician Keyboard Final. £25, Under 30 £10, Under 19 £2. 7.30pm. skiptontownhall.co.uk

Wed 25th

CALENDAR GIRLS, THE MUSICAL
Skipton Town Hall, High Street, Skipton
Wed - Fri 7.30pm, Sat 1.30pm & 6.30pm. £16 - £22. 25-28 Oct. skiptontownhall.co.uk

Thurs 26th

JADE HELLIWELL: LIVE AT THE MESS ROOM*The Mess Room, The Old Fire Station, Coach Street, Skipton*

Her style is a notably British blend of pop and country, influenced by Patsy Cline and Dolly Parton. 8pm-11pm. £11.00. welcometoskipton.com

Sat 28th

PIRATES AND HIGHWAYMEN*Royal Armouries Museum, Armouries Drive, Leeds*

Hear some great adventure stories and enjoy many live combats, plus loads of fun activities to keep the kids out of mischief. And there'll be no daylight robbery as admission to the museum is free. 28th Oct - 5th Nov. royalarmouries.org

OASISH*Glusburn Community & Arts Centre*

Since forming in 2004, Oasish has taken the tribute world by storm. The attention to detail is incredible; many have hailed them as better than the real thing! £16. gicac.org.uk

FOX WILLOW WEAVING WORKSHOP*Harewood House, Harewood, Leeds*

Join Leilah Vyner from Dragon Willow to learn how to create a beautiful, life-sized Fox. All materials and lunch are included. £85. 10am-4pm. harewood.org

Mon 30th

SHAKESPEARE'S FIRST FOLIO: CRAVEN'S NATIONAL TREASURE*Skipton Town Hall, High Street, Skipton*

Have you ever wondered how Shakespeare's First Folio came to Craven? 11am & 2pm. Free. All day. skiptontownhall.co.uk

Tues 31st

THE GHOSTING OF RABBIT BURNS*Settle Victoria Hall, Kirkgate, Settle*

18th-century romance meets 21st-century dating in this critically acclaimed comedy-drama by Gillian Duffy. £16. 7.30pm to 10.00pm. settlevictoriahall.org.uk

NOVEMBER

Tues 7th

CALENDAR GIRLS, THE MUSICAL*Leeds Grand Theatre, New Briggate, Leeds*

7.30pm. Wed, Thurs & Sat mat 2.30pm. £29 - £50. 7th-11th Nov. leedsheritagetheatres.com

Fri 10th

THE KINGS VOICE*King's Hall, Station Road, Ilkley*

There's only one Elvis Presley and only one artist who captures his spirit on stage - the inimitable Gordon Hendricks. £28.50 - £30.50. 7.30pm to 10.00pm. bradford-theatres.co.uk

Sat 11th

PEPPA PIG'S FUN DAY OUT*St. George's Hall, Bradford*

Join Peppa, family, and friends as they go to the zoo and the beach for a special party - it will be an exciting and fun-packed day. Various times. £18 - £21. 11th-12th Nov. bradford-theatres.co.uk

Thurs 9th

SARAH SMOUT - EYJAR*Skipton Town Hall, High Street, Skipton*

Sarah is a cellist-singer and environmental activist, creating music and poetry deeply rooted in nature and place. £12.50. 7.30pm. skiptontownhall.co.uk

Fri 10th

DAN NIGHTINGALE'S SPECIAL*Skipton Town Hall, High Street, Skipton*

Dan has spent the last two years changing the comedy industry from the inside out, paving new career paths for himself. 7.30pm. skiptontownhall.co.uk

Sat 11th

DESPERADO - EAGLES TRIBUTE*Glusburn Community & Arts Centre*

The Eagles incredible journey began with Take it Easy back in 1971. £12. 7.30pm. gicac.org.uk

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Yorkshire Quiz

How much do you know about your local area?



Photo by Roy Ainsworth

1 What does Yorkshire's traditional song 'On Ilkla Moor Baht 'at' translate to in standard dialect?

2 Skipton's castle dates back to which century?

3 The first Sunday of February marks the National Day for which famous Yorkshire dish?

4 Skipton is surrounded by beautiful countryside and is located near which national park?

5 Which famous long-distance footpath passes through Skipton?

6 What kind of material do the Barlick Yarn Fairies work their magic with?

7 In which century did the Brontë sisters live in Haworth?

8 The Brontë Waterfall, a scenic natural attraction, is located near Haworth. What is the name of the river flowing through the area?

9 Haworth hosts an annual 1940s-themed event, attracting visitors dressed in vintage clothing and featuring wartime music and dance. What is this event called?

10 Haworth is closely associated with the Keighley and Worth Valley Railway, a heritage railway line. Which famous British film was shot at this railway station in Haworth?

11 Silsden is located at the southern end of a reservoir. What is the name of this reservoir?

12 Steeton has its own railway station, part of which railway line?

13 Which soap set in a village in Yorkshire is in its 51st year?

14 Keighley is home to a well-known Victorian-era park. What is the name of this park?

15 Which famous Brontë sister's novel features the nearby Top Withens, a ruined farmhouse that is said to have inspired the setting of the novel?

16 In Skipton, the annual Sheep Day celebrates the town's history in what trade?

17 What is the name of North Yorkshire's police commissioner?

18 It is estimated that the climate would have been sub-arctic when Palaeolithic people first settled in Yorkshire. Which of these animals would not have inhabited Yorkshire at this time: mammoth, woolly rhinoceros, or sabre-toothed tiger?



19 In which year was the deepest snow recorded in Yorkshire? Was it in 1809, 1959, or 2009?

20 Which vegetable thrives in the wet, cold Yorkshire winters to such an extent that it has become strongly associated with the county?

21 Panto is a staple of British Christmastime, but which panto hero is said to have been inspired by real-life Yorkshire lad Sir William Craven? Is it Prince Charming, Dick Whittington, or Jack (from Jack and the Beanstalk)?

22 What river runs through Skipton?

23 True or False: Thanks to a Yorkshireman, we have the tradition of eating turkey at Christmas.

24 True or False: a copy of William Shakespeare's First Folio is on display at Skipton Town Hall Museum?

25 In what century was the Yorkshire Terrier first bred?



PLEASE SCAN THE QR CODE HERE FOR THE ANSWERS TO THE QUIZ.





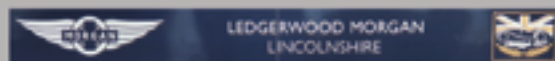
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INVITATION

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