

Pershore Times

A free monthly newspaper for Pershore and surrounding villages



Issue 81

April 2023

FREE



'Light on the Vale' © Peter Hodge Worcestershire

Spring has sprung! Lovely sunny days, a slight nip in the air, spring flowers, shrubs and trees in blossom. The hedgerows slowly changing colour, the big trees' leaves will soon be in view. A lovely time of year when nature wakes up and shows us how lucky we are. We are also fortunate to live in a glorious part of England. We have lots of good things to look forward to and many are right on our doorstep.

Easter Bank Holiday is upon us. Let's hope the weather keeps up and we can have a super end-of winter break! We like, many more, are beginning to make preparations for the Coronation of our new King. What an event that will be. Probably be the biggest TV audience ever! The monarchy is a unique part of our way of life and envied by many. A head of state above politics! This is what makes it unique, unelected too.

Celebrations will take place all over the world due to the Commonwealth, a friendly partnership of 56 countries consisting of 2.5 billion people-over one third of the world population! All quite remarkable! A small country with great influence through friendship and trade. Our new King who is also head of the commonwealth, has been well trained by his mother and father to be a great king.

Covid strikes!

We have to apologise for being a few days late with this month's publications but I am afraid Covid made its presence felt. Three of us went down with it and it took some time to recover.

Wishing all our readers a happy Easter!



NEW!

Powick Times

A free monthly newspaper for Powick, Callow End and surrounding villages

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Town Clerk retires after 17 years!

Town Clerk, Ann Dobbins has retired after 17 years in the post, plus a couple before as a councillor. She retired at the end of March. She said, "The job has been both rewarding and, at times, challenging but always worthwhile." Ann has lived in Pershore nearly all her life and to be in a position to help elected members to achieve so much for this town, has been a privilege. Ann's final reminder to everyone is that all members of both the Town and District Council will be deciding over the next few weeks whether to stand for election on 4th May. If you think you may be at all interested, please pop into the Town Hall for more information and a nomination form.

We wish Ann a great retirement. Thank you!



Flying the flag for Commonwealth Day



Cllr Alex Sinton, Chairman of Wychavon District Council, in front of the Commonwealth Flag which is proudly flying alongside the Union Flag outside the Civic Centre in Pershore

Friends clean up Avon Meadows



The charity Friends of Avon Meadows brought in a substantial quantity of rubbish after a recent litter-picking event at Pershore's local nature reserve.

Seventeen volunteers spent about an hour on a chilly Saturday morning combing through reeds and brambles, and peering into ponds and streams, in order to clean up the wetlands before the spring season.

The nature reserve is a haven for wildlife of all kinds, as well as providing a role in flood defences for the River Avon. The bottles, tins and plastic collected would bring some risks to the wildlife and people, as well as spoiling the beauty

of the natural environment. "We're delighted at the good turnout from our local community," said Richard Stott, Chairman of the Friends of Avon Meadows. "While we would rather have found no litter in the meadows, our success in finding so much means that the bird, insect and animal life will have a much safer, cleaner environment in which to prosper."

Future litter-picking events will be announced on the group's Facebook page and in the membership newsletter – see <https://avonmeadows.org.uk/> for information on how to join the Friends.

The Commonwealth Flag was proudly raised above the Civic Centre in Pershore on Monday 13th March to celebrate Commonwealth Day. The annual event is celebrated by people in more than fifty countries across the Commonwealth. This year's theme is 'Forging a sustainable and peaceful common future' and asks Commonwealth states to commit to supporting the promotion of peace, prosperity and sustainability - especially

through climate action - to secure a better future for the lives of all Commonwealth citizens. Commonwealth Day 2023 also marks the tenth anniversary of the signing of the Commonwealth Charter, a document that sets out the values and aspirations that unite the Commonwealth. It is also the first Commonwealth Day presided over by His Majesty King Charles III as Head of the Commonwealth.

**Pershore
Times
today!**

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Special Dates in April

Saturday 1st April - April Fools Day

Friday 7th April - Good Friday

Monday 10th March - Easter Monday

Saturday 22nd April - Earth Day

Sunday 23rd April - St. Georges Day

HRH The Princess Royal visits Pershore



HRH The Princess Royal unveils a plaque commemorating her visit, alongside Professor Roy Kennedy and Agri-Tech Research Assistant Anjana Patel

Her Royal Highness The Princess Royal visited Pershore College as part of the launch of a research facility at its university centre. The Princess Royal visited the college and spoke with staff, students, apprentices, employers and local dignitaries at the Agri-Tech Research Centre. Her Royal Highness was greeted at the national centre for horticulture by Paul West DL, who introduced Her Royal Highness to CEO Angela Joyce, President Louise Bennett, Chair of Governors Gill Clipson and other regional dignitaries. Students and staff from the college lined the paths from the main building to the Agri-Tech Research Centre – which is the heart of agri-tech course. Professor Roy Kennedy welcomed Her Royal Highness to the research centre and gave a tour of the indoor hydroponic plant-growth chamber, specialist equipment and teaching laboratory. She then met with apprentices, employers and academic staff in the research centre, before unveiling a plaque to commemorate the visit. Nicole Higginson, Director at New Leaf Plants, was among the employers present, alongside horticultural apprentice Thomas McDonald, 25, who studies at Pershore College and works at her company.

Nicole said: “It was a super day and I think it reflected really well on the college. As well as having an apprentice here, I’ve done some

micropropagation work with the Agri-Tech Centre and it is nice to see it get recognised.” The visit closed with Holly Lloyd-Cowley, a 20-year old Animal Management student from Pershore, presenting The Princess with a bouquet of flowers which had been carefully crafted by students at WCG’s Moreton Morrell College. Josh Egan-Wyer, Head of Horticulture, presented Her Royal Highness with a hamper of produce created on site at Pershore College, including Pershore Press juice, before she departed. Eline Tielbeke, 21, was one of the students watching the proceedings. She is from the Netherlands and is studying Veterinary Nursing for four weeks at Pershore College on international placement from the reputable Aeres MBO Barneveld school. She said: “I was very excited to see Princess Anne and I’ve been looking forward to it ever since we were told. In the Netherlands, we don’t have Royals that have such a strong interest in agriculture and animals, so that is what I love about her. The history of the royal family is very rich and that really interests me.”

To find out more about courses at WCUC visit www.wcuc.ac.uk

An Easter message from Claire Lording



What is the first word that comes into your head when you think of Easter? It might be “a long weekend off”, “chocolate”, “eggs” or “duck race”. Our answer will depend on the traditions we keep as an individual, as a family or as a community. And all of these things are really important. The word that comes into my head is “joy!” I love Easter, and I love sharing it and celebrating it with as many people as possible. After several weeks of keeping Lent and trying to focus on Jesus a bit more than usual, and trying to make decisions which show that I want to live the sort of life that God intends for me, it is the most wonderful thing to be filled with the joy of the resurrection on Easter Day! The services that take place on Easter Day contrast so much with the services we’ve had before this special day, which remind us that Jesus walked a long and lonely journey to the cross, that he died, that he was

put in a tomb and everyone thought that was the end and that nothing would ever be good again. On Easter Day we give thanks that Jesus burst from the tomb and showed that not even death could stop God’s amazing love for us. There are many ways that the joy of Easter can be shared. For me the best bit is coming to a service and singing Easter hymns at the top of my voice. “Jesus Christ is risen today, Alleluia!” Come and join me, you will be very welcome!

*Happy Easter!
Claire*

Pershore Benefice

EASTER DAY
April 9 2023

HE IS RISEN



0600 Dawn Service and First Eucharist of Easter (Pershore Abbey) followed by breakfast of boiled eggs and rolls at St Andrew’s Centre. (Please bring an egg cup with you!)

0800 Eucharist (Pershore Abbey)

0900 Parish Communion (St Mary’s, Wick)

1030 Sung Eucharist (Pershore Abbey) with **LIVESTREAM**

1030 Holy Communion (St James’, Birlingham)

1030 Holy Communion (St Nicholas’, Pinvin)

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Reg Moule

In addition to his award winning media work
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A few words from... Harriett Baldwin MP



Harriett Baldwin MP has offered her backing for a range of measures aimed to stimulate growth in the Budget. Chancellor Jeremy Hunt set out a range of measures to help people get back to work, including free childcare for working parents from eight months, and the abolition of pension caps to encourage NHS consultants and GPs to retire later. The Government also confirmed that the emergency support to help people with their high energy bills will be extended till the summer. Official figures show that inflation is projected to fall to 2.9 per cent by the end of

this year and that the economy will not go into recession. Harriett commented: "The Chancellor has set out a clear plan to help the economy grow this year. I've been particularly encouraged to see the measures to help people back into the workplace including the extension of free childcare for working parents and the ending of pension caps. Locally I welcome the extra financial help for swimming pools, pubs and drivers.

It is great to hear that the Chancellor is able to report that the economy will be avoiding recession this year and that inflation is back on the way down. Inflation hits the lowest paid the most and lower inflation will help to reduce the number of unsustainable wage demands causing strikes this year. I look forward to seeing the Chancellor coming before the Treasury Select Committee, which I chair, to scrutinise his plans in more detail in the coming weeks."

Countdown to May's elections begins

Poll cards will start landing on doormats across Wychavon next week as the countdown to this year's local elections begins. Residents are being urged to look out for the cards and if they haven't received one by 6 April to contact Wychavon's elections team as it could be a sign they are not registered to vote. The deadline to register to vote for May's local elections is 17 April, 2023. Registration can be done online using the links from Wychavon's website. Poll cards will be different to usual as they will have a lift up flap on the back and underneath will be details of the new Voter ID requirement. Voters will need to show a valid form of Photo ID at a polling station otherwise they won't be allowed to vote in May's Wychavon District Council or town and parish council elections.

Anyone who doesn't have a valid form of photo ID can apply for a Voter Authority Certificate before the deadline of 5pm on 25 April 2023. More information is available at www.wychavon.gov.uk/elections or people can pick up a leaflet from local libraries. Nominations have also opened for anyone wanting to stand for election as a district, town or parish councillor. Potential candidates have until 4pm on Tuesday, 4 April 2023 to return the nomination forms by hand to Wychavon's elections team at the Civic Centre in Pershore. Voters will elect 43 councillors to Wychavon District Council this time, instead of the usual 45, following a review of the council's electoral wards.

For more information visit www.wychavon.gov.uk/elections or call the elections team on 01386 565437

More places at County Medical School



L-R Richard Graham MP, Sir Bill Wiggin MP, Harriett Baldwin MP, Will Quince MP, Robin Walker MP, Rachel Maclean MP, Sir Geoffrey Clifton Brown MP and Nigel Huddleston MP

Westminster colleagues joined Harriett Baldwin MP, pressing for more investment to allow local students to train as the next generation of doctors at a brand-new medical school. The Three Counties Medical School is due to open in September and a delegation of MPs met with Health Minister Will Quince to call for extra funding to allow more local people to sign up for medical training.

The new school is attached to Worcester University, which is well-regarded for teaching nursing and other healthcare professionals, but currently just 20 domestic students will be able to start on the graduate entry medical course in the first year of the school alongside around 28 international students. The domestic students are being funded by the local NHS, but the MPs have asked

the Government to step up to allow a much larger cohort of local learners. Harriett said: "The new medical school was first proposed by the local NHS management to try and fix a recruitment issue and deliver more locally-sourced talent to train and then work at our local hospitals. As a group of MPs from Worcestershire, Gloucestershire and Herefordshire we all want this new medical school to succeed and develop local talent. At a national level, the Government knows that it needs to train more doctors and we've got a shiny new medical school ready to go. I am glad that we were able to make our case and I am hopeful that more domestic students will be able to train in Worcester and then stay on to enjoy long, fulfilling careers."



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Pershore

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- Decorating
- Loft insulation
- Shelving (maybe made to your design)
- General repairs (as simple as putting up curtain poles)



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Opens garden for the National Garden Scheme

Come and visit us to find out more about alpines and get lots of ideas in this inspirational small garden next to the Alpine Garden Society's office. The garden contains a wide range of alpine plants that are easy to grow in contemporary gardens over a long season. Visitors can see different settings and ways to grow alpines, including rock and tufa, a scree, a dry mediterranean bed, and both shade and sunny areas. There is also a dedicated alpine house, and many pots and troughs with alpines and small bulbs. Volunteers on hand for more information and trough planting

demonstrations on some days. Light refreshments and cakes, plants and a wide selection of books are for sale. Parking available at Pershore College car park. Avon Bank, Wick, Pershore, Worcestershire, WR10 3JP - adjacent to Pershore College

Open days

Saturday 29th April
11am – 4pm

Wednesday 31st May
2pm-6pm



Peopleton residents urged to join crime fighting scheme



Insp Dave Wise of West Mercia Police with Amy Carter, from Wychavon's Community Safety Team

Residents in Peopleton are being urged to protect their property by signing up to a scheme to deter thieves and burglars. Wychavon is working with Peopleton Parish Council and West Mercia Police to turn Peopleton into a SmartWater village, which requires 70% of households to join the scheme. SmartWater is a colourless liquid solution that can be applied to the surfaces of belongings and valuables. It leaves a unique code which is almost impossible to remove and can only be viewed under ultraviolet light. Marked items are then registered with a national database so if items are stolen, the rightful owner can easily be identified and the property

returned. SmartWater deters criminals as they know stealing SmartWater marked property makes it more likely they will be caught and convicted. Wychavon's Community Safety team and the parish council will also be knocking on doors in the next few weeks to sign up residents unable to make it to the meeting. Peopleton residents can also request a pack by emailing: communitysafety@wychavon.gov.uk with their title, full name, address including postcode and email address or contact number. Other parishes or villages interested in becoming SmartWater villages can also email the Community Safety team for advice on the process.

Calling all those living with an acquired brain injury

The trustees of The Acquired Brain Injury Trust are hoping to contact any adults in the Evesham or Pershore areas who have suffered an acquired brain injury (ABI).

Classes are available at Wallace House in Evesham to provide stimulation and social contact for those who may be feeling lonely or at a loose end.

Classes are taught by staff from the Warwickshire College Group, but the Trust is there to provide financial support for those who need it in the form of bursaries and help with transport costs. The current classes cover Brain Gym on Wednesdays and Art on Fridays. There is also a popular art class held in Badsey Remembrance Hall on Friday afternoons, provided by an independent teacher. Work from that class was featured in a recent exhibition in Worcester Cathedral which attracted a large number of visitors and much praise. From April cookery classes will be on offer at Pershore College.

Paul Taylor, chairman of the Trust added: "We know there



are people out there who are receiving little or no help to overcome the effects of a brain injury. Our Trust is in a position to help, so we hope you will get in touch for more details. As the work of the Trust increases, we need additional trustees, so hope that anyone with an interest in, or experience of, acquired brain injury will also get in touch".

Contact Paul Taylor, chairman Acquired Brain Injury Trust (no. 1159543), 100 High Street, Evesham, WR11 4EU; email: paul@mccarthytaylorconsulting.com www.acquiredbraininjurytrust.org

"The mistake is to think that clever technology can solve everything, but it can't solve our relationship with nature, which is where I think it's gone wrong in that we have somehow abandoned our proper connection with nature." *King Charles III*

April Events at community run The Queen Elizabeth Inn

Here's a small taste of what is going on in April!!
Who knew that a rural community pub could be so exciting !!

CHARITY FISH & CHIP QUIZ NIGHT

For Evesham Bat Care - Join our Quizmaster at 19.30 on **Tuesday 11th April**
Cash Prizes! Max 6 per team

EASTER SUNDAY LUNCH

Special menu and chocolate gift. **Sunday 9th April** Early booking recommended

"BREAKFAST FOR DINNER" THEME NIGHT

All your favourites and more! One sitting at 7.30 on **Thursday 27th April**
Early booking recommended

ADVANCE NOTICE! Calling all budding artists. **Watercolour Workshop** with local artist, Kay McGowan. **Thursday May 4th** 10.30am-3.00pm, £45 per head to include tea/coffee, biscuits and light lunch. Contact pub to book now.

ADVANCE NOTICE! – Coronation weekend **Beer & Cider Festival** May 5-8th



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Reflections at Wick Care Farm Jack Cummings



Friends and family will sometimes ask me – Jack, what do you like most about Wick Care Farm?

When it comes to the animals, my answer depends very much on the season. In the autumn, it is of course the quirky turkeys, with their beady eyes and bright red snoods. By the time summer arrives, nothing rivals the sight of the pigs grumbling about their field, nuzzling for scraps and wallowing in the mud. As for the springtime however, year upon year it is the newborn lambs which take their rightful place as farm favourites.

Of course, everyone has an individual experience of our newest arrivals. For some, bottle feeding a cade lamb brings about a fuzzy feeling of warmth and care. For others, it

is the sight of them awkwardly prancing about the field in pursuit of one another that brings about a sense of joy and laughter. For some, what matters most is the satisfaction of seeing them grow in size, confidence and health each week – and knowing that we each played our part. Just like us, it's remarkable how, even at just a few weeks old, the individual personalities of each lamb seem to emerge. Ethel, with her little black feet, likes to burst into stride at breakneck speed and lead the flock on their daily supervised excursions to the field. Meanwhile, Elvis (in his all-white jumpsuit) is always first to the bottle and has no complaints about being picked up for a cuddle – despite being the heaviest of the bunch!

Of course, much like the lambs, it is the individuality of staff, volunteers, clients and visitors that brings the farm to life. As one client put it:

The farm keeps my mind active, and I enjoy the social interaction with other clients. Although we build our day around farm-based activities, it's another reminder that many of the most important benefits of the farm are implicit. In the words of clients and carers, these include a 'sense of accomplishment' upon completing a task, feeling 'welcome and happy' during the day, and 'looking forward to a day's work'.

For many of us, the wider sense of community that Wick Care Farm brings to our lives is also incredibly special. With this in mind, we are very excited to

announce the return of our Spring Fair on Saturday 22nd April (11am-2pm). It will be the first we have hosted since the COVID-19 pandemic, and it's fantastic to once again be opening the farm for a public event. Potential visitors will be pleased to hear that they can expect the usual mix of local stalls, delicious cakes, a visiting musician or two, and of course the opportunity to see our animals (and what we do!) up close.

Wick Care Farm's Spring Fair will take place on: Saturday 22nd April 11am-2pm You can find out more about us at: Facebook: www.facebook.com/wickcarefarm Instagram: www.instagram.com/wick_care_farm/

£30k fund for Coronation celebrations



A £30,000 fund is being made available to town and parish councils to support celebrations to mark the Coronation of King Charles III. Wychavon will be contacting town and parish councils directly in the next few weeks

to tell them how they can access the money, which can be spent on events over the Coronation Weekend. As well as the dedicated fund, Wychavon is also scrapping fees for road closure notices for anyone holding a street party to

celebrate the Coronation. His Majesty The King and Her Majesty The Queen Consort will be crowned on Saturday 6th May at Westminster Abbey. The following day the Coronation Big Lunch takes place where neighbours and communities are invited to share food and fun together. On the evening a special Coronation Concert will be broadcast live from Windsor Castle.

On Monday 8 May, the public are being urged to take part in The Big Help Out by volunteering or joining projects to support their local area. Organisations and community projects that have volunteering opportunities available are

being urged to register them with Wychavon who will help promote them to the public. The Coronation Weekend is a wonderful opportunity for friends, families and communities to spend time together celebrating what will be a wonderful occasion for our nation.

I also hope lots of people will take the chance to do some volunteering with some of the many wonderful voluntary and community groups we have here in Wychavon.

For more information about Coronation events in Wychavon visit www.wychavon.gov.uk/coronation

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Pershore & District

April Monthly Meeting

Tuesday 18th April 2023, at 2pm

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Everyone welcome, no need to book.

“The Other Hidcote- Jardin Serre de la Madone”

A return visit from Duncan Coombes to talk about the garden in France, created by Lawrence Johnston who designed Hidcote NT garden.

For more details contact

Sally Whyte, Speaker Coordinator:
email: u3apershoresally@gmail.com
<https://u3asites.org.uk/pershore>

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Acorns charity shop superhero awarded

Craig Powell became community shop manager at Acorns children's hospice in September last year. The volunteer numbers were very low and Craig was finding it difficult to recruit new people. However, the team was happy to support and Graham Bury was our very own superhero, often helping out extra days on the till to support the shop. Graham also helps the volunteering centre in Pershore and is a likeable character within the community. I thought it was only right to submit him as volunteer of the month award for how much he goes the extra mile to help Acorns. We, the team at Pershore and Natt Kidd head of peoples and culture department, presented Graham with the award. All of the volunteers contributed to a food hamper and collection. However, Graham was more

concerned about getting back behind the till, his dedication to the cause is exemplary. Along with how much extra he helps, he was quite happy to retrain difficult processes on the till for gift aid and signing up new donors and is always committed to provide great customer service within the busy shop. Graham deserves this very special thank you and I felt it was important to highlight the crucial role of a volunteer and how they contribute to the cause. Graham was able to free up managers to help with replenishment of the shop. We still need new volunteers all the time and if you would like to get involved, come in store for a volunteer form and quick conversation with the team. Throughout the summer we will be promoting V.I.P. evenings



where you can book the store for a late night opening for special occasions and we really want to get involved with establishing Acorns within the Pershore community.

We would also like to say a thank you to the customers and donors from the local community; we really couldn't raise money for our hospices without you.

Claim free trees and help fight climate change

The Woodland Trust is urging schools and communities across the west Midlands to join the fight against climate change and nature loss – and reach a remarkable five million free trees planted across the United Kingdom since 2020 – by taking advantage of its latest tree-pack giveaway. Applications for the charity's ever-popular free tree-packs scheme are open now and schools and community groups are needed to push up the numbers of trees planted by 800,000 to reach a whopping five million.

The last round of the Trust's free tree-packs scheme in the spring of 2023 delivered a total of 540,630 saplings to 3,272 organisations across the UK, including 44,775 trees to 305 schools and community groups in the West Midlands: *Worcestershire* - 6,090 trees to 40 organisations. The Woodland Trust is committed to planting another 50 million native trees across the UK by 2030 and is urging people to get behind our mission to plant more trees and help us create a greener world. "In just a few years, the trees

will have grown big enough to lock away carbon and be a thriving habitat for wildlife. They'll offer free shade and shelter and help make the community space or playground, and the people who have access to it, happier and healthier." said senior project lead, Vicki Baddeley.



The UK's largest woodland conservation charity has given away 13.9m trees since 2010. If schools and communities can rise to the challenge and

claim 800,000 saplings in the current round, that figure will be approaching a staggering 15m, an average of more than 1m every year.



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Susan Bean Interior Design

So you have your Pinterest moodboard, marked your favourite pages in a magazine, you're pretty sure you know which pieces of furniture you want to replace, but something holds you back...is the design cohesive? Will it be cosy or claustrophobic? Would we be better off taking the wall out altogether? Does this builder have a good reputation? Is this what I really want? I hear these questions often - it can be hard to achieve a space that you really love and that works well for you and yours. Sometimes a fresh set of eyes are needed to see the potential of the space, and then it's helpful to have the expertise and experience to know how to achieve that potential and love it (while avoiding expensive mistakes!) Getting the right feeling from a space is not obvious either but it is really important. Colour theory and biophilic design - the positive influence of nature within our buildings - are both bodies of research that contribute to how well a space meets its function.

It is hugely satisfying to guide clients in designing their spaces according to their purpose, with plenty of laughs along the way! I live and work locally so whether it's a one-off consultation or full project management, do get in touch. We can have a chat and see if I can help you achieve beautiful, practical, enjoyable spaces.

For more images, testimonials and information, please visit my website www.susannixon.com For ongoing projects and inspiration, follow me on instagram @inspire.dwell.enjoy



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Top TV historian to give controversial lecture

British historian and biographer Robert Lacey, author of best-selling Royal biographies, will be giving the 2023 Friends Memorial Lecture at Pershore Abbey on 19th May. He is best known for his work as historian to the Netflix award-winning drama *The Crown*. Robert has chosen a controversial title for his lecture, bearing in mind that it will be taking place less than two weeks after the coronation of the King. His title is: "King Charles III – does Britain need another monarch?"



The Friends of Pershore Abbey are delighted to have been able to persuade Robert to come to Pershore for this major fund raising event. Established in 1932, the Friends exists to maintain, restore and improve the fabric of Pershore Abbey including its furniture & ornaments for the benefit of the public. Recent projects that the Friends of Pershore Abbey have supported include live streaming equipment enabling services to be broadcast online,

new floodlighting and internal lighting scheme. Most significant is funding for the superb new Italian pipe organ, scheduled to be commissioned in April. Further projects designed to keep Pershore Abbey performing for the community are lined up, funds permitting. Tickets for the event, which starts at 6.30pm with the lecture at 7.30pm, are now on sale online and locally, priced at £16 (£10 concessions) to include refreshments. www.fopa.org.uk

Coronation Poetry & Essay Competitions!



Closing Date 22nd May 2023

Pershore Times are giving you a chance to win cash prizes and feature in our June newspaper.

Write a POEM of appropriately twenty lines

or

An ESSAY of appropriately 200 words

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King Charles III Coronation

Open to all ages.

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Send your entry by email to:

news@hughes.company

or send to:

Hughes & Company

8 Church Street,

Pershore WR10 1DT

Including you name and age

Ten facts about King Charles III

1. King Charles III was born at 9.14pm on 14th November 1948. To parents Queen Elizabeth II (then Princess Elizabeth) and Prince Phillip, the Duke of Edinburgh, at Buckingham Palace, London.
2. He became King on 8th September 2022. After his mother the Queen (below, left) sadly passed away in Balmoral, Scotland. Aged 73, King Charles III is the oldest monarch ever crowned in British history, having been heir apparent (the next person to be crowned) since he was three years old.
3. From 1967 to 1970, he studied history at Cambridge University. Making him the first monarch in UK history with a university degree!
4. King Charles III can speak Welsh. After spending two months learning the language as he prepared to become the Prince of Wales in 1969. He still speaks it today, while visiting and addressing the country.

5. The King is a qualified pilot and diver. While serving in the military, King Charles III trained as a jet and helicopter pilot and became an accomplished diver. He's even explored shipwrecks like The Mary Rose – King Henry VIII's flagship!
6. He is a keen watercolour painter. As well as a published author and music lover, playing the cello in his university orchestra.
7. As Prince of Wales, he founded nearly 20 charities. Which together raise £140 million each year for good causes! He's also passionate about the environment – as Prince, he spoke out about plastic pollution as early as 1970, drove an electric car and planted many trees during royal engagements.
8. He's the reigning monarch in 14 other countries, as well as the UK. These include Australia, New Zealand, Canada, and Jamaica. As King, he's also the only person in the

- UK who can travel without a passport and drive without a licence.
9. King Charles III is no stranger to an audience. Having featured in UK TV show Coronation Street, participated in stage magicians' group the Magic Circle and presented the BBC weather forecast.
10. His son, Prince William, is next in line for the throne. The King has two children – Princes William and Harry – and five grandchildren. Prince William (below, right) is next in line to become King, and was named the Prince of Wales in 2022.



Flower Club News

On Wednesday, the 15th March 2023, members of the Pershore Flower Club were delighted to greet Ruth Milton-Jones who had driven all the way from Swansea to give a flower demonstration which she had entitled "My Home". She began with a hot and tropical design to enjoy and appreciate during the cold and dismal weather. Her mechanics consisted of a tall embossed box on which she had placed a metal garden screen with floral foam inserted in the box into which she put stems of strelitzia – bird of paradise flower – to climb up the screen. Sprigs of rosemary, Bergenia and arum pictum leaves and large ivy leaves which she had curled and stapled plus the variety of eucalyptus with rounded leaves were also added at the base and finally stems of purple clematis which picked up the purple in the strelitzia flowers. Next chicken wire in a grey urn with tall stems of dark red dogwood, stems of forsythia, variegated buxus and

eucalyptus. Sunflowers to give impact, together with tall stems of pink stocks and purple iris and then a few stems of the clematis to give a little movement. Then Ruth produced a large wheel sitting on a cart containing two bricks of foam to represent the industrial revolution – coming from South Wales as she does - in which she had placed varied foliage draped round the wheel and to which she had attached a few test tubes with sprigs of white broom giving off a lovely perfume. She added stems of blue spruce from her Christmas tree in the garden together with pink stocks, varied coloured tulips, shocking pink gerberas, light purple clematis and then a few hellebores also from her garden. Ruth's fourth design consisted of two slices of timber attached to two rods inserted into a block. Coils of pink wool, two heads of cream 'Dorchester' rose and heads of small cream Gerbera were all inserted into tubes attached to the wood, plus heads of a light purple orchid and another white rose.



Joining this design, Ruth added a sweet handtie of the same flowers with the same pink wool. Finally, from the beach at Mumbles on the Gower only a few miles from her home where she and her family have had a much coveted beach hut, Ruth produced a tall piece of driftwood around which she had arranged varied foliage including white broom, palm leaves sprayed lightly with gold, and Bergenia leaves at the base. Then she added tall stems of pampas grass, blue delphiniums and black-eyed

Chincherinchees together with a rose called 'Mondial', an 'Anastasia' chrysanthemum to give a little contrast, plus a few white tulips the petals of which she had opened out. To give the design a sunkissed feel, she added a few twigs which she had sprayed gold. We all admired Ruth's skill and enjoyed her chatter and look forward to our next Club night on Wednesday, the 19th April to which everyone is welcome. For further details, email pershoreflowerclub@gmail.com or follow us on facebook

Women's Hour! *God save the King!!* Susan Catford



These words were strange on our lips at first after so many years of 'God save the Queen!' A Queen who had won the hearts of so many both at home and abroad, carrying out her duties until her very last days. But now her son, previously the king-in-waiting, is our new sovereign, King Charles III, and a new era has begun. There will be celebrations on the day of his Coronation but it is a very different world from Elizabeth's Coronation in 1953. The post war years were a time of peace and rebuilding for the

future. An excuse to celebrate with street parties and (for the fortunate ones) the chance to watch the Coronation live. It was a day when everything stopped as the country came together to celebrate. For those who were alive at that time, it has lived on in their memories. This year we will have another Coronation but how things have changed! There will be street parties and celebrations across the nation and millions of people across the world will witness this magnificent ceremony take place. The reign of Queen Elizabeth II saw a world transformed. King Charles has inherited a different world which will be filled with challenges as we all have to face significant changes to protect our planet. He has had many years to prepare himself

for this time and with Camilla, his wife and Queen Consort, by his side, he will bring his own interpretation to this role. He has already shown strength of character and determination when addressing important issues. He will, perhaps, be a different kind of monarch with a more updated, less traditional approach. He is our King and, hopefully, will have many years ahead to demonstrate the determination and commitment he has already shown to lead this nation. No doubt there will be a flood of souvenirs and memorabilia for the Coronation but it will be a major event in all our lives. We had a Coronation mug in our house for many years. It held my father's shaving kit so came out every morning bearing the face of a very



young Queen Elizabeth. It only seems a short time since we were celebrating the Queen's Jubilee, represented by images of her smiling face and wonderful colourful outfits. Now we prepare for another event which will bring us together and be watched by the world. Charles will ascend to the throne with traditional pageantry and ceremony. It will be a spectacular event and a truly memorable day that marks the beginning of our new monarch's reign. God save the King and may he have a long, happy and peaceful, reign ahead.

King Charles III

A King in waiting for many years
And now his time has come
To take this role of sovereign
And sit upon the throne.

Since childhood he has known one day
That he would be our King.
So much to learn and be prepared
To take on anything.

And soon this child became a man
Both confident and proud.
Now able to perceive this world
And share his thoughts out loud.

His learning then continued,
The Queen his teacher still.
To follow her example
And emulate her skill

So patiently he's waited,
Quite happy to remain
Devoted to his special Queen
Until his own time came.

Now that our Queen has left us,
This role has passed to him.
Charles is our trusted monarch.
He is our noble King.

Country Watch

April always seems to be a month full of promise even though we could be faced with all kinds of weather. The days are now longer and the dawn chorus is becoming more vociferous. Nature is stirring from its Winter sleep and colour is returning to our gardens and the countryside.

Early blossom is dusting the trees - cherry, plum and pear produce pretty pinks and whites. Golden forsythia is bursting out and the magnolias with their variety of flowers are a stunning sight. Spring flowers are popping up in the garden: daffodils, crocuses, hyacinths and delicate snowdrops. Tulips will appear later with their range of colours and upright flowers. Even dull days are brightened by these blooms. Bare trees and shrubs are putting forth buds and the first delicate leaves. These will grow over the month and gradually restore our greenery. Naked skeletons of trees will be clothed once more, presenting a softer, fuller aspect.

'If you go down to the woods....' Primroses and wild garlic carpet the woodland floor. The delicate scent of the pretty, starry white garlic wafts in the air. Cheery primroses peak from between tree roots but they won't stay long. The early shoots of green bluebell leaves are slicing up in the shady woods but it will be a

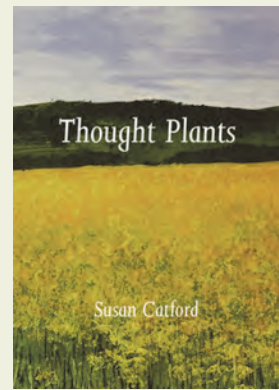


while before the clouds of scented flowers appear. Catkins dangle delicately by pathways. Big sticky buds (my favourites!) can be seen and felt on the horse chestnut trees which will be followed by the unfurling of hand-sized leaves. Everywhere there are small nodules of tiny buds which have appeared from nowhere and will become leaves of all shapes, sizes and colours over the coming weeks. Birds and animals are busy nesting and preparing for their offspring. Time to look out for young foxes frolicking in the grass and baby rabbits dashing through the undergrowth. April is a busy time, full of promise. An optimistic month to carry us onwards towards even longer days and, hopefully, warmer weather.



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CORONATION 2023



'Thought Plants' is Susan's first book and is a new collection of writing and poems exploring ideas, events and everyday life. At times serious and thoughtful, at others enjoying the whimsical, lighter side of things. It has grown surprisingly well from early seeds and a fertile imagination.

120 pages A5 full colour illustrated by Susan Catford

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Acupuncture for dogs and cats

Many people find acupuncture helpful as part of a holistic treatment for various conditions, but not everyone knows that acupuncture is also available for dogs and cats.

Acupuncture consists of inserting very fine needles in various parts of the body. In pets this is usually the back and limbs. It is carried out by a vet, with the owner present, and each session lasts about 20-30 minutes. Most dogs, and many cats, are very tolerant of the procedure.

Acupuncture is what is known as a complementary treatment, which means it is used alongside traditional medicines and therapies, usually as an additional source of pain relief.

It can be particularly helpful for older pets with arthritic pain, especially when they are starting to struggle with mobility despite conventional treatments but can also help young and middle-aged pets following injuries or surgery.

About 80% of pets are thought to respond to acupuncture, the only way to find out if it will help your pet is a trial treatment, usually consisting of four treatments a week apart. If this helps, then an individual plan can be developed. Many insurance companies will pay for complementary therapies, you would need to check your individual policy to find out if this applies.

If you think this might be something you are interested in for your pet then, feel free to ring me at the surgery.

info@martinandcarrvets.co.uk
martinandcarrvets.co.uk

Monica



Cooking for fun! *Ailsa Craddock*

I am very lucky to live in the heart of asparagus country - and even more to be within walking distance of a lovely farm shop which grows its own. By the time I have walked there, bought and walked back I have more than justified the butter that simply has to go on it! There are lots of ways to eat this delicious vegetable other than just boil and serve, - from risottos to soups (our farm shop sells bits that have come off when picking which is ideal for soup so ask your local shop) to using cooked stalks to dip into runny boiled eggs. Try wrapping parma ham around each stalk and putting under a hot grill for a few moments. Make the most of the British season - it is all too short!

Salmon Rolls with Asparagus and Butter Sauce -

2 thick or 4 thin asparagus spears) per portion
1 thin salmon fillet)
juice of a lemon
2 shallots, finely chopped
6 - 9 peppercorns
120 mls white wine
4 tablespoons double cream
150g butter, cut into small cubes
fresh parsley

Steam the asparagus for 6 - 8 minutes till tender, refresh under cold running water. Lay on top of the salmon fillet and roll up. Place on a rack over a pan of boiling water, sprinkle with lemon juice, cover and steam for 3 - 4 minutes till tender (I use one of those cheap bamboo steamers on top of a saucepan). Sauce: Put the shallot, peppercorns and wine into a small saucepan and heat gently until the wine is reduced to a tablespoonful. Strain and return to the pan.

Add the cream and bring to the boil then lower the heat. Add the butter to the sauce in small pieces, whisking all the time. DO NOT ALLOW THE SAUCE TO BOIL AS IT WILL SEPARATE! Season to taste, add a little parsley and serve with the salmon roll, some new potatoes and tenderstem broccoli and/or spinach.

Green baked eggs with asparagus Serves 2 - just double up as necessary!

1 - 2 teaspoon olive oil
200g asparagus, cut into 4 cm lengths
2-3 salad onions, roughly chopped
1 garlic clove, crushed
1/2 pointed spring (sweetheart) cabbage, shredded
1/2 green chilli, sliced
few drops lemon juice
10 grams feta cheese (or as much as you like!)
2 eggs

Heat a frying pan over a high heat. Add some oil, season the asparagus and fry, turning now and then, until slightly charred, for about 3 minutes. Take out and set aside. Lower the heat and add remaining oil, cooking the onions and garlic for a minute. Add the cabbage and chilli and fry for 3 - 4 minutes, turning regularly. Add lemon juice, some feta and the asparagus. Turn heat to medium-low. Make two holes in the mix and crack in the eggs and leave to for about 5 minutes till the white is set but yolks still soft. Serve with some sourdough toast to mop up!

Asparagus soup

This creamy soup is a refreshing spring recipe, marrying pure asparagus taste with the richness of cream and fresh herbs. One of my favourite things about this soup is its versatility. It's rich enough to be a light meal served with roasted veggie sides or crusty bread, but also satisfying enough to be a fresh spring appetiser to your Easter dinner. It can be served hot, straight off the stove, or cold (if you manage to have any leftover). Tip: Though it's totally great by itself, this soup is even better when sprinkled with



some homemade breadcrumbs that have been toasted in butter and garlic.

2 tablespoons butter
1 clove garlic, minced
2 lb Asparagus, ends trimmed, cut into 1" pieces
Salt
Freshly ground black pepper
500 mls chicken or vegetable stock (a cube will do)
100mls cream, plus more for garnish, Freshly chopped chives, and dill for garnish

In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes. Add stock and simmer, covered, until asparagus is very tender but still green, 10 to 15 minutes. Using a blender, puree soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste. Garnish with more cream and herbs.

Asparagus available from www.revillsfarmshop.co.uk

Jazz News

There will be a truly international atmosphere at this month's club session with band members from USA, Canada, Scotland, Germany and England. The Frog and Henry band, formed by street musicians in New Orleans in 2013, mirrors the instrumentation of the popular "string and brass" bands of the late nineteenth century. Violin, guitar, banjo, cello etc, backed by tuba and percussion played for a variety of events from genteel parlour soirees and party entertainment to street music, with a repertoire of rags, polkas, quadrilles, current popular songs and some jazzlike syncopation for dancers. Popular emergent dance styles demanding a more robust front line and a heavier beat led to the addition of reeds and brass to the front line creating a separate line of musical evolution leading to the traditional six piece jazz line up. Frog and Henry retain the original pattern of

Peter Farrall

instrumentation with two violins, two sax/clarinet players, piano, guitar/banjo and tuba but have extended their repertoire to include later jazz standards from the likes of King Oliver and Bunk Johnson as well as old dance tunes from USA and England. A selection of blues, rags, waltzes and ballads adds to the rich flavour of the evening's presentation. This quirky band, on their April tour of Britain and Europe will delight fans with their music, humour and history. Not to be missed are Ewan Bleach's clarinet solos playing two instruments at the same time and the foot operated tuba enabling Dave Neigh to play tuba and banjo simultaneously. And the origin of the name? Seems to be a nod towards Clarence "Frogman" Henry the new Orleans born R&B singer and pianist, but we'll ask them whilst they're here. Corman Atkins & George Ashmann violins Ewan Bleach & Laurin Habert clarinet/sax,



Joplin Parnell piano,
Dave Neigh tuba & banjo,
Ryan Baer guitar

The Frog & Henry Band

Wednesday 26th April
in the Function Room,
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Sensory plants for a wellbeing garden

Gardening is renowned for supporting our wellbeing, and, in the process, it helps nature to thrive too, so it's a win-win! This month, I'm thinking about plants to help all our senses rather than focusing on how the garden looks. There are plenty of plants to choose from regardless of the size of your plot – even a window box can accommodate a sensory planting scheme.

Colour – is emotive and can help stimulate or calm the senses. An all-white garden such as the white garden at Sissinghurst is famous for its calm colour palette and is very soothing. Compared to a 'jewel garden' which provides a much more energised and fun vibe. Use plants with white flowers such as *Convallaria majalis* (commonly known as lily-of-the-valley) which

flowers in May and is scented too and is ideal for a restful shady garden. Or if you want bright colours try *Erysimum 'Spring Breeze Sunset'* which is a wallflower with cheery orange and purple flowers and blooms from February to July and prefers full or part sun. They look lovely planted with tulips in containers or borders.

Sound – ornamental grasses and trees are ideal for this. The breeze rustling through the leaves of trees such as Poplar and Silver Birch make a great sound. Use tall grasses such as *Stipa Gigantea* (which look fantastic with frost on them) at the back of a border as they grow to around 2.5m tall and 1.5m wide. There are plenty of shorter grasses to choose from so you can find a suitable size and colour for your plot.

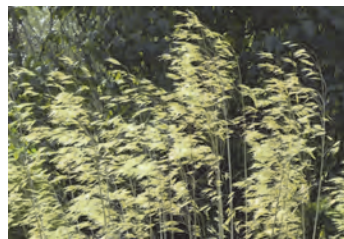
Scent – there are so many scented plants to choose from such as roses, daphne, sarcococca, nicotiana, lilac, lavender, viburnum and pelargonium to name a few. You can choose plants that follow on flowering from each other so there is year-round scent in your garden. Read my blog for details www.borderinabox.com

Texture – ornamental grasses are also ideal for this. I love the cute Bunnytail grasses (*Lagurus ovatus*) with their soft seedheads which are also brilliant for drying and using in wreaths and flower arrangements. The most tactile plant is Lambs Ears (*Stachys byzantine*) which have thick fluffy evergreen silvery leaves and are perfect for a sunny border for ground cover.



Nikki Hollier
nikki@borderinabox.com
www.borderinabox.com

Taste – herbs such as rosemary and thyme are useful plants for the garden. Rosemary is evergreen, with beautiful blue delicate flowers. They make great hedges too and have very aromatic foliage. Great for cooking which makes it a brilliant all-rounder for the garden. I use Thyme to fill in any gaps in the front of a border or go around the base of pots. It's also scented and tastes delicious on pizzas.



April gardening tips *Reg Moule BBC Hereford & Worcester*

Early in the Month

Sow annual climbers e.g. *Asarina*, *Eccremocarpus*, *Cobaea*, *Ipomoea*, *Tropaeolum* and *Rhodochiton*.
 Dead head daffodils and narcissi – feed them but DO NOT cut off the foliage.
 Keep an eye out for slugs and take steps to control them.
 Prune out any frost damaged shoots on less hardy shrubs such as *Pittosporum*.
 Plant summer flowering bulbs outdoors e.g. *Gladioli* and *Nerine bowdenii*, if you already have overcrowded clumps of *Nerines* in your garden lift and divide them now.
 For trouble free roses, spray with one of the safer rose combined pest and disease treatments or Uncle Tom's Plant Tonic for an organic solution to rose diseases.
 Prune Forsythias and winter Jasmine after flowering.
 Finish dividing overcrowded herbaceous perennial plants.
 Plant summer flowering bulbs eg. *Gladioli*, *Dahlias* etc.
 Straggly silver foliage plants can be cut back now e.g. *Saintolina*. (but not down into old wood - that is risky).

Lift and divide pond plants. This is also a good time to introduce new plants too.
 Plant *Asparagus* crowns and Jerusalem artichokes.
 Divide overcrowded clumps of *Nerines* and *Siberian Iris*.
 Treat potted ornamental plants with Bug Clear Vine Weevil Killer, as it acts as both a control measure and an insurance policy. One treatment lasts three months.
 Organically, place a half inch layer of horticultural grit on top of the compost to prevent successful egg laying.
 Cover some established strawberry plants with cloches to get an early crop.
 Plant new conifer hedges and trim established ones.

Mid April

Tackle pernicious weeds, like bindweed, with a systemic weed killer containing glyphosate, it is best to use an "extra strong" version.
 Hardy annuals can still be sown in situ outdoors.
 Plant dormant dahlia tubers 10cm (4in) deep outdoors at the foot of support stakes.
 Undertake lawn renovations by repairing damaged edges and

removing bumps and hollows. Watch out for whitefly appearing in your greenhouse, hang up some yellow sticky traps to monitor them. Plant some French marigolds or *Coleus cannina* near your tomatoes to deter the pests.
 Take conifer cuttings. Pull off 7.5 – 10 cm (3-4in) side shoots. Trim up the base. Dip in hormone and insert in free draining compost.
 Watch out for attacks of gooseberry mildew and gooseberry sawfly, these devastate bushes.
 Plant out cabbage, cauliflower, Brussels sprout and celery plants.
 Finish planting sprouted maincrop potatoes.
 Sow tomato seeds now for outdoor planting in June.
 Begin planting up hanging baskets, keep them inside until frost risk is minimal.
 Check your greenhouse regularly, as watering, shading and ventilation are important.
 Sow Basil indoors, but do not plant outside until there is no risk of frost. Start successional sowings of salad crops eg. Lettuce, carrots and radishes.



Late April

Sow tender veg. indoors for planting out next month e.g. courgettes, French and Runner beans. Sow marrow, courgette and squash seed on its side and soak Sweet Corn seed in water for 4 hours before sowing.
 Prune early flowered Clematis after blooming e.g. *C. alpina* and *C. macropetala*. This is only necessary where space is limited.
 This is a good time to re-pot any houseplants that are pot bound. Store unused seeds left in open packets in an airtight container in the refrigerator.
 Treat your lawn to an application of lawn food. Miracle Gro Thick and Green is my favourite as its food is released according to the weather conditions.

Rotary News

Richard Lees, President

Another month has flown by and there's much to report. Your generosity helped us donate £3,000 to ShelterBox from fundraising events. This will buy 5 complete boxes and each will support ten people in the Turkey/Syria earthquake disaster zones. But then we received requests for personal hygiene toiletries and underwear for Ukrainian refugees. So, our Rotarians swung into action and, thanks to Boots and local shops, two boot loads of goods were delivered within 48 hours. Closer to home, the Rotary District 1100 Young Chef finals were held in the Banking Hall on Saturday 4th March 2023. Judges - Ty, Mario, Sue and Kim, were full of praise for the young chefs. Spirit Hospitality's Steve Waites and his team ensured all went well backstage. Our caption shows the judges and chefs in their Pershore Rotary aprons. Even closer to home, Gordon

Kingston was a speaker on prostate cancer. One in eight men will get prostate cancer, with those over 50 and family history being more at risk. Gordon highlighted the need for PSA checks and early detection for best outcomes. The local support group plan to hold testing sessions in Pershore in the autumn. Rotarian Peter Gardner, seen here with Gordon, has raised £2,050 for Prostate Cancer UK. We are delighted to welcome two new members to Pershore Rotary. Tazmina (Mina) Crisp and Jason Jones, Managing Director of Jones & Associates, Bespoke Estate Agency. Both will bring energy and new ideas to Rotary in Pershore. So, whether it's supporting our own community or overseas, Pershore Rotary is here to help. *If you want to help us and would like to know more, follow us on Facebook or check out our website at www.pershorerotary.club*



Rotary



Rebuilding

Angela Johns

Ypres has a bit of toy town about it. After being completely flattened apart from a dozen or so buildings in WW1 it was rebuilt through the twenties onwards. It has that reclaimed look – reused bricks, fresh mortar. Old building materials but youthful building work. Perfect corners, perfect mortar, perfectly replicated. It determinedly recaptures what was, to continue to be. Even the enormous Cloth Hall and huge St James' Church were returned to their original glory from ground level, stone by stone and with each piece of stained-glass window. Like a spider spinning a fresh web what is manifested here is the instinct to rebuild the home, the workspace and place to hang out in order to feel safe, to have the knowledge of still belonging to the community and to experience its familiarity after all those things were so violently taken away. Wandering around and looking more closely at the details reveals the stories of new beginnings. There are Art Deco doorways and window glass designs and crumbling broken walls down the alley behind a pretty façade, faded painted signage above a straight new lintel of a shop window. Therapies are a little like this. We want to rebuild health and reclaim peace. We want to come



back stronger so we can last longer. We want to create a healthy life with the readymade bricks of our bodies and minds using the new mortar of good habits and lessons learned. It takes time and effort but those instincts are part of our humanity. And our old scars and memories will tell our stories in the life we live now.

Currently training as an Emotional Therapeutic Counsellor with the AETC, Angela is a qualified Reflexologist, Aromareflex Practitioner and Reiki Teacher/Practitioner. She is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing. You can find her at angelajohns.co.uk

“The future of mankind can be assured only if we rediscover ways in which to live as a part of nature, not apart from her.”

King Charles III

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A car, a ladder and a skeleton

Karen Harris

No its not the start of a car, a ladder, and a skeleton walk into a bar joke, but common analogies I use when describing connectivity in the body and as it happens we have much in common with the aforementioned items. Our joints line up much like the rungs and uprights of a ladder; the shoulders, hips, knees, ankles, being the uprights and the rungs being the pair of each joint. What makes a ladder strong and stable under weight is the right angle join between the rung and the upright, the same on each side and above and below. Get a ladder like that out of the shed to fix the guttering and you would feel safe. Not so if one of the uprights was bowed or a rung was off horizontal, it would be unstable and wouldn't bear your weight effectively.

Your body is exactly the same; is the ankle underneath the knee, is one shoulder lower than the other, is one hip further forward? It only takes one deviation from our blueprint skeletal design to cause instability.

You know what it's like when the tracking is out on your car? You get a steering wheel wobble and it just feels a bit weird when driving, like you aren't getting the right feedback from the road,

through the tyres, shock absorbers and chassis, to the steering. The 'bones' of your car are a bit 'out' and when it comes to the MOT you are told that the tyres are wearing unevenly.

Think of your shoes like the tyres on the car, do the heels wear unevenly? Could YOUR 'tracking' be out? On the car, the tyre is connected to the wheel and through to the chassis, there is a complete connectivity right through the car to maintain a safe vehicle and good drive, so perhaps just fixing the tracking (akin to putting an insole in your shoe) might be overlooking a potential issue with wear and tear on the bearings, shock absorbers, or perhaps the steering mechanics.

So it follows..... the connectivity in the body is there to maintain balance and stability and give us a good feeling when we go to move and exercise. Are we overlooking the mechanics of the body when we go with a quick fix by just looking at an affected area?

Can you see the connections and how they work, and how it makes sense that a functional pain-free body is achieved by taking a holistic approach to issues rather than a focussed, pain centred approach?

"Just as mankind had the power to push the world to the brink so, too, do we have the power to bring it back into balance."

King Charles III

YES or NO?

- Do you want to take control of your aches and pains?
- Do you want to stop having to take pain killers?
- Do you want the knowledge to be able to help yourself?
- Do you want to feel how empowering that feels?
- Do you want to feel that weight lifted from your shoulders?

YES, of course!

Even just the FEELING of the weight being lifted off your shoulders from knowing there IS an alternative to pain, pills & injections is a step in the right direction!

Karen Harris, Posture Alignment Specialist, Fitness Trainer
07954 544595

Emotional Triggers

Emily Papirnik



Emotional Triggers can be so debilitating for people, some such situations can be rejection or being ignored, helplessness or loss of control, feeling unwanted or unneeded. Just recently I have had more clients coming to me with such issues. They are wanting to find out how to deal with these reactions and responses that they are experiencing sometimes from 'nowhere'.

When supporting these clients, it can become very clear where the issues are coming from quite quickly. For the client alone finding the cause can often be difficult to pinpoint due to the trigger itself. Let me explain, if everything is going along fine you are less likely to want to revisit the issue or 'poke the bear' so to speak but trying to deal with it when you are triggered and in 'fight, flight or freeze' response is impossible.

I enable my clients to feel more relaxed in a calm environment where they can be truly heard. This allows space for a better understanding as to what is going on. When people are able to speak aloud what their fear is, quite often on hearing what they are saying to themselves the lightbulb turns on. They can break down the experience and realise what it is that causes the stress response.

A trigger might make you feel overwhelmed, in a state of panic, helpless or unsafe. These emotions are valid for you, a way of keeping you out of harm. This trigger will originate from an experience, either that you had or witnessed or were told about. We are so powerful in our subconscious mind and as I said before our primary need is

to keep ourselves safe therefore our behaviour will change to that end.

In understanding the trigger, in picking it apart it can be more manageable. In taking away its power it is possible to 'deal' with it and view it from another perspective. Then finding a way of seeing the truth in the situations that you find yourself triggered. The Truth is I am not where I was. The Truth is I can control how I respond. The Truth is there are things I can put in place to make this easier to manage.

This enables a controlling of your conscious mind and 'dispelling' or 'rewriting' what resides in your subconscious. Therefore, you can change your response.

This can be an ongoing process, therefore talking about our fears to therapists, colleagues, family and friends can be so valuable. Talking about a negative experience to dispel it when it first happens will stop it being stored and coming up later in another situation. Parents, friends, colleagues, managers allow your children and staff the opportunity to tell you what their day has been like in a calm environment. To allow those fears to be dispelled and not grown in their subconscious to become a debilitating trigger.



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Everything you need to know about Pilates

Rachel Garwood-Gowers



Everything you need to know before your first Pilates class

Help. I've never been to a Pilates class before. What should I expect?

Pilates is having a massive resurgence. At the beginning of 2023 there were numerous articles about why Pilates is the hottest exercise trend of the year. Seeing massive growth, in fact a 38% growth from 2021 to 2022, it seems like everyone is singing its praises. Celebrities and sports people alike are taking to social media to tell the world how it improves posture, develops long lean muscles, tightens and stabilises the core and develops flexibility alongside a heightened sense of wellbeing. Most people have heard of Pilates. Some people think it's like Yoga, and others think it's just for older people and involves some stretching... WRONG. Developed in the 1920s, it quickly became popular with dancers, and has continued to be top of 'gogo classes' for super-fit celebs who swear by the fitness method because it's hardcore but low impact. Whether you are a complete beginner to exercise or are super fit, Pilates offers a complete mind and body workout like no other and exercises can be as challenging as you want them to be. Plus, unlike other exercise classes, Pilates will reach into

your everyday life. It will make you move differently, hold your body differently and you will have a sense of inner core strength like never before. Many class goers tell me they even stand differently when they are brushing their teeth or walking the dog. That's because Pilates is great for fixing alignment and improving mobility. The movements are slow and controlled, they tone muscles, increase muscle endurance and promote good posture and balance.

What happens in a Pilates class?

To a certain extent this depends a lot on what sort of session you sign up for. Over the last few years there has been a surge in different strands of Pilates; Fitness Pilates, Yoyalates, Tabata Pilates, Barre Pilates and the list goes on. There are also Pilates Reformer classes that involve large pieces of equipment that look like torture devices and are developed from the original machines used by Joseph Pilates in the 1920s. These add resistance with a spring-based machine that strengthens you as you move one way and stretches you the other way. But you don't need fancy equipment to get a Pilates workout, almost everything can be done on a mat. Throw in some resistance bands, a Pilates ball, a block and a Pilates Ring

can also mean you pump up certain moves, making them more challenging for your stability as well as helping you connect with your deepest core muscles.

Whatever version you are trying the exercises will be based on the 34 original Pilates moves, with various degrees of contemporary twists thrown in for good measure. Unless, of course, you have signed up for a classical style class which takes you through the same exact moves in the same exact order every session. Contemporary style classes, on the other hand, mix in more creative choreography and exercises from other fitness modalities such as lunges, plank variations, and other popular bodyweight resistance moves. That's what we do at 101 Pilates. No matter which types and style of Pilates workout you choose, you'll likely hear some new words during your first lesson. Common terms I might use include neutral spine, alignment, c-curve, engage and articulate (meaning to roll down one vertebra at a time). Don't worry, though, these are explained in every class with reminders throughout. Everything is demonstrated and explained, I will tell you why we are doing certain exercises and which muscles to engage... in fact I never shut up.



101PILATES



101 Pilates offers a range of classes in different village locations across south Worcestershire at both day and evening times. Book at 101pilates.co.uk



Heritage & History Society



Many of us have regarded Her Majesty as being shrewd, kind and wise. Without her we would have seen the country as a greyer and more meagre place. The Queen had few friends as a child, but nanny, 'Crawfre', helped introduce an only partially successful Girl Guide company to Elizabeth and her sister, Margaret. Elizabeth did not attend a school but enjoyed reading. She proved to be a caring and helpful student. The one event in the run up to the second world war that 'everyone knows' was that at the age of thirteen, Elizabeth clapped eyes on Prince Philip of

Greece, a boisterous eighteen old cadet at the Royal navy College at Dartmouth. Queen Elizabeth became one of a few happy individuals who immediately found true love. Elizabeth and Philip waited until the bride's twenty first birthday before the a glorious ceremony was celebrated at Westminster Abbey. Within a year cheering crowds were out to greet the next heir to the throne HRH, Prince Charles Philip Arthur George. No one had been prepared for the death of his Majesty King George sixth in January 1951. Prince Philip had been quoted as saying it was if the whole world had dropped on him. Although prince Philip was an active and hard working parent, his relationship with Charles could have been better. He wanted Charles to be a 'man's man', in his own image. He learned that his son's temperament was not suited to the rough and tumble of a sporty institution and enjoyed himself more in the remote setting of an Australian outback school. Charles, it seemed, suffered from minimal parental support in his early

school years. Later Charles was the first member of the Royal family to achieve a degree at Cambridge University Even so, his image was of a rather shy nervous young man instinctively out of sympathy with the rebellious nature of the time. Prince Charles was then introduced to his first public role. Lord Snowdon, married to Princess Margaret, was to oversee the investiture of the Prince of Wales at Canaanarvon Castle in July 1969. Charles was becoming increasingly independent minded. He learned sufficient Welsh to win the praise of the local residents. The biggest single event for the Royal family in the early 1980s was the carnival atmosphere wedding of the thirty two year old Prince Charles and Lady Diana Spencer, on 29th July 1981. Continuing inflation and as social divisions, encouraged this a distraction from the troubles of the times. Prince Charles appeared to have more traditional tastes than his contemporaries. He was driven by duty and had long been close



to an early girlfriend, Camilla Parker Bowles. The assumption was that this lifelong commitment would be shared by the Queen and the Duke of Edinburgh with almost all of the media. Prince Charles and his wife produced the next heir with commendable promptness. Their younger son was born shortly after. 1992 has been remembered by the Palace officials as the worst time in the history of the modern monarchy: worse even than the ominous seeming days after the death of Princess Diana in 1997. For more than twenty years on, it is possible to see more clearly what her Majesty described at the time as her 'annus horribilis.' Charles, now happily married, will accept the crown, with Camilla as his consort, on the sixth May, when his older son and daughter in law will be recognised as the Prince and Princess of Wales.

Heather Greenhalgh



YOUTH PROJECT WITH MEADOW ARTS / JUNEAU PROJECT AT AVON MEADOWS



20 cast-bronze sculptures made by young people in Monday Club, Saturday, Sunday club and summer programme have now been placed in Avon meadows. As part of a trail for members of the community to enjoy. There are also information boards placed in the meadows about the project and how Juneau projects have worked with the young people at Riverside to achieve this.




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CORONATION 2023

South of South

Brian Johnson-Thomas

The sun is just setting over a really blue sea with the even beat of the waves setting the speed of my typing. We have just returned from visiting the southernmost island of the British Isles which is, still, just visible from here in the gathering dusk.

The British Isles, of course, also include the Channel Islands and, whilst Jersey is the furthest south, there is one tiny island, Green Island, just a few hundred yards to the south of that. Granted, Green Island is almost an honorary island as you can walk across to it at low tide but, just over a century ago, prehistoric graves were discovered there, so people have lived there for an awfully long time.

It's also just visible on the horizon of our holiday cottage – Fisherman's Cottage situated on the edge of St Helier, the capital of Jersey – which is our luxurious home from home for a few days. Starting life back in the 1760's it now forms part of the collection of holiday lets offered by Jersey Heritage ([see www.jersey/heritage.org/stay/heritage-lets/fishermans-cottage](http://www.jersey/heritage.org/stay/heritage-lets/fishermans-cottage) for details) and, indeed, offers all that one might need for a relaxing break. It sleeps up to four people in a double bed and a bed settee and comes very well equipped, including a superb shower room, but the main selling point must be its' location by the roadside but on a small cliff with amazing views out to sea – and a garden with comfortable seats to rest and look at the ever changing views.

The town centre is a quarter of an hour's walk away, but there's also a reserved car parking space near the Cottage

if the walk's a bit daunting. Being an island, of course, nowhere is really that far away. However there's a lot to see and do in that small-ish space, ranging from relics of history, such as the impressive castles like Elizabeth Castle overlooking the sea approaches, to the capital and Mount Orgueil, brooding over the village of Gorey, which held out for the first King Charles long after all hope was gone. Cromwell's men then turned it into a prison, presumably holding the erstwhile defenders. But people lived here long, long before even those stirring times. Make sure that you take the time to visit La Hougue Bie, the tenth oldest building in the world dating back some six thousand years, which also houses part of a record breaking Celtic coin hoard and a more recent Second World War German bunker. Remnants of that German occupation are everywhere – it's difficult to demolish concrete THAT thick – and some of the structures have been repurposed in inventive ways – as an oyster bar, for example.

For a faint whiff of scandal long ago it's worth visiting St.Saviour's Church whose graveyard has the final resting place of the lady known as the Jersey Lily, better known as Lillie Langtry, who was remarkably friendly with King Edward. It's a beautiful old church, uphill from the town and well worth the detour. There is, indeed, a lot of coastline here, with a huge tidal range and thus some very wide and enticing beaches, offering lots of scope for water sports of all kinds, also for all abilities.

I was impressed to find that in



Green Island from Fisherman's Cottage

St Helier it's possible to borrow, for free, adapted wheelchairs (with specially wide tyres) for use on the beach. That's a facility which many other resorts could copy to everyone's advantage. Talking of wheelchairs and such, I should mention that the ferry services to Jersey sail from Poole and Portsmouth, are operated by Condor Ferries ([see www.condorferries.co.uk](http://www.condorferries.co.uk) for details) and are big enough, and varied enough, to cater for disabled passengers. We've chosen to travel out here on the fast ferry from Poole, which took us some four and a quarter hours (with a rather nice steak

and ale pie and a pint en route) but we're going home on the traditional ferry, overnight to Portsmouth, leaving in the late evening and arriving just after breakfast. I know from a previous voyage that some of those cabins are suitable for wheelchair passengers. Tomorrow night, as a treat to ourselves, we've booked a short stay in the four star Hotel de France, which is my personal favourite in St.Helier since it also has a Spa, a pool and a rather nice restaurant ([see www.defrance.co.uk](http://www.defrance.co.uk)) where we will celebrate our last night on this magical island.



Hotel de France

Thoughts from the Snug... Birthdays and mottos to live by

One of our Snug members had a significant birthday recently. Being a modest person they displayed a gentle protest against the fuss we made. He pronounced, "There comes a time when you should stop expecting others to make a fuss about your birthday. That age is 10!"

We were having none of that and proceeded to shower him with cards, best wishes, a pint or two and a bag of curry flavoured pork scratchings. Several cards not only celebrated his milestone, but gave advice to ensure further anniversaries.

Here are a few quotes:

"To stop the aging, keep on raging."

"You can't turn back the clock but you can re-wind it."

"He who laughs, lasts."

The birthday boy graciously accepted our sentiments and admitted, "Birthdays must be good for you. Statisticians tell us those who have most live longest."

Cheers!

Then we ate his pork scratchings.

Buddy Bac

Gregory's World!

Gregory Sidaway Exeter College, Oxford

“Ready.”

(Whispering) Hello, me again! I'm whispering because we're standing in the entrance hall of the Rector's Lodgings, which murmurs with the hushed conversations of my English class. They're all in their academic gowns, clustered at the foot of the staircase. I'm wearing mine too (I've just spent the last five minutes trying to remember where I put it – in a bag at the back of the wardrobe – then trying to flatten out the creases so I would appear presentable). Listen out for the voices inside the dining room: Rick Trainor, our rector (basically the boss), the academic dean, and three of my English tutors are taking it in turns giving their thoughts on how [insert student name] is getting on, now that we're coming to the end of our second term. It's time for our reports. Instead of parents' evening, I suppose you could think of it as “students' afternoon”, but it's actually called: Collections. Wait. Our ears prick. The voices have lulled. Chairs shuffle. The door creaks open and out steps the latest survivor, who tells me I'm next. Okay, fellow reader, wish me

luck. See you in a few minutes. I enter – reassuring myself that no matter what happens, there's an overpriced pint waiting for me at The Kings Arms tonight – and take a seat. My tutors are looking very serious; I've seen them laughing only hours before, but now it's like a reset button has been pressed. Traditionally, rather than having a conversation with you, each tutor reads out what they've written about us to the rector, who nods thoughtfully, and we hear the report at the same time. So, when I take a seat, my first tutor consults her notes and tells the rector: “Rector, this is Gregory Side-away and I teach him English Language and Literature.” (I don't know why she consulted her notes, she knew who I was, we had a chat yesterday.) The rector nods thoughtfully. What follows, is a summary of how I've been getting on and where I need to improve ... And how have I been getting on? Well, I was able to get involved in more things than last term. I had some success in the drama/film department, you might remember from last article I'd auditioned for a play? Well, I didn't get the role. Then I auditioned for a film. Didn't get that one either. But,

then I saw the film I'd auditioned for needed extras and I thought: ‘They can't say no to me now!’ So, I went over to Worcester College and got dressed up as a cameraman from the ‘80's. This was going to be a film about the filming of a play, so while my character was ‘filming’ a play of Anthony and Cleopatra, I was being filmed myself – lots of dimensions to this. I played the memorable character of ‘Man No. 2’ (there wasn't even a ‘Man No. 1’, I'm not sure what happened there) and I spent the time between takes envisioning a backstory, a heroic odyssey ‘Man No. 2’ had embarked upon to reach this moment. I had plans for a spin-off series and everything – but then someone said “Action!” and I had to concentrate. I did get upgraded, though, because I was given two lines. One of them was long and I can't remember it now, but my favourite one was (wait for it): “Ready.” It reminded me of a line I had in a school production of Les Mis. We were on the barricade, Javert was returning and I had to say: “He's back!” My best line. I milked it for all it was worth. As we prepared before takes, I began to notice most of the



actors were finding a space all to themselves, leaning forward slightly with a script either in their hand or on their knee, gesturing with their other hand and sort of half-speaking, half-mumbling their words as they practised them. Some were reciting soliloquies and big chunks of text. I just leaned forward, gestured and savoured the word: “Ready.” ... The rector is still nodding thoughtfully. After my report was read, he asked me how I'd got on in college life. I thought he would be impressed if I mentioned the rowing – he was probably less impressed when I mentioned nearly capsizing the boat. Recovering, I mentioned the filming and how great it was to get stuck into projects outside of the work. The rector smiled. “So, it's all going well, then?” The academic dean added: “Except for the rowing.”

Teenage Focus *Romy Kemp (18)*

What next?

2023 has been moving quite quickly in my opinion. This is the year for me that my life basically begins, after taking my A-Levels in a few months. My initial choice after these exams is to study at university. However, there are a few doubts in my mind about my future after university. The most exciting part in my head though is moving away somewhere different, living somewhere new and meeting new people. My motivation and brain power has somewhat declined in the recent months after many mock exams. It is hard to bring back so much motivation after burning out, and I'm truly trying my hardest to bring it back, but it has been hard. It's just about getting back into a

routine and sticking to it, and doing as much useful revision as possible. I'm sure that stress is a massive step towards the future but it is a struggle in itself, so getting through that is the hardest and greatest part in order to get what you want for your future. There are so many career paths to choose from, and so many that aren't talked about as much as teachers, doctors, accountants, actors, scientists. They don't go into depth about the numerous sectors in these job options, like forensic science and producing. However, there are so many job opportunities out there which aren't really talked about or that you don't know about yet. The options are limitless out in the world. However, this summer holiday

will be the greatest one that I will ever have, so I'm told, as I won't have any more school exams to worry about. I never used to be a fan of the sun much, but I have recently been craving the atmosphere which comes with summer. The break and rest from all the pressure after A-Level's and GCSE's. My plan is to travel through places in the UK before I go to university at the end of the year, reaching the stage of independence in life where you try to fend for yourself but meeting new



people in the process.

“As human beings, we suffer from an innate tendency to jump to conclusions, to judge people too quickly and to pronounce them failures or heroes without due consideration.” *King Charles III*

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Should that happen, then the

family have to deal with the Court of Protection and they are a nightmare. They do not understand the word Urgency let alone spell it. The writer has terrible first hand experience with a family member. The Pershore Times have made a special arrangement with Resolve Law Group on behalf of their readers using the Newspaper Code PT80. The arrangement is that the fee for each LPA is £175.00 plus the fee to the Office of the Public Guardian of £82.00. Any person should have this in place whether you are 30 or 70 years old.

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Tickets Cost £7.50 and include a complimentary drink afterwards

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Aviation law can be turbulent but we are here as your co-pilots to navigate a way through it. From insurance to regulation we have the expertise and experience to help individuals and businesses with all things aviation.

• Sports law

Whether you're an athlete, team, or club, Resolve Law Group can help anyone involved with the sports sector on legal issues. We help individuals and their representatives negotiate terms and terminations, and help them understand laws and regulations. We also help teams and clubs with negotiations, regulations, insurance, and compensation.

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Resolve Law group

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Email: Peter.Jewell@ResolveLawGroup.co.uk

Group Head Office

Resolve Law Group Tudor Court Droitwich WR9 7JY

USA Book Award



Swing Time, a book designed and typeset by Hughes & Company received the prestigious award from the International Sports Heritage Association.

The awards programme was established to provide recognition for excellence in publications and exhibits by all member sports museums, hall of fame, or sports heritage organisations regardless of size or budget. The competition is evaluated by ISHA members. There are nearly 150 institutions located in North and South America Europe and Asia.

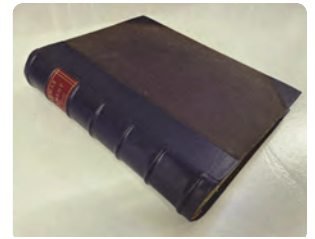
The book was published by Grant Books Ltd.

Award Winner:

*Category A
Book printed hard cover or soft bound. USGA Museum & Library ; Swing Time - A celebration of Golf and Music*

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Book Binders & Stationers

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State pension top ups

If you reached state pension age after 6 April 2016 you will be eligible for the New State Pension. From 6 April 2023 the full New State Pension is £203.85 per week but whether you are entitled to that amount depends on your National Insurance record.

If you have 35 qualifying years you will be entitled to the full state pension. If you have less, then it is possible the amount of pension you receive will be reduced and it may be beneficial to make voluntary National Insurance contributions (NICs) to increase your entitlement to benefit. You require a minimum of ten qualifying years to be eligible for any state pension at all.

Usually, HMRC allow you to pay voluntary contributions for the past six tax years. The deadline is 5th April each year. However, there is currently an opportunity for people to make up for gaps in their NICs for the tax years from April 2006

to April 2017 as part of transitional measures to the New State Pension. This deadline was set to expire on 5th April 2023 but has now been extended until 31 July 2023. It could be worth considering making additional contributions if you are close to state pension age but do not have enough qualifying years to get the full state pension, if you know you will not be able to achieve the required qualifying years in the remainder of your working life or if you are self-employed and do not have to make NICs because of very low profits. You can check your National Insurance record by signing up for a Personal Tax account with HMRC. This will detail the qualifying years you have on record and the contributions you have made. You can also obtain a pension forecast from HMRC that will indicate when and how much pension you may get and also whether you can increase it. For further

Carol Draper

guidance search online for state pension forecast and if you require further guidance consider speaking to your accountant, financial adviser or approaching Citizens Advice.

Carol Draper FCCA



Clifton-Crick Sharp & Co.

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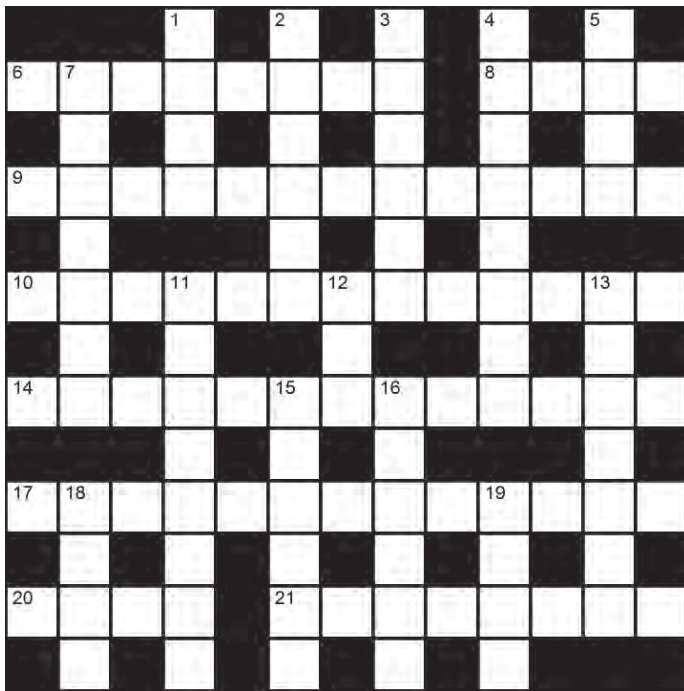
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www.accountantsworcestershire.co.uk

Coffee Break

Crossword



Across

- 6 Relinquish a throne (8)
- 8 Tibetan oxen (4)
- 9 Mayonnaise (5,8)
- 10 Expert in atmospheric conditions (13)
- 14 Rebirth of the soul in a new body (13)
- 17 Meteorologist (13)
- 20 Unknown (4)
- 21 Freeze (8)

Down

- 1 Turkish currency (4)
- 2 Outlaw (6)
- 3 Breakfast food (6)
- 4 Power of vision (8)
- 5 Related by blood (4)
- 7 Blind system of writing (7)
- 11 Lack of variety (8)
- 12 Belonging to us (3)
- 13 Exhibitionist (4-3)
- 15 Prejudice against old people (6)
- 16 Baby's feeding bottle cap (6)
- 18 Sicilian volcano (4)
- 19 Clarets (4)

Sudoku

Each row and column must contain the numbers from one to nine, without repetitions.

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

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

Crosswords

Sudoku

Wordsearches

Jigsaw puzzles
also available to play
online for FREE



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coffeebreak](http://www.pershoreonline.co.uk/coffeebreak)

General Wordsearch

U	C	A	M	Y	S	W	R	V	L	D
T	T	N	I	C	T	E	S	S	A	P
S	O	N	O	R	D	I	K	C	H	D
K	N	T	S	L	B	C	R	I	A	A
W	M	A	E	D	I	A	L	A	M	U
D	A	Y	G	H	C	I	G	A	R	S
S	L	N	C	G	G	E	L	S	Y	S
S	L	L	I	E	X	A	L	F	I	
B	I	O	V	N	N	D	D	S	G	E
V	N	L	I	B	G	K	E	O	E	V
N	E	T	A	G	A	T	O	R	C	A

- AIDE
- AIR BAGS
- ANN
- ASSET
- AUSSIE
- BIO
- CEASE
- CHICKS
- CIGARS
- DIAL
- EKG
- ELDER
- ETC
- FLAX
- GATE
- GEE
- GLADE
- ICY
- ILLS
- INK
- ION
- KGB
- LCD
- MAHAL
- MALL
- MIKES
- NIT
- OTC
- ORCA
- PHIL
- RARITY
- SNAGGED
- TOTE
- VIGIL
- WANING

March Answers



Poets' Corner

A Shropshire Lad

Reveille IX

On moonlit heath and lonesome bank
 The sheep beside me graze;
 And yon the gallows used to clank
 Fast by the four cross ways.
 A careless shepherd once would keep
 The flocks by moonlight there, (1)
 And high amongst the glimmering sheep
 The dead man stood on air.
 They hang us now in Shrewsbury jail:
 The whistles blow forlorn,
 And trains all night groan on the rail
 To men that die at morn.
 There sleeps in Shrewsbury jail to-night,
 Or wakes, as may betide,
 A better lad, if things went right,
 Than most that sleep outside.
 And naked to the hangman's noose
 The morning clocks will ring
 A neck God made for other use
 Than strangling in a string.
 And sharp the link of life will snap,
 And dead on air will stand
 Heels that held up as straight a chap
 As treads upon the land.
 So here I'll watch the night and wait
 To see the morning shine,
 When he will hear the stroke of eight
 And not the stroke of nine;
 And wish my friend as sound a sleep
 As lads' I did not know,
 That shepherded the moonlit sheep
 A hundred years ago.

(1) Hanging in chains was called keeping sheep by moonlight.

A. E. Housman 1859-1936

Spot & Shop - March Winners

- | | |
|---------------------------|-----------------|
| 1) Laurence O'Shaughnessy | 2) Ingrid Fox |
| 3) Benn Reynolds | 4) Sam Ball |
| 5) Tina Homer | 6) Mrs K Harvey |
| 7) Pam Rayner | |

Last month's answer:
Crowthers Chartered Accountants

Fun Quiz!



- 1 August 1990 saw 100,000 Iraqi troops invade which neighbouring state, sparking off the first Gulf War?
- On 19 August 1968, Soviet tanks rolled into which country?
- In which month of which year did the Japanese bomb Pearl Harbor?
- Which empire, led by which charismatic general, conquered a vast part of Europe (Hungary, most of Ukraine, much of Germany and Poland and parts of the Balkans) in the fifth century, before the empire dissolved just as quickly after the death of the leader?
- In which year did the Battle of Waterloo take place?
- Which volcano erupted in 1906, causing huge damage and over 100 deaths in the city of Naples?
- Whose rebel army threw the Spanish out of Venezuela in 1821?
- Which country became the first to give women the vote in 1893?
- Which city was the first capital of the Russian Empire in the ninth century? a)Yeliky Novgorod b)Omsk c)St Petersburg
- Who led the Galic tribes in their resistance to Julius Caesar's Roman legions?
- Who was Prime Minister when Britain joined the European Union?
- The Soviet Union and seven other countries signed which mutual assistance treaty in 1955?
- Who was the Scottish general, with his Coldstream Guards, who was instrumental in the restoration of Charles II as monarch in 1660?
- What was the first perforated UK postage stamp, issued in 1854?
- What name is given to 8 May to mark the unconditional surrender of the German Army at the end of World War II?
- Which country was invaded during Operation Barbarossa?
- What was the nationality of dancer Mata Hari, shot as spy?

Answers: 1.Kuweit 2. Czechoslovakia 3. December 1941 4. The Huns, led by Attila 5. 1815 6. Mount Vesuvius 7. Simon Bolivar 8. New Zealand 9. a) Yeliky Novgorod 10. Vercingetorix 11. Ted Heath 12. Warsaw Pact 13. General George Monck 14. Penny Red 15. VE Day 16. USSR 17. Dutch



COMPETITION TIME!

Take a look at the anagram
The answer is the name of a business that is advertising in the Pershore Times this month



- This month's prizes!**
- 1st - £25 cash donated by Pershore Times
 - 2nd - £20 Food Voucher at Benvenuti Belle House, Pershore
 - 3rd - £20 Food Voucher at The Queen Elizabeth, Elmley
 - 4th - Revills £10 Voucher
 - 5th Masons Arms £10 Guest Voucher
 - 6th - Reg Moule's Gardening Diary
 - 7th - Pat's Pantry - Jar of home-made marmalade

Complete and return this form or email:
 news@hughes.company for your chance to win!
Pershore Times closing date: 30th April 2023

Answer: _____

Name: _____

Telephone/email: _____

Return to: Hughes & Company/Pershore Times
 8 Church Street, Pershore Worcestershire WR10 1DT

Letters to the Editor

Dear Editor,
I am a Social Inclusion and Wellbeing Activities Co-ordinator for Age UK Herefordshire and Worcestershire. As part of expanding our wellbeing services, we are setting up a brand-new social group which will start in April at Malvern Cube called Senior Women's Gay Group. The aim is to provide and develop friendship, support, and community for the senior gay women of Malvern and the surrounding villages of Worcestershire. As the group establishes, and the needs and interests are realised, the group will determine their own direction. Moving forward we envisage being able to support the group by helping to organise days out, guest

speakers etc depending on the interests of the group. The group is free to attend and has been named by a lead volunteer and member.
I am wondering if you can offer any support in the promotion of the group free of charge by sharing on your social channels, newsletters, magazines, editorials, sharing with your teams, putting a poster up on a community board for example or any other way you can that you think will be beneficial.

Carley Edge
Social Inclusion & Well Being
Activities Co-ordinator
edge@ageukhw.org.uk
07553 291525
0800 008 6077
Malvern Gate, Bromwich Road
Worcester WR2 4BN

To receive the
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www.pershoretimes.co.uk
enter your name and email address



Sunday 7th May 12 noon - 3.45pm

**CORONATION
BIG LUNCH**

in Abbey Park, Pershore,
by the Bandstand
Entertainment with Griff Collins
Open Mic session

Bring your own picnic, bring a chair, bring your
friends and family. Everyone is welcome !

Wear a Fancy Hat Free Event



Service afterwards with cake
at 4pm in Pershore Abbey



ALL WELCOME

Shop window competition 21st April - 5th May

Organised by Pershore Rotary Club (packs supplied)

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and the online daily today! (10,500 followers)

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The Publishers of the Pershore Times hold no responsibility for the accuracy of any details contained within the advertisements.

Copy Deadline
May Issue - 20th April 2023



Are you on the Organ Donation Register?
Do your Family and Friends know your wishes?
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You know the voice

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Pershore WR10 1DT Tel: 01386 803803



In memoriam

Daniels. Enid Mary

Passed away peacefully on 28th February 2023, aged 94 years. A much loved Daughter, Sister, Aunt and Great Aunt. Enid will be sadly missed by all her family and friends. Funeral service will take place at Worcester Crematorium on Monday 20th March at 3.15pm. No Flowers by request. Donations, if desired, for the Midlands Air Ambulance Charity and Acorns Children's Hospice may be sent to E Hill & Son Funeral Directors, Pershore WR10 1HZ

Willcox. Violet

Passed away peacefully in Worcestershire Royal Hospital on 22nd February 2023, aged 88 years. Loving sister and sister-in-law to Jean and Vic and a dear aunt to Michelle and Angela. Violet will be sadly missed by all her family and friends. Funeral Service took place at The Vale Crematorium, Fladbury on Friday 31st March. Family flowers only please. Donations, if desired, are invited for Cancer Research UK and Help For Heroes These may be sent to E Hill & Son

Donations may be sent to:
E Hill & Son Funeral Directors, Pershore WR10 1HZ
Tel: 01386 552141

Planning Applications

Planning Application Ref 22/02581/FUL
Anchor Inn, Main Road, Wyre Piddle, Pershore, WR10 2JB
Variation of conditions 2 (approved plans), 8 (external materials) & 9 (obscure glazing) attached to planning permission 21/01169/FUL (Erection of 1No. new dwelling and parking on land formerly associated with the Anchor Inn).

Drs Ainscow and Mashford OBE



**PERSHORE
CHORAL**

SATURDAY 13TH MAY 2023 7.30PM
PERSHORE ABBEY

SPRING CONCERT

BRAHMS A GERMAN REQUIEM

ROSE JOHNSON - SOPRANO

CHARLES MURRAY - BARITONE

JANINE PARSONS & TIM SIDFORD
PIANO DUET

CARLETON ETHERINGTON
CONDUCTOR

**BOX OFFICE:
Anne Howells
01905 770557**

anne.horsellhowells@gmail.com

**OR FROM BLUE,
18 BROAD STREET, PERSHORE**

Pershore Choral invites you to visit its website: www.pershorechoral.org.uk

What's On?

Cinema Listings

Magic Mike's Last Dance (15)

Saturday 1 April - 7.30pm
Tickets: £8.50 1hr 52 mins

What's Love Got to Do With It? (12A)

Monday 3 April 11.00am & 7.30pm; Tuesday 4 April - 7.30pm
Tickets: £8.50, Daytime £7.00
1hr 49 mins

The Amazing Maurice (PG)

Tuesday 4 April - 2.00pm;
Thursday 6 April - 11.00am
Tickets: £4.00 1hr 33 mins

Allelujah (12A)

Friday 7 April - 2.30pm & 7.30pm;
Tuesday 11 April - 7.30pm;
Friday 14 & Saturday 15 April - 7.30pm; Monday 17 April - 11.00am & 7.30pm (ST)
Tickets: £8.50, Daytime £7.00
1hr 39 mins

Roald Dahl's Matilda the Musical Sing-Along (PG)

Saturday 8 April - 7.30pm
Tickets: £8.50 1hr 57 mins

Epic Tails (U)

Tuesday 11 April - 11.00am (RS);
Wednesday 12 April - 2.00pm
Tickets: £6.00 1hr 35 mins

Close (12A)

Thursday 13 April - 7.30pm;
Wednesday 19 April - 2.30pm
Tickets: £8.50, Daytime £7.00
1hr 44 mins, French with subtitles

Roald Dahl's Matilda the Musical (PG)

Friday 14 April - 2.00pm
Tickets: £7.00 1hr 57 mins

In the Court of the

Crimson King (15)

Friday 21 April - 7.30pm
Tickets: £8.50us 1hr 26 mins + Q&A

Alice, Darling (15)

Saturday 22 April - 7.30pm
Tickets: £8.50 1hr 29 mins

My Sailor, My Love (12A)

Monday 24 April - 11.00am & 7.30pm;
Tuesday 25 April - 7.30pm
Tickets: £8.50, Daytime £7.00
1hr 42 mins

Living (12A)

Friday 28 & Saturday 29 April - 7.30pm Tickets: £8.50 1hr 42 mins

Lunana: A Yak in the Classroom (PG)

Tuesday 2 May - 7.30pm
Tickets: £8.50 1hr 49 mins,
Dzongkha with subtitles

Full Time (cert tbc)

Thursday 11 May - 7.30pm
Tickets: £8.50 running time tbc,
French with subtitles

Events Listings

National Theatre Live:

Life of Pi (PG)

Saturday 1 April - 2.30pm;
Thursday 6 April - 7.00pm;
Saturday 15 April - 2.30pm
Tickets: £16, Seniors £15,
Students £10, 16 & under £10
2hrs 30 mins (inc interval),

Box Tale Soup presents

Wind in the Willows

Thursday 13 April - 2.00pm
Tickets: £12, 16 & under £10
1hr, suitable for ages 4+

The Royal Ballet: Cinderella

Sunday 16 April - 2.00pm
Tickets: £17, Seniors £16,
16 & under £10
3hrs (inc interval)

Exhibition on Screen:

Vermeer

Tuesday 18 April - 7.00pm
Tickets: £12, Students £10
1hr 30 mins

National Theatre Live:

Good (15)

Thursday 20 April - 7.00pm;
Friday 28 April - 2.30pm;
Thursday 4 May - 7.00pm
Tickets: £16, Seniors £15,
Students £10, 16 & under £10
2hrs 40 mins (inc interval),

The Royal Opera: The

Marriage of Figaro

Thursday 27 April - 6.45pm;
Encore: Sunday 30 April -
2.00pm Tickets: £17,
Seniors £16 4hrs (inc interval)

Orchestra of the Swan:

Rococo

Friday 5 May - 7.30pm
Pre concert talk 6.45pm
Tickets: £16, 16 &; under £10
2hrs (inc interval)



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www.number8.org

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from 6pm on performance evenings

Telephone Bookings: Mon - Sat 4pm - 6pm

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Enjoy gentle exercise while dancing to lovely music. It is a very social activity, so you will soon make plenty of new friends. No partner necessary

Admission £3 per week

For more information contact:

Sue Jeavons 01386 750695



Alpine Garden Society National Garden Scheme

Avon Bank, Wick, Pershore,
Worcestershire, WR10 3JP -
adjacent to Pershore College

Open days

Saturday 29th April 11am - 4pm

Wednesday 31st May 2pm - 6pm

Come and visit us to find out more about alpines and gets lots of ideas in this inspirational small garden next to the Alpine Garden Society's office. The garden contains a wide range of alpine plants that are easy to grow in contemporary gardens over a long season. Visitors can see different settings and ways to grow alpines, including rock and tufa, a scree, a dry mediterranean bed, and both shade and sunny areas.

A lovingly crafted & passionately performed celebration of one of the greatest bands in history, Fleetwood Mac!

Saturday 20th May 8pm
Number 8 Arts Centre, High Street Pershore
BOX OFFICE: 01386 555488

Spring fair
at Wick Care Farm CIC
Sat 22nd April, 11am-2pm

Live Music **STALLS**
Refreshments **Soup & Rolls**
TOMBOLA **RAFFLE** **Games**
Produce & Plant Sale

Wick Care Farm CIC, Owletts Lane, Wick, Pershore WR10 3PB

The Bishampton Summer Fete is back!

Believe it or not, the last great fun family event was held back in 2019 - we all know where we have been since then.

This year's event will be held at the Villages Hall, Broad Lane in Bishampton which is a wonderful venue.

Save the date!

The fete will be held on
Saturday 24th June
from 1pm to 4pm.

We'll have a great entertainment programme such as the renowned Bretforton Silver Band, 'Chance to Dance', the Nancy Butterfly Ladies Morris Dancers, our popular dog show, a fabulous classic motor bikes display, lots of activity stalls, games, BBQ, Bar and magnificent raffle with great prizes.

join us for a great day!

Pershore Carnival

Monday 29th May 2023

Spring Bank Holiday Monday

Procession theme:

'Summer Holidays'

www.pershorecarnival.co.uk

Plum Festival

This year celebrating 25 years!

August Bank Holiday

**26th, 27th & 28th
August 2023**

www.pershoreplumfestival.org.uk

Ladies Guild

Sociable, informative afternoons

**First Tuesday of each Month
2.00pm - 4.00pm**

Meet at Wychavon Civic Centre
Queen Elizabeth Drive, WR10 1PT

We have:

- Speakers talking about a wide range of topics
- An outing to a local place of interest
- Quizzes and Beetle Drives
- A themed raffle each month
- Skittles once a month
- Tea and Coffee at £1 each meeting

For more information contact:

Chair:- Tel: 01386 561838

Secretary:- Tel: 01386 550177

Women's Institute

Make new friends!

**Second Thursday of
each Month at 7.30pm**

Meet at Wulstan Hall
Priest Lane, WR10 1EB

Do come!

We are waiting to say "Hello"
have you just moved into the area or would you like to make new friends? Come and join us at Pershore WI. We are not all "Jam and Jerusalem" - we enjoy crafts, lunches, skittles and speakers and above all try to have fun.

For more information contact:

Audrey Whitehouse - Tel: 01386 554856

Maureen Speight - Tel: 01386 556772

Pershore Litter Pick

Saturday 7th October 2023

Meet at Town Hall at 10.00 am

New Volunteers welcome



Pershore Operatic & Dramatic Society

Guys & Dolls

5th – 10th June 2023
Number 8, Pershore
www.number8.org

A Musical Fable of Broadway
 Based on a Story and Characters of Damon Runyan
 Music and Lyrics by FRANK LOESSER Book by ABE BURROKS and JO SWERLING
 This amateur production is presented by arrangement with Music Theatre International
 All authorized performance materials are also supplied by MTI www.mtishows.co.uk

Regional Learning Disability Tennis Tournament



Pershore Tennis Centre host LTA Regional Learning Disability Tournament on the 1st and 2nd April 2023. For the second year running some of the UK's best tennis players with Learning Disabilities competed at the 'LTA Regional Learning Disability Event' at Pershore Tennis Centre. Over thirty players confirmed their place in this year's event, which has been organised by the LTA, the national governing body of tennis in Great Britain. This is the second time

Pershore Tennis Centre are hosting a regional disability tournament. Pershore Tennis Centre have been running regular Learning Disabilities tennis coaching sessions for over five years and a number of these local players will be competing at this year's event. *Anyone wanting to help volunteer at or sponsor this event please contact Steve Bauer on pershoretennis@hotmail.co.uk For more about Pershore Tennis Centre, head to: www.pershoretennis.co.uk.*

Vale Golf Club Seniors Robert Finlay gets hole in one

Vale Golf and Country Club Seniors member Robert Finlay achieved a hole in one on the 5th playing in an Individual Stableford Competition on the 6th March which attracted 71 players. The results were:

- Div 1.*
 1st Rob Sharp. 41 points.
- Div 2.*
 1st Mark Haywood. 40 points
 2nd Keith Taylor 39 points
 2nd David Bradford 39 points
 3rd Peter Azizi 39 points
 3rd Mark Harris 39 points
- Div 3.*
 1st Alan Watson 44 points
 2nd Joe Bryan 40 points
 3rd Larry Taylor 36 points
- Four more competitions were played since the last edition of the Times. First an individual Stableford with 95 per cent handicap. Contested by 68 players.
- Div 1.*
 1st Peter Azizi 40 points
- Div 2.*
 1st Mark Harris 41 points
 2nd Martin Holland 38 points
 2nd Keith Nicholls 39 points
 3rd Steve Hampton 37 points

- 3rd David Hudson 39 points
- Div 3*
 1st. Colin Bartlett 39 points
 2nd Colin Powell 39 points
 3rd Carlo Martinelli 36 points
- On 27th February 68 players contested a Five Clubs and a Putter competition. The results were:
- Div 1.*
 1st Rick Hawkins 42 points
- Div 2.*
 1st Steve Peacock 42 points
 2nd Keith Taylor 40 points
 2nd Keith Round 42 points
 3rd Malcolm Boscott 39 points
 3rd Bernard Rayner 40 points
- Div 3.*
 1st Alan Watson 43 points
 2nd Rob Taylor 42 points
 3rd Phil Tilstone 42 points
- The next competition was played on 13th March. Unfortunately the weather was very wet and windy meaning only nine holes were open for play. An Individual Stableford competition with full handicap was played by 26 brave players. The results were:
- 1st Keith Taylor 17 points
 2nd Ed Mountney 17 points



3rd Mark Harris 15 points
 Nearest the pin on the 5th was John Eastoe.
 The next competition was played under much better weather conditions which was a Four Ball AM/AM. Contested by 60 Senior members. Results were:
 First with 87 points was the team of David Bradford, Kevin Clifton, Mark Harris and Colin Bartlett. 2nd team was Keith Taylor, Carlo Martinelli, Alistair Rowley and Colin

Powell with 85 points. Third team was Peter Marriott, Rick Hawkins, Tony Perfect and Joe Bryan with 83 points.



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Pershore Times



Concert is three years late!

The sound of one of the world's most popular choral works is to ring out in Pershore Abbey next month – nearly three-and-a-half years after the choir performing it first started rehearsals.

The reason for the delay is that Pershore Choral's original plans to sing Brahms' "German Requiem" at a concert in 2020 had to be cancelled when the choir closed down because of the Covid epidemic.

But now the performance is to go ahead in Pershore Abbey on 13th May starting at 7.30pm.

Tickets are available from Anne Howells on 01905 770557 and anne.horsellhowells@gmail.com

They can be obtained from Blue at 18, Broad Street, Pershore.

"I think this must be the Worcestershire all comers record for a concert gestation period and it was the last thing we wanted," said Paul Clarke, Chairman of Pershore Choral. "We were very much looking

forward to performing this fine work in May 2020 because we had not sung it together for nearly twenty years.

"It leaves a bittersweet memory attached to such beautiful music. Rehearsals were well underway in March with a full choir of some one hundred members and then we reached a half-term break. Given the relatively vulnerable age group of our members, it seemed wise to call a halt and it was then nearly eighteen months before we met again to sing together.

"In that time, some twenty members had retired or moved away; another fifteen or so were unwilling to meet while their health might be compromised and the choir in effect halved in size. Now we are back to something like our full strength and are looking forward to what I am certain will be a great occasion."

Brahms wrote his requiem after



Members of Pershore Choral rehearsing with their Musical Director, Carleton Etherington

being troubled by the death of his mother and his friend and mentor Robert Schumann. He was only in his mid-20s when much of the material was first conceived and in his mid-30s when the work was finished. He included in it material reworked from an earlier ill-fated piano concerto. It reflects

a mixture of secular and church themes and this may be what helps make it particularly special.

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