

Pershore Times



A free monthly newspaper for Pershore and surrounding villages

Issue 85

August 2023

FREE



Journey's End © Peter Hodge, Worcestershire

Has Summer been, gone or still to come? The weather has been even more unpredictable than usual. Let's hope we have a late Summer and a long Autumn. The weather in Europe has been very different with incredibly hot temperatures. We all hope it does not come here! Global warming, which has been a subject debated for years, is happening. Ice caps melting, flooding, the highest temperatures ever known causing forest fires all over the world; it is alarming. The suffering it has caused for so many people and the wildlife is catastrophic.

Our sympathy goes to them all. Many schemes to reduce green house gas are in operation and they are being increased all the time in the UK but some countries are lagging behind regarding the use of fossilised fuel. We are

again at the forefront and, in some ways, apparently leading the world in this battle. It is a very difficult challenge and certainly not an easy one to solve. This all seems a long way from us here in Pershore. We are so

fortunate to be surrounded by gorgeous scenery and an abundance of wildlife. A wonderful place to live and work. This month we have the Plum Festival, a great event that seems to get bigger every year. The volunteers who make this event happen, must be congratulated. They do a remarkable job and it raises substantial funds for local charities. Good luck to everyone and hopefully we have good weather. It doesn't seem to matter if we don't, everybody still enjoys themselves. We have a full paper and our team is recovering very well from their various setbacks. Thank you so much for your kind words, cards and emails,

very much appreciated. Enjoy August, the summer must be just around the corner!



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Protest to protect Tiddesley Wood from development

Nearly 200 local residents protested in Pershore High Street on Wednesday night against plans being developed by housebuilder Hollybrook, to build 300 houses on the land at Orchard Farm which shares a large border with the ancient Tiddesley Wood.

Hollybrook had put on a public exhibition of their plans in the Bank House on High Street before submitting a planning application for the houses. Many people visited this during the day but then at 6pm the street outside filled with angry residents protesting at any proposal to build near the 6000 year old wood, which is a Site of Special Scientific Interest of national importance.

The protest was organised by the Protect Tiddesley Wood Facebook group which has over 1500 active members of long-standing opponents of any building near the wood.

Speaking afterwards one of their spokespersons said, "Will these developers ever learn? Tiddesley Wood is sacred to Pershore people - it means so much to so many who take solace from its beauty. We will fight any plans to build near it with every breath in our bodies and are most disappointed with this "public" consultation. Online feedback forms wouldn't register, people were aggressively refused entry, no public notice was published in the press so many weren't aware of it, people were stood over by staff when they filled out forms and tutted at when they disagreed with the plans. Then to top it all off, they allegedly ran out of forms all together! It was farcical."

Town Councillor Val Wood stated "Back in November 2019, thousand of objections were submitted to the South Worcestershire Development plan followed swiftly by an E-petition of 2765 signatures

requesting that Wychavon District Council removed the site from the Preferred Options Plan. Our MP Harriett Baldwin even raised the issue of protecting the woodland in the House of Commons in February 2020. Thankfully we won that battle and it was removed from the Local Plan in September 2022. So now we have to persuade Wychavon Council to kick this plan into touch, stand by the overwhelming advice of Worcestershire Wildlife Trust and National England that any housing there will be of major negative impact on our sssi (Sites of Special Scientific Interest) and leave Tiddesley Wood alone!"

District Cllr Charles Tucker said "Building houses near to Tiddesley Wood would have a disastrous effect on its ecology - by concreting over the feeding and nesting areas of birds, insects, bats and mammals and by dramatically increasing human and pet intrusion around the wood. Noise, pollution and street lights would all play their part in disrupting wildlife as well. Local residents fought this plan tooth and nail when it was first proposed in 2019 and will do so again!"

County Councillor Dan Boatright, said "This is a ridiculous proposal that does nothing to help the already

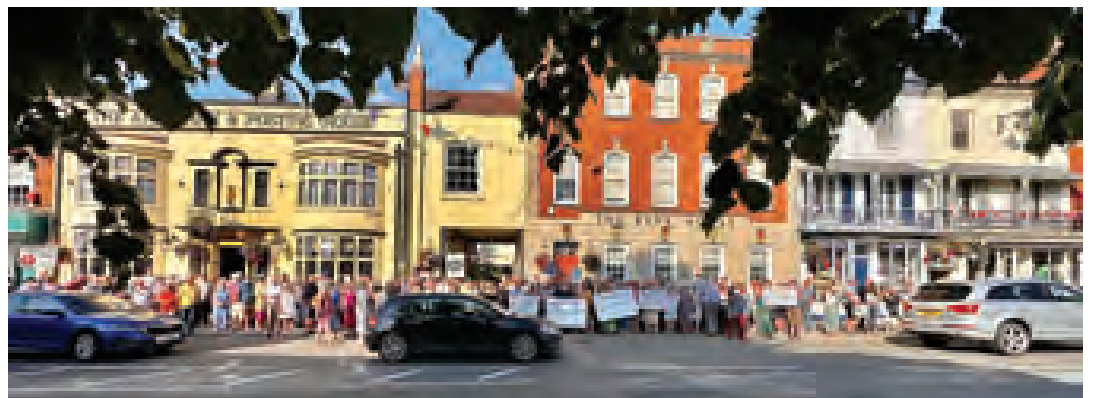


overloaded roads in Pershore! As usual, the Developer has focused on building their houses, not the serious issue of road safety. Accidents have happened in the past and will happen more frequently with an increase in vehicle manoeuvres - not to mention the severe flooding that happens along that road and all across the fields below that have caused properties to flood in Defford Road. Back in the early 1990's there was a major landslide due to the water that cascades down the hills and two years of temporary traffic lights followed to allow for remedial works to be done. It's a very busy road as it is and given that the town centre is

around a 25 minute walk, it's highly unlikely that people will not use their cars on a daily basis! We are supposed to be reducing our emissions by 2030 towards a net zero in 2050 - how is this development even being considered?"

The proposed development is still available to view online at www.orchardfarmpershore.co.uk where you can submit your review or paper copies are available from the Town Hall and Dilly Dally in Broad Street. The consultation closed on 5th July.

Trudy Burge, on behalf of Protect Tiddesley Wood Group



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Special Dates in August

Plum Festival Month

Tuesday 8th August 2023 - International Cat Day
Monday 28th August 2023 - Summer Bank Holiday

Award Winning Garden

A Worcestershire couple, garden designer Ruth Gwynn and her husband landscaper Rupert Keys, has scooped a Platinum Medal and Best Show Garden award, for The Newson Health Menopause Garden, which is raising awareness of the menopause at BBC Gardeners' World Live at the NEC

Ruth designed the garden as a safe, tranquil and comfortable space for women to reflect on their health, and to discover the nutritional and physical power for plants for mental health and wellbeing. Interactive 'symptom stations' exploring different aspects of menopause and perimenopause are on show, with clinicians and experts on hand with information and advice about diet and nutrition, the wide-

reaching benefits of gardening, exercise, mindfulness and mental wellbeing

This wonderful garden would not have been possible without my amazing wife, Ruth and the support of the fantastic talented team. We are absolutely delighted by everyone's reaction to the garden." He continued, "Talking about menopause is so important and highlighting the symptoms has made me more aware of how hard it can be psychologically for women to manage the challenges of perimenopause and menopause. This is reflected through the garden design to enable women and men, to understand the issues and how wellbeing and garden spaces can help alleviate some of the symptoms."



Aldi Investment

New investment from Aldi could kick-start a wider transformation of Pershore Town Centre to ensure it continues to thrive, according to the Leader of Wychavon. Council officers met with representatives from the UK's fourth largest supermarket, following the announcement that the retailer had bought the indoor market site off King George's Way.

The meeting focused on Aldi's plans and how it could support the wider vision for the town centre, set out in the Pershore Town Centre Investment Prospectus.

Launched last May, the prospectus sets out several potential scenarios for the way the town centre could be reshaped, to ensure it meets the challenges of the 21st Century. Several 'game changer' sites were identified within the prospectus, including the site of Pershore Market, which has been up for sale for a number of years.

Cllr Bradley Thomas, Leader of Wychavon District Council and Executive Board Member for Economic Growth and Tourism, said: "This is good news for residents who in future will have the option to shop at two of the most price competitive supermarkets in the country at a time when the cost of living is rising. "This latest application from Aldi will draw people into the heart of the town centre,

providing opportunities to further boost footfall for surrounding retailers and playing a role in that wider vision to secure a vibrant and thriving future for Pershore Town Centre."

Aldi still needs to secure planning permission and has committed to consulting with the community before a planning application is submitted.

Simon Glover, Real Estate Director at Aldi, said: "An Aldi store in Pershore will bring new jobs and footfall to the town centre, as well as providing more choice for shoppers, with high quality products at low prices.

"We look forward to working collaboratively with the council and local people in Pershore to develop a scheme that positively contributes to the town centre and wider community. The public consultation that will launch shortly will give people the opportunity to help shape the plans for the redevelopment of their town centre."



Dangerous trees removed in Abbey Park

Work started on Monday third of July to remove three decaying trees in Pershore's Abbey Park that have been identified as posing a risk to the public.

Independent specialists have carried out tests on the three poplar trees, all of which have large holes (cavities) in them and are rotting inside.

They are so decayed there is a real risk they will topple over, posing a danger to the public as they are within busy areas of the park.

Replacement trees will be planted in the autumn.

Cllr Emma Stokes, Executive Board Member for Resident and Customer Services on Wychavon District Council, said: "I thank residents for their understanding while this

disappointing, but essential work, is carried out to protect users of the park.

"We will be planting replacement trees in the autumn, which is the best time of year to plant trees. We may plant them in a slightly different area to give them the best chance to establish and thrive, but they will be in your park."



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A few words from... Harriett Baldwin MP



Tiddesley Wood green buffer support

Harriett Baldwin MP has repeated her support for campaigners who are battling to protect Tiddesley Wood from the threat of house-building. The MP met with Wychavon District Council leader Bradley Thomas and Colin Raven, director of Worcestershire Wildlife Trust, to hear an update on local efforts to ensure that future planning respects a green buffer zone protecting the ancient woodlands. A proposal to build houses near to the wood has now been removed from the revised South Worcestershire Development Plan but the district council is concerned that a housing developer may intend to put a speculative application in ahead of the formal examination of the local plan. The local plan needs to be regularly revised and

it is expected to be publicly examined by a housing inspector later this year. Harriett said: "Like many local people, I was troubled to see plans to develop houses on the edge of Tiddesley Wood a couple of years ago, and I was pleased to hear that, after I made representations to the local district council, it does not plan to allow this site to go forward in the new version of the SWDP. There is strong opposition to development in this area and it was useful to hear the views of Worcestershire Wildlife Trust about their fears of the impact to nature, as well as the potential damage to an important local leisure resource. I've been contacted by campaign groups and individuals who are strongly opposed to any development which could negatively impact on Tiddesley Wood and I have agreed to write to Wychavon District Council sharing this information. I have always said that housing development should take place with the consent of local people, at sites where people agree to have new homes, and this is a classic example of a site where planners should strongly resist future applications and protect our green spaces."

Lloyds pledge over Pershore branch closure

Harriett Baldwin MP has welcomed a commitment to keep a bank branch open in Pershore until a permanent replacement can be found a home. Lloyds is closing its branch in the town but managers have insisted that the bank will not shut up shop until a permanent 'banking hub' is opened in Pershore town centre. Harriett met with local bank managers to discuss the impact that the branch closure will have on local people and businesses.

The Lloyds closure will mean that the town will now be left without a high street bank, triggering a national initiative to create a banking hub – where each major bank will be represented allowing customers to carry out basic transactions. Harriett said: "I've already expressed my deep dissatisfaction at the closure, and I fear it is short sighted. Pershore is thriving with plenty of new shops on the high street and Aldi investing £5 million in a

new store. I visited the bank's local management on a Friday morning when there were queues at the cashpoint and staff working hard inside to help customers do their banking. I am hopeful, that even at this stage, the bank will look at the unfavourable coverage and rethink their decision. Nevertheless for most of us, the way we bank is moving online so I welcome the commitment to keep the branch open until a workable 'hub' solution is in place. Some people rely on their physical bank and hard-working staff – especially elderly and vulnerable customers – and they should not be sacrificed because the high street banks want to turn an even larger profit. I will be working closely with the team delivering a new hub to try and unblock any obstacles, but I am relieved that Lloyds has committed to doing the right thing and keeping a presence in Pershore until the hub is open."

Chairman begins 50th anniversary tour

Wychavon's Chairman has embarked on an ambitious challenge to visit every part of the district. Cllr Robert Raphael aims to make at least one visit to more than 60 town and parish council areas between now and next April to celebrate Wychavon's 50th Anniversary. During the Anniversary Tour, Cllr Raphael will be highlighting the work of local organisations, meeting with volunteers, catching up on projects Wychavon has funded over the years. The tour will end with the Chairman's Civic Ceremony at Pershore Abbey on 21 April 2024, which will be a celebration of Wychavon's role in the district, following its formation in 1974. Cllr Raphael began the tour earlier this month when he visited Wick Care Farm. The farm is a not-for-profit organisation designed to help people improve their mental and physical health. Founded in 2014, the farm offers therapeutic activities for adults and young people over twelve who are living with mental health issues, complex educational needs, dementia or learning disabilities. Clients carry out a range of activities on the farm including caring for animals,



growing and harvesting vegetables, cooking, rural crafts, maintenance and repair projects and conservation work. During the visit Cllr Raphael had the chance to get up close with some of the farm's animals, as well as meet staff, volunteers and clients and hear more about their work. It was also a chance to find out how a £10,000 grant from Wychavon's Covid-19 Recovery Fund. Cllr Raphael said: "I was delighted to be able to start my 50th anniversary tour by highlighting the wonderful work being done by the staff and volunteers at Wick Care Farm"

For more information about Wick Care Farm email info@wickgrange.co.uk

Children ring bells goodbye



When Eckington C of E First School said good-bye to their Year 5 pupils, the special church service opened with nine children ringing the village bells. The nine and ten year olds had learned the skill for some weeks prior, helped by Tony and Kath Cocks from the Eckington ringers, assisted by a teacher, George Merchant. "It was so exciting,"

said one young ringer, "to swing those massive ancient bells and make them echo down the valley!" The special Leavers Service in Holy Trinity church, led by the vicar, Rev Allison Davies, was attended by parents and all the pupils. It included awards to all those leaving this term, including Mr Merchant and staff-member Liz Crumpton.



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Inner Wheel visit Morton Hall gardens



Morton Hall Gardens near Redditch – the house and gardens are located on the crest of a steep embankment and extend to eight acres of garden and park providing the backdrop for a collection of nearly a thousand plant varieties. The gardens are known for their Tulip Festival which has in recent years raised money for the RSC costume storage project. The gardens have something to see and admire through the seasons from April to September and I would highly recommend a visit. The website has all the information you would need on opening times, including an NGS open day in

August 2023 plus a list of the main plants in the garden - mortonhallgardens.co.uk Members of The Inner Wheel of Pershore, a couple of husbands and friends of President Jan visited Morton Hall Gardens near Redditch on a sunny Thursday in May. We were very fortunate to have Anne Olivieri, one of the owners, show us around the beautiful gardens including The Meadow, The Stroll Garden, The Rockery, The Kitchen Garden plus the views were outstanding. The tour finished with a light lunch in the Orangery followed by card and plant shopping – of course.



Ten pound note to any Tenor!



One of Worcestershire’s best known male choirs is desperate to find new tenors. It’s offering a ten pound note to any tenor who joins them. Pershore-based Vale Harmony The A Cappella Fellas have been without a tenor section since Christmas, despite all their efforts to find men who can sing in the highest voice range. “We used to have two tenors but one has retired and the other has left. Without a tenor section we can’t properly sing in the four-part, close harmony style that we are known for”, said the chorus’s Musical Director, Mike Gearey. “We’re neither able to do public performances nor take part in competitions... and even rehearsals are difficult with guys from other sections filling in temporarily” Vale Harmony’s four parts are: leads singing the melody, basses

singing the lower notes, baritones in between and the tenors singing the high notes above. They are hoping their offer of a tenner for any tenor who becomes a member of the chorus will highlight their plight. “It’s not being over dramatic to say that this 45- year- old chorus is in danger of folding if we can’t find new tenors”, said Vale Harmony’s chairman, John Franks. “Come along and surprise us but, above all, surprise yourself”. Vale Harmony, The A Cappella Fellas rehearse every Wednesday night at the St Andrews Centre in Pershore from 7pm to 9.30pm. You can either just drop in or call their PRO Colin on: 07766 524833 *For more information visit their website www.valeharmony.co.uk*

New water play area

A new water play area will be installed in Pershore’s Abbey Park after councillors gave the project the green light. The £330,000 scheme will replace the existing water play area which is outdated having been installed more than 15 years ago. It is also increasingly expensive to run costing between £10,000 and £15,000 a year in maintenance costs alone. Work is expected to get underway in September this year and should be open by May 2024. The final design is being worked upon, but it will reflect the setting of the park. Wychavon’s Executive Board approved the funding at a meeting on Wednesday 21st June. It is the second part of Wychavon’s water play

replacement programme, following the recent opening of the new water play area in Evesham’s Abbey Park, which has proved popular. It is expected work to replace Droitwich Spa’s water play area in Lido Park will take place towards the end of next year. Cllr Emma Stokes, Executive Board Member for Resident and Customer Services, said: “We have high quality award-winning parks in Wychavon. We know how much they are valued by our residents which is why we continue to invest in them. This project will create a modern, exciting facility for users to enjoy and I look forward to sharing the design with residents when we have it.”



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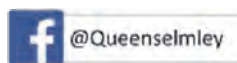
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New retirement living now underway



A new housing development specifically designed for retirement living is now underway in Pershore. Regional contractor Speller Metcalfe is responsible for the build, which is currently on site with demolition works to take down the original site building well underway- the existing 1970s care home considered

outdated and no longer fit-for-purpose. During the demolition phase, special consideration is being made for the management of both the ecology of the site and archaeological restrictions, with the main construction phase scheduled to start this autumn. The resulting 'new' Almonry Close will provide 54 new

apartments for rent and shared ownership, which will be housed within a brand new, purpose-built accommodation block, designed specifically for retirement living.

The apartments will consist of a mixture of one and two-bedrooms, with many of the homes facing out to the beautiful Abbey grounds and located close to the High Street, for easy access to local facilities. The scheme will benefit from private parking with options for electric vehicle charging, alongside a car club to reduce the reliance on car ownership. Delivered by Rooftop Housing Association, Mark Ramdehal, Head of Development said: "We are delighted to be working with a local contractor to deliver these much needed affordable retirement homes in the centre of Pershore. The scheme will benefit from an allocation of grant funding from Homes England." As well as meeting the needs of

an aging community and demand for local housing, each property will be highly sustainable and thermally efficient, to ensure utility costs remain at a minimum for residents at a time when bills are increasingly high. There will also be a multi-functional village hall built on site for the use by residents and to encourage engagement with the local community. Mark Eaton, divisional director at Speller Metcalfe, said: "From experience, we know that with an aging population we currently do not have enough suitable accommodation to ensure residents can stay in their existing communities all across the UK. It is a positive outcome to see Rooftop support Pershore residents and in ensuring sustainable housing, specifically for senior living, being delivered for the town." The project is anticipated to complete in 2025.

Weddings to be held in grounds of Pershore College as part of new partnership

A college in the heart of the Vale of Evesham has signed a new deal which will see weddings held in its grounds for the very first time. Pershore College, which is part of college group WCG, has partnered with Midlands-based Sovereignty Venue and Event Management to host weddings and associated events for South Asian communities. The deal will see the continued growth of WCG's 'Venues' brand which operates conference and events venues across the group's colleges in Warwickshire and Worcestershire. Sovereignty has more than twelve years' experience in organising and managing large-scale south Asian events. It hosts up to 40 weddings a year in venues across the Midlands and beyond. The business will be seeking to host seasonal weddings for up to 700 guests in an open-air setting, with a rural Worcestershire backdrop. Weddings and events are expected to start being held at the college in 2024, but there

may also be opportunities for celebrations later this year. The partnership with Sovereignty signals a move from WCG to see weddings at Pershore College for the very first time. Sarah Butterfield, Director of Commercial Development at WCG, said: "We have been seeking a partner that will help us to bring weddings and associated events to our colleges, and this deal with Sovereignty will help us to do that. "The college invest the proceeds from WCG Venues directly back into our colleges and to enhance educational delivery for our students. "We're developing a strong venue offer across our college group, from conferences and exhibitions, to business events and weddings, and partnering with Sovereignty sees the organisation continue to expand in this area." Sovereignty Venue and Event Management works with a wide range of venues, from stately homes, to conferences centre and hotels. Arum Javed, of Sovereignty



Venue and Event Management, believes that the college grounds can provide a showstopping setting for weddings. "The space at Pershore College has an untapped potential and the potential to provide a truly incredible setting for weddings," he said. "We will be looking at building state-of-the-art 360 view marquees in the grounds of Pershore College, which will enable guests to enjoy the celebration inside but still with the Worcestershire countryside around them.

"It's fantastic for us to be partnering with WCG Venues and expanding our footprint in Worcestershire. We look forward to creating memorable experiences and occasions at Pershore College."

To find out more about Venues at WCG visit www.wcg.ac.uk/venues, contact: venues@wcg.ac.uk or call 0330 135 6923. For more information about hosting weddings at Pershore College, visit www.sovereigntyvenueandeventmngt.co.uk

Help if you are struggling to pay your mortgage

Citizens Advice is starting to see an increase in the number of people presenting with concerns over paying their mortgages as the rising costs of living and a series of interest rate rises have impacted on people.

If you are worried about paying your mortgage, what steps can you take to help ease the situation. Here's what we suggest:

1. Draw up a budget or get help to do so – this will help you to see where your spending goes and where you might make savings. Are there any ways to increase your income such as claiming welfare benefits you might be entitled to? Remember your mortgage payments are essential household expenditure and should be prioritized over other creditors like credit and store cards and other unsecured loans.
2. Speak to your lender – the FCA says “If you're struggling to pay your mortgage, or are worried you might, you don't need to manage alone. Your

lender has a range of tools available to help. Get in touch as soon as you have concerns, don't wait until you're about to miss a payment before doing so. Just talking to them about your options won't affect your credit rating. a common myth.” The FCA expects firms to support borrowers in financial difficulty. This could include extending the term of their mortgage or making reduced monthly payments for a temporary period. However, it is worth noting that making changes, even temporary ones, may result in higher monthly payments in future or paying back more overall. Mortgage borrowers should carefully consider any steps they take.

3. Get Advice – as well as contacting their lender for support, worried borrowers can also visit MoneyHelper for useful money tips, budgeting tools and to find free, expert debt advice. Citizens Advice offers a free, independent Money Advice service.

The Inner Wheel



The Inner Wheel of Pershore met at outgoing President, Jan Crouch's home for an enjoyable summer lunch of cold meats, delicious salads and, of course, strawberries and cream which was provided by the members. This was followed by the presentation of cheques to the two charities chosen by Jan for her presidential year.

The cheques were presented firstly to Lynne Raymer, representing the Pershore Food Bank, which is supported by The Trussell Trust, who work to combat poverty and hunger

across the UK and are seeing an ever-increasing demand for their support. A cheque was also presented to Gill Perks representing Pershore Wellbeing Hub, a dynamic charity based in Pershore town centre supporting people to take control of their wellbeing, whatever their age, to feel well, connected, happy and safe.

Following this Jan handed over the presidential chain to Diane Cartwright who becomes President of The Inner Wheel of Pershore for the year 2023 - 2024.

Craft Happy is in business awards final

A Pershore based artist who discovered her talent during lockdown has found herself in the final of the Herefordshire and Worcestershire Chamber of Commerce Business Awards 2023.

Helen Carlisle, owner of Craft Happy, began making art from beach finds in April 2020 as a distraction from the pandemic and a way of easing her anxiety due to being furloughed. In her cupboard she had a small selection of beautiful sea glass she had collected from her travels. “I have always been a hoarder of ‘beach treasure’ such as sea glass, broken pottery and driftwood. I think because I live in the Midlands, I like to bring the beach home with me. I fully intended to create art with my finds but life got in the way, until I was furloughed in April 2020. Something clicked and one day I made a picture from sea glass which I sold for charity. It was satisfying, rewarding, a nice distraction, but what really blew me away was the connection people made to it. It reminded them of their own treasure hunts and it made them smile. That, along with knowing I could create beautiful things from sustainable materials that had been naturally formed by the ocean inspired my purpose and since then I have made hundreds of bespoke pieces that have been gifted all over the world.”

Helen quickly found her

audience and from there she grew from strength to strength, eventually being able to take the huge decision to leave her office job in October 2021 to work for herself full time.

“This was probably one of the toughest decisions in my life but I think the pandemic taught me that life is so very short and if you can make an opportunity for yourself then you should. Working for yourself is no mean feat, but I also think it's been the making of me in a lot of ways. I am much stronger now and more resilient, because I have no choice, I either make a success of this or I quit altogether and that's not an option for me.”

Her business grew quickly in 2022, so much so that she had the confidence to enter the awards in the category of ‘Most Promising New Business’ where her strong growth caught the eye of the judges. “To be honest, even though I submitted an application, I didn't expect to find myself in the final. I know I have done well but I thought that there must be other businesses out there probably doing far better than me, but it just shows that it's always worth entering competitions if you've worked hard and you believe you deserve to be there.”

You can buy her work online, find out where you can visit her at one of her events or book a workshop via her website www.craft-happy.co.uk



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New choir starting!

There's some exciting news for anyone in Pershore who loves to sing. i-Sing Choirs will be starting up a new choir in Pershore, meeting on Thursday mornings from 10.15 to 11.45 in St Andrews Hall starting on September 14th. Many of you will have seen and heard i-Sing Choirs as they have performed at Pershore Carnival for the last two years and at Pershore Abbey last year in a fundraising concert for Pershore Wellbeing Hub. They have had a busy summer performing all around the area, including at the Three Counties Show in Malvern, at events in Tewkesbury, Droitwich, Worcester, Kempsey, Cheltenham, Cirencester and Gloucester, with more performances scheduled in August. Family run i-Sing Choirs was founded by Helen Jones in 2021. Helen is a multi-instrumentalist and singer with a wealth of experience of running choirs for both children and adults over the last 25 years. Helen says "I am delighted to be bringing i-Sing Choirs to Pershore. We have always really enjoyed performing in the town and have received lovely feedback



from audiences". We know that singing is good for us and singing with others is particularly beneficial to mental and physical wellbeing. Studies have shown that when people sing, endorphins and oxytocin are released by the brain which in turn lowers stress and anxiety levels. The act of learning a new skill, improving and being part of a group also helps to influence your confidence and self-esteem. So much is going on in your body and mind when you sing that you let go of any worries or concerns, focusing on the sound, the action, the

breathing, the feeling and the pleasure of song. When you learn to sing, you learn to breathe well, use your diaphragm and increase your oxygen intake and lung capacity. If you ask any of the members of i-Sing Choirs what they enjoy most, they are more likely to use a couple of 'F' words : Fun and Friendship. For example, Janet Cottrell from the Worcester choir says "i-Sing Choir is a fun, friendly and inclusive choir. Helen and the rest of the choir will welcome you with open arms, whatever your singing ability. It

provides a great opportunity to make new friends and sing your heart out to the amazing arrangements that Helen creates. Come and join us!" i-Sing Choirs are all about singing in a safe and friendly environment. No experience is necessary, nor is the ability to read music. Helen believes that everyone has a voice and should have the opportunity to find it and use it. Whether you've been in choirs before, or only ever sung in the car; i-Sing Choirs allow you to embrace your voice and have lots of fun singing a variety of feel-good songs.

Flower Club News

On Wednesday 19th July we were delighted to welcome Julie Pearce from Lower Broadheath back to Bishampton Village Hall. She called her demonstration "Wouldn't it be nice?" and all her designs were created using containers based on wood and often asymmetrical. For her first design she used a basket-like wicker base and having spotted tall yellow gladioli at the wholesalers, she used these with leaves of fatsia at the base. She added stems of light purple asters called "September flower" with yellow eyes to match the gladioli. She added small leaves of fatsia hедера, sprigs of thuja Rheingold which grows outside her front door and also sprigs of skimmia and osmanthus. Finally she added stems of a dark purple lisianthus and delicate flowing stems of lavender coloured clematis. Next she produced a rather heavy piece of driftwood which Julie felt looked like a whale, so to two pieces of biodegradable oasis, she placed many small

sprigs of senecio with the silver leaves and white gypsophila to represent foaming waves. While she added stems of white hypericum, white lisianthus and eryngium (sea holly), she told us about her experiences of skydiving! A large piece of cork laid horizontally on to three wooden legs was the base for her next design. The foliage used mostly from her garden was beautiful – stephanandra with serated-edged leaves and stems of physocarpus diabolo with burgundy-coloured flower heads. At the base of her design, she added a few flat begenia leaves and then glorious hellebore leaves. The flowers for this arrangement were four tall stems of coral "Miss Piggy" roses, stems of a lime green dianthus with pompom heads, short stems of chrysanthemum "Anastasia" and peach coloured candelabra alstroemeria and carnations. Finally, she inserted leaves of a spectacular fern to the other end of the cork base. For her fourth design, Julie



used a tall wickerwork stand with a block of biodegradable oasis on top into which she placed tall phormium leaves and large shell-shaped begenia leaves together with stems of fern and peony leaves. To these she added tall stems of strelitzia "bird of paradise", blue delphiniums, orange gerberas, red canna lilies and purple lisianthus. Around the base she placed heads of physocarpus diabolo. This she called "make it up as I go along" based on the flowers seen at the wholesalers! Finally, another large piece of driftwood bought in Scotland

and in order to bring back memories of the white sands of Scotland, she used palm and fatsia leaves and ferns with tall stems of white lilies, white "avalanche" roses, white stocks and white gerberas. We all enjoyed Julie's beautiful selection of flowers and foliage and the variation of her designs. The winners of the raffled arrangements went home very happy. Our next Club meeting is on Wednesday 20th September to which we welcome all visitors. Follow us on Facebook – Pershore Flower Club.



The Homestead, Eckington £750,000

****A charming four bedroom property**** Grade II listed former farmhouse in the sought after village of Eckington. The property has the added benefit of a one bedroom detached bungalow – ideal for a self-contained annex or for providing a rental income. Freehold Council Tax Band: F



Three Springs, Pershore £725,000

****Four bedroom detached family home in a sought-after location**** Benefits from countryside views to Bredon Hill with easy access to Pershore town centre. Freehold EPC: C Council Tax Band: E



Conningsby, Pershore £675,000

****Four bedroom detached home with a detached double garage**** This beautiful family home, built by David Wilson, is located on the popular Cloisters Estate within close proximity to Pershore town centre. Freehold EPC: C Council Tax Band: F



Holloway, Pershore £440,000

****Four bedroom detached family home in a sought-after location**** Benefits from countryside views to Bredon Hill with easy access to Pershore town centre with its independent retailers and Pershore Abbey. Freehold EPC: D Council Tax Band: E

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Ashdale Avenue, Pershore £420,000

****A beautifully presented family home with superb views**** Significantly improved by the current owners including a new kitchen and utility room, new double glazing to the front and garden landscaping. The property has been neutrally re-decorated throughout and is presented to a very high standard. EPC: D Council Tax Band: E



Swallow View, Pershore £123,500

****Two bedroom semi-bedroom house****
50% shared ownership.
Leasehold (122 years remaining)
EPC: B Council Tax Band: C

Free Prostate testing event



The South Worcestershire Prostate Cancer Support Group (SWPCSG) is delighted to announce its first-ever PSA testing event in Pershore which is free to anyone who registers in advance. The appointments take place on Thursday 7th September at Wychavon Civic Centre from 16.30-19.30 (car parking and access at the rear of the building).

The cost of the event is being borne by the Pershore Prostate Cancer Support Fund.

This was established after the end of the 3-year period as Mayor of Pershore of Cllr. Chris Parsons, who chose the local PC support group as his designated charity.

Events organised and collections made during his final period as town mayor raised over £ 12,000 for the fund.

The only way to book an appointment for one of the 120 slots available is to do so online. You will need to go to www.mypsatests.org.uk which is run by the Graham Fulford Trust. Just type in 'Pershore' when asked where you are from, and you will get immediate access to the appointments system. Such non-NHS commercial testing would normally cost about £30 per person. You will not be allowed a test if you turn up on the day without an appointment. So, what is a PSA test? PSA

(Protein Specific Antigen) is a protein produced by the prostate gland. Raised levels may be detected in simple blood tests, suggesting problems ranging from infection to age-related enlargement to cancer. Although PSA tests are improving in accuracy, it is not an accurate screening tool. It does, however, allow anyone tested who has a worrying result to go to his GP for further tests.

Men over 50 have the right to request a PSA test, even though there is no national screening programme. If there is reluctance by a GP to grant such a test, men should turn to www.nhs.uk/conditions/prostate-cancer/psa-testing. Those who are at higher risk of developing prostate cancer include men who have had a brother or father with the disease; those with a strong family history of ovarian or breast cancer; men from an African-Caribbean background.

What is not realised by most men is that over 30% of men diagnosed with prostate cancer have had no symptoms whatsoever, including ultra-marathon runner and PCUK ambassador, Tony Collier, who is the guest speaker at SWPCSG's next open meeting at Wychavon Civic Centre on Thursday 14th September 6.30 for a 7.00 start – all are welcome, no charge for admission

Schools shortlisted for prestigious awards



As the academic year draws to close, The King's Worcester Foundation is delighted to announce that all three of its schools, King's St Alban's, King's Hawford and King's Worcester have been shortlisted for a number of prestigious awards in this year's Independent School of the Year (ISOTY) Awards.

Covering a broad spectrum of categories, for the second year running, King's Worcester Senior School has been shortlisted for the title of Co-Educational School of the Year. King's Hawford Prep School has been shortlisted for the Pre-Prep School of the Year Award, whilst King's St Alban's Prep School receives a shortlisting for the award for Student Well-being.

The Independent School of the Year Awards are designed to showcase independent school success stories and celebrate the extraordinary pupil experience provided during the last academic year. This year there are 23 award categories, with hundreds of entries

submitted by independent schools from across the UK. The news of the shortlisting is another fantastic achievement for King's, which sits alongside our recognition in The Sunday Times Top 10 West Midlands Independent Secondary School league and the recent Top 20 UK Nursery Group Award received by the King's Nurseries for the third year running.

Gareth Doodes, Foundation Headmaster at King's Worcester, commented, "We are so delighted to have been shortlisted in so many categories once again this year. It is a wonderful acknowledgement that our schools are whole-heartedly dedicated to our co-educational provision from Nursery through the entire educational journey to our Sixth Form. It is a well-deserved testament to our enthusiastic, dynamic and experienced staff."

Finalists will be announced in September, with the awards ceremony taking place later in the year.

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Thoughts from the Snug...

Giving advice

There is no shortage of advice between those who inhabit The Snug. It is generally the case that advice is well received and recipients are grateful. Wisdom is often delivered with the help of a proverb or perhaps even a cliché. The modern term is 'a meme', but there is nothing modern about these sage phrases. We were brought up on them and we passed them onto our children. This came to light when one of our group described, with some pride, how his son had sent him a Father's Day card that acknowledged, with gratitude, the maxims he had learned as a boy. As a father himself now he found them comforting and reassuring. Here are a few quoted a few from the card:

- You make your own luck.
- Feint hearts won no fair ladies

- Keep your powder dry
- To be loved you have to be loveable. Work on it!
There were other phrases and Snug members added their own well worn maxims and words of wisdom. Familiar as they were conversation ground to a halt when someone offered, "Experience is a comb which nature gives us when we are bald." Puzzlement all round.

"It must be Chinese." Said one.

"Baffles me," said another. "What could it mean? How can it be applied?"

Any explanations of this (or other examples of maxims to live by) will be gratefully received by the editor. In the meanwhile, "Don't worry, be happy"

Buddy Bach

Keeping on track



Students from Pershore were surprised last month when they opened their A level Literature exam paper to discover the poem they had been given to analyse... was about Pershore! The exam board had chosen John Betjeman's poem Pershore Station as this year's unseen test. If you don't already know the poem, take a trip up to the station where it is proudly displayed on the platform – or you can easily find it on-line.

The poem gives a glimpse of what Pershore was like in the early 1950s when Betjeman's train steamed to a halt here. He describes the "windy weedy platform", observes a National Service conscript kissing goodbye to his love, and hears the distant Abbey bells pealing through the apple boughs as it has "for seven centuries here". But the mood of the poem is melancholic. He feels guilt and remorse for a woman he has just deserted, leaving her hurt and alone back in Herefordshire while he travels on to London with (he says) "a deadweight in my heart". Which begs the question, why should we want to read a poem about pain and sadness? Won't it just make us feel sad? Why are we drawn to novels and films where people suffer? We all know that reading or watching such stories gives us short term pleasure - but can they really make us feel better in the long term?

Psychological studies suggest this may well be the case. Research by Liverpool University for national reading charities found that adults who regularly read are more likely to feel happy with their lives. Even as little as 20 minutes a week can make readers 20% more satisfied with life than

non-readers. The research (reported on The Conversation website) suggests that people who read are 72% more likely to feel a strong community spirit and 37% more likely to find pleasure in their social lives. 43% of the people surveyed said that reading helps them sleep better. Reading novels and poems can help us feel connected with others and less isolated. Reading about the problems characters face can help us face our own difficulties. The research suggests that readers become skilled at seeing alternative ways around problems in their own lives and better able to plan and prioritise. So don't feel guilty about snatching 20 minutes from your chores to read the next chapter in your novel. Remind yourself you are developing your skills of empathy, planning and decision making and becoming more connected with the world. Once you've read Betjeman's poem about Pershore Station, have a look at some other poems. The Poetry Foundation website is a good place to start as is your local library or book shop. Can a poem a day keep the doctor away? Who knows. But it could benefit our mental health and help us keep our lives on track.

Paul Morris
Volunteer at Pershore Wellbeing Hub
Pershore Wellbeing Hub is at No. 4, High Street – or visit us at www.pershorewellbeinghub.co.uk



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Women's Hour! Tea Time

Susan Catford



Drinking tea has been part of most of our lives probably since childhood. In the UK a staggering hundred million tea bags are used every day. This is based on the average consumption of four or five tea bags per person a day. That equates to 61 billion tea bags a year- a lot of cups of tea!! As children we drank tea all the time with meals. Our very kind father brought us tea each morning, possibly to make sure we got up. This was accompanied by a jug of 'pigeon's milk' – cold water which was added to the tea to make it the right temperature to drink. We didn't

have tea bags then, just a large earthenware pot with loose leaves and hot water (always adorned with a hand-knitted tea cosy). It was a trick to avoid getting a mouthful of tea leaves-ugh!!! We did enjoy 'reading' the tea leaves like fortune -tellers, looking for imaginary pictures in the bottom of our cups. It was the way it was. Households drank tea throughout the day and visitors expected to be offered a nice cup of tea. There was a variety of strengths from the pale and milky to the rich brown 'builders' tea. Tea is supposed to be good for you as

long as we don't add too many spoonfuls of sugar! It is a warmer in Winter, a refreshing drink in Summer and definitely required in times of crisis as a source of comfort. 'Put the kettle on' is a regular request to face life's many dramas. Our tea drinking habits haven't really changed much over the years. We still love our tea, especially accompanied by cakes, scones and lashings of strawberry jam and clotted cream. In fact, afternoon tea has become popular again, particularly for celebrating special events. Neat little sandwiches, a variety of mini cakes and the almost obligatory Prosecco, are presented on vintage floral China, much of which has been rescued from charity shops and given a new lease of life. Nevertheless, for most a mug of tea provides the most suitable vessel in terms of quantity and practicality. Despite the ever increasing range of alternative teas, black tea is still the most popular. Earl Grey tea is considered to be for the more discerning palate though, personally, I find it tastes like perfume! Having drunk ordinary tea for years, I graduated

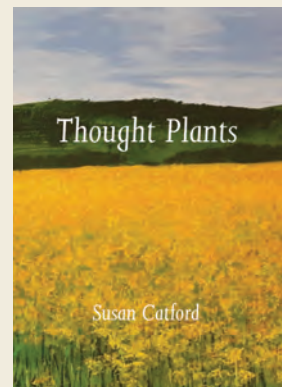
to black tea after following a particular diet. I used to think this was horrid and a good way to scald your mouth! From there I discovered lemon green tea and became converted. It is also worth noting that chilled cold tea is an excellent, non-alcoholic refreshing drink for the Summer. Apparently during Lockdown we drank even more tea, allegedly because it was a comforting drink. No doubt we will continue to consume gallons of tea in the years to come. A good old cuppa starts our day, sustains us in our workplace and can send us to bed relaxed and ready for sleep. Brought up on tea, we Britons are unlikely to change our habits anytime soon. There is however the question of G&T!!!

Tea Time

Time for a cuppa,
Time for a brew.
Put on the kettle,
We'll have tea for two.
A mug do you think you
If you need a big drink
Or a nice China cup
If you just want to sup.
Before we had bags
It was leaves and a pot
With a nice knitted cosy
To keep the tea hot.
But now we have choices
With black tea or green,
Some herbal, some fruity
And lots more between.
From lemon to rhubarb

There's such a good range
With some combinations
That might seem quite
strange.
Whatever the flavours,
Whatever we take,
It often is best
With a nice piece of cake.
So put on the kettle
And fill up your cup
It's time now for tea
And to put your feet up!

Susan Catford



'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.

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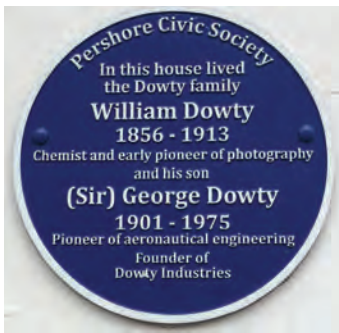
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Local Pershore hero - Sir George Dowty, Part I Tim Hickson

Many readers of the older generations will be familiar with the name Dowty from the engineering groups with factories on the edge of Cheltenham and between Cheltenham and Gloucester. However, how many knew that George Dowty was born and brought up in Pershore and is buried in Pershore Cemetery? I was surprised to learn that there is a blue plaque marking the site of his father's chemists shop as I had never noticed it. I wonder how many readers know where it is.*



William Dowty was born in 1856 and he and his wife, Laura, went on to have eight children of which the seventh was George, with a slightly younger twin, Edward, born in 1901. This was a time when the town was lit by gas lamps, water was pumped from wells and the only transport was horse-drawn or a bicycle. George's father was a pioneering photographer and used magnesium powder to produce a bright light for night photography. When the boy was eleven he was experimenting and lit the powder which exploded in the glass bottle and caused him to lose his right eye. However, he said he 'gradually became accustomed to the disability and that it never interfered with his sports'. The following year his father died from a stroke and the business was taken on by his eldest son. Young George found a friend in his sister's husband, Sidney Fell, a Worcester solicitor. This brother-in-law sparked young George's interest in Engineering by giving him a steam engine which he used to operate other toys that he constructed. In his autobiography, written in the early 1970s, he wrote, 'Nowadays a child's creative talents can be inhibited by the wealth of ready-made toys'. George also made and flew model aircraft, seeing his first real aircraft when Gustav Hamel in a primitive Bleriot monoplane (the aircraft that first crossed the English

Channel) came to Pershore. After being at school in Pershore, he and his twin brother joined Worcester Royal Grammar School in 1913. That entailed a nearly three mile bicycle ride to the railway station, a train ride to Worcester followed by a two mile walk to the school. He did well at school but in August 1914 World War 1 started and when conscription was introduced he and his brother had to leave the school to help the eldest brother with their father's business. That was in the winter of 1915. After twelve months, the eldest brother felt he could cope alone so George, was free to join the engineering works of Heenan and Froude in Shrub Hill Road in Worcester. His day began at 6.30 and he worked for eight and a half hours except on Saturdays when he stopped at 12 noon. He said it was difficult getting up so early especially on winter mornings. He was paid six shillings a week which was roughly equivalent to £20 today. His first job was testing hydraulic hand pumps which, not surprisingly led on to a career specialising in hydraulics. He was the only boy in the factory and there was no apprentice scheme during the War. He took evening classes in mechanical engineering at the Victoria Institute in Foregate Street, paying his own fees, and took a postal course in the Internal Combustion Engine. After a few months he was transferred to the Inspection Department and then to the Drawing Office where he learnt to draw the hard way but it taught him how to put his ideas on paper. In 1918 he obtained a job as a draughtsman with the British Aerial Transport Company in London where he was paid 35 shillings a week and became self-supporting. 30 shillings paid for his lodgings, leaving 5 shillings for clothes, railway fares home and so on. Without money for entertainment, he taught himself calculus and studied and designed machines.

At work he had his first introduction to aircraft design and, particularly, to undercarriages which, later, became his life's work. When the War ended, the demand for aircraft fell and George had to find other work. However, he

was gaining experience and acquiring ideas as well as becoming an expert in hydraulics. So, when, aged 19 in 1920, he joined A. V. Roe's aircraft company, he was accepted as the undercarriage expert and designed these for an auto-gyro and a fixed-wing aircraft.



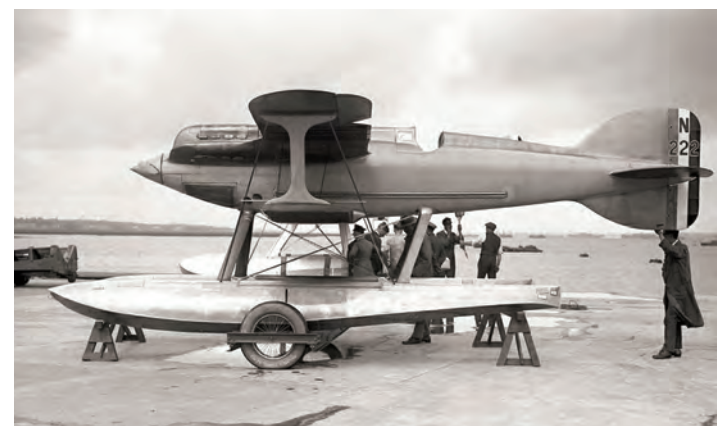
In the years that followed, George developed his designs for undercarriages to include shock absorbers and the novelty of brakes. During this time, his mother moved from Sansome Walk in Worcester to live in Ombersley which, of course, became George's base when in Worcestershire. He left A. V. Roe in 1924 and eventually joined the Gloucestershire Aircraft Company in Cheltenham. The aircraft were initially made on the same premises as a firm of Monumental Masons, an unusual combination. Later the design and engineering departments were moved to a country location at Brockworth Aerodrome.



He worked on many aircraft including the Gloster Gamecock, an aircraft used by Finland defending itself from an attack by Russia, a sea plane designed for racing, the Gloster IV and the Gauntlet, the last aircraft with an open cockpit to be used by the RAF.



Gloster Gamecock



Gloster IV

Country Watch

'If the 24 th August be fair and clear.

Then hope for a prosperous Autumn that year.'

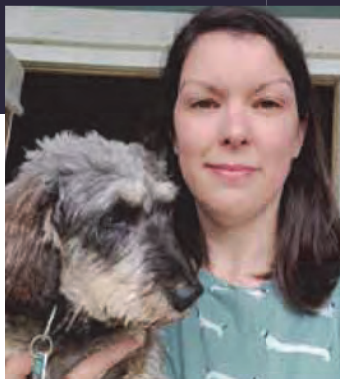
We may not have had our full quota of rain since St Swithins Day but the end of July has proved to be a disappointing start to the summer holidays. The sunny weather has deserted us temporarily but Nature carries on regardless. The crops are continuing to ripen, bearing heavy heads of grain. It is still early for hay-making but no doubt the combine harvesters will also be trundling out before long. It is an awesome thought that so much used to be done manually before the invention of these sophisticated machines.

The fields are full of tall grasses populated by a profusion of butterflies enjoying their brief life. The Common White has been joined by their more colourful friends busying themselves amongst the wild flowers. Look out for Marbled Whites, Holly Blues, Painted Ladies and, of

course, the beautiful Peacocks and Red Admirals.

In the meadows and woodlands you will see a variety of thistles, delicate harebells, Giant Campanula with its long stems and pink flowers, as well as the vivid red Lords and Ladies (also known as cuckoospit but we called them Ladies in Waiting as children). At this time the songbirds are mostly silent as they moult to replace feathers worn out by the demands of raising chicks! There is still plenty of activity above us though, with darting swallows, magpies, jackdaws, buzzards drifting on the thermals and, if you are lucky, the sight of beautiful kites gliding high above the fields and woodlands.

Nature seems to have pressed 'pause' as we wait hopefully for the summer sun to reappear but there is still much to be seen and enjoyed in the countryside.



VETERINARY ADVICE ESPECIALLY FOR YOU!



Parasite Control When Travelling Abroad

With pet travel in Europe opening up again and Summer just around the corner it is nice to know that our furry friends can travel with us on holiday. As an island nation in the north of Europe the United Kingdom is usually well protected from some of the endemic diseases seen in mainland Europe, however our pets could transmit these diseases back to the UK or become infected with exotic diseases whilst abroad. Therefore, it is important to think carefully about parasite control whenever travelling with your pets.

Tapeworm - Currently tapeworm is the only parasite with a mandatory treatment 1-5 days before entering the UK. The tapeworm of concern is *Echinococcus multilocularis* which can cause serious disease in humans. Foxes are a reservoir of infection and it is present across most of Europe. The UK and Ireland are currently free of this disease. Dogs should be treated monthly with a tapewormer whilst abroad, 1-5 days before return and within 30 days of re-entering the UK. Cats are currently very low risk for transmitting it.

Heartworm - Heartworm caused by *Dirofilaria immitis* is an infection that predominantly affects dogs but can affect cats and ferrets. It is spread by infected mosquitoes in mostly Southern Europe. Some parasite collars will be effective at repelling mosquitoes but a suitable monthly worming product is needed to stop infection establishing, this should be continued for at least 1 more treatment after returning to the UK.

Leishmaniosis - Leishmaniosis causes a chronic disease that can also be spread to humans in areas with the sandfly vector. A sandfly repellent, usually in the form of a collar, should be started a week before travel and continued after return to the UK.

Ticks - There are a variety of ticks abroad that are not native to the UK and carry exotic diseases that can affect pets and humans. These include those carrying *Babesia canis* and Mediterranean spotted fever. Preventative products to kill, or kill and repel, ticks should be used along with regular checks to find and remove any attached ticks rapidly. This should again be continued upon return to the UK. For specific treatment advice please speak to your vet.

Best wishes *Eliza*

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Have a Plum Festival in your garden

Nikki Hollier

It's the annual Pershore Plum Festival in August, so join in and create a plum-coloured flower border or container garden at home. There are beautiful plum coloured flower choices for your garden in August, and here are some examples that you can enjoy in this month and into Autumn:



Dahlias are a must for the summer border and make excellent, dramatic cut flowers. They come in a huge array of colours and shapes, including cactus types like 'Rev P Holian', which has spiky crimson blooms. You can also find dahlias with plum-coloured petals and yellow centres, such as 'Purple Flame'

or 'Chat Noir'. Dahlias need a sunny spot and well-drained soil, and you can lift the tubers in autumn or protect them with mulch. If your dahlias get earwigs, get an upturned flowerpot, fill it with straw and place it on a stick (you might need to do several), and place throughout your borders. You can then release them back in to the wild.



Zinnias are colourful, easy to grow annuals that combine beautifully with other 'hot' coloured plants such as sunflowers and rudbeckias, in borders and in pots. They also do well in a vase along with Cosmos. Choose plum-coloured flowers, such as 'Queen Red Lime' or 'Purple Prince'. Zinnias love a sunny, well drained spot and you can sow them directly in the ground in May or buy them in a pot ready-grown from your local garden centre. Salvias are attractive perennials with fragrant foliage, bearing masses of nectar-rich flowers in

summer. Purple-flowered salvias like Salvia 'Amistad' and 'Ostfriesland' look fantastic growing in a mixed border with other bright coloured flowers such as Cannas. Salvias prefer a sunny, well drained spot and you can cut them back after flowering to encourage new growth. They will need protecting from frost during the winter months – simply cut them back and apply a mulch over the top and they should start growing again in the spring.

Lilies are showy perennials that look great in pots or borders - but they also make fabulous and long-lasting cut flowers. Be aware that all parts of the plant are toxic to cats, so they're best avoided if you're a



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cat owner. You can find lilies with plum-coloured flowers, such as 'Black Beauty' or 'Purple Eye'. Lilies need a sunny or partially shaded spot and moist but well-drained soil.

August gardening tips *Reg Moule BBC Hereford & Worcester*

Early in the Month

Keep dead-heading flowering plants and picking beans to maintain production. Liquid feed bedding plants in tubs and baskets but switch to high Nitrogen feed which stimulates new growth for flowering later. If carrot fly bothers you, grow the crop under garden fleece or insect barrier mesh for excellent control. Thin out overcrowded water lily foliage on ponds. Start preparing the soil for laying new lawns next month. Vine Weevils will be laying eggs in tubs and containers now. One sure remedy is to water the compost with Bug Clear Ultra Vine Weevil Killer which makes the compost vine weevil proof for two months. For natural control use nematodes or put a half inch deep layer of horticultural grit on the surface of the compost

to deter successful egg laying and larvae development.

Mid-month

Take cuttings from Geraniums, Fuchsias, Penstemons and other semi-hardy plants. Keep Azaleas, Camellias, Hydrangeas, Magnolias, Pieris, and Rhododendrons well watered to prevent bud drop later. Semi-ripe cuttings can be taken from a wide range of shrubs. Pot some strawberry runners into 18cm (7in) pots. Leave them outside until January then put them in the greenhouse for an early crop. Trim over lavender, Santolina (cotton lavender), Helichrysum (curry plant) lightly after flowering. Sow last outdoor carrots, lettuce, radish and spinach beet in the vegetable garden. Sow Japanese onion seeds soon or buy autumn planting onion sets next month.

Summer prune Wisteria – cut back all new growth to five leaves up from where it arises from main branch, unless it is required to extend the plant. Sow Browallia, Schizanthus and Calceolaria in the greenhouse for winter pot plants. Plant young strawberry runners for cropping next year. Take Hydrangea cuttings – they could make a flowering pot plant for next year. Try collecting some seed from your own garden plants – you could get a new variety. Take cuttings from heathers. Use 2.5 cm (1in) long shoot tips. Root in gritty compost. Look out for specially stored early seed potatoes, plant soon for new potatoes for Christmas dinner.

Later this Month

Spring flowering bulbs will be around now. Buy Colchicums, Madonna lilies and Autumn

flowering crocus soon. Gather up and dispose of diseased rose leaves as they fall. Prune rambler roses. Summer prune trained forms of fruit trees. Clean and check over greenhouse heaters. Pot up some herbs dug from the garden ready to bring indoors in October for winter use. Sow a final batch of parsley seed outdoors and some spring cabbage. Check over any bulbs e.g. tulips that you have in store to ensure that they are fit to re-plant.



Of kings and things



Arthur's Stone

Well, school's out, the weather's variable and there are long queues at ports and airports – welcome to the British summer! So I thought that perhaps we should look a little closer to home for our entertainment this August.....

Starting at Arthur's Stone, a stone age tomb overlooking the Golden Valley at Dorstone in Herefordshire. Allegedly it's where King Arthur killed a giant, certainly it's where King Charles the First stopped for a picnic back in 1645, when things were looking a little ropery for him. We visited there last month because archaeologists have been digging there and their resulting conclusion is that the site dates back nearly 6,000 years – making it even older than Stonehenge. Writing in the scientific journal 'Antiquity' two Professors – Keith Ray and Julian Thomas – say that radio carbon measurements from bones and carbonised plants found there show Arthur's Stone to be 'the earliest culturally Neolithic site in the west Midlands'. As an added bonus the site is free to visit – and if you're taking the kids why not then pop down the valley to Longtown Castle, a mediaeval round keep on the site of a Roman fort, which is also looked after by English Heritage and is also free to visit. But if you haven't got the kids, and you fancy a more grown-up experience then also in the environs of the Golden Valley you'll find Black Mountain Botanicals, who both roast their own coffee and distill their own gin, rum and liqueurs.

For details see www.blackmountainbotanicals.co.uk

Nearby you'll also find Gwatkin Cider with their brand new Red Cow Tavern beckoning at lunchtime. They're on the edge of Abbey Dore, so still in the Golden Valley and are hosting this month a Down on the Farm Festival from the 11th to the 13th. See www.gwatkin cider.co.uk A nice touch binding the two businesses is that Black Mountain Botanicals use Gwatkin's surplus cider apples as the base for their distilled spirits....

Apropos of King Arthur – who may, or may not, have existed – I happened to be in Siberia for work some years ago and had dinner with a Kazakh academic who spun me the tale that King Arthur was in fact from Kazakhstan. The tale as he told it was that a nomadic people, the Pannonians originally came from the vast steppes around there and moved slowly west as far as what is now Hungary. There they came into contact with the Roman Empire and – as they were all expert horsemen – they got hired by the Emperors as auxiliary cavalry. One of their bands duly got sent to help garrison Hadrian's Wall and their then leader – to ease communication with the Roman legions – took the name of Artorius, hence 'Arthur'. He told me that the DNA of some of the villagers on the western, Carlisle, end of the Wall is identical to the DNA of the people living in the east of his country, near Almaty. That's as maybe – it's certainly an interesting story but one fascinating thing he told me was definitely true. The original apple tree – from

Brian Johnson-Thomas

which all our orchards stem, came from the Tien Shan – the Celestial Mountains – which tower over Almaty and whose crest is the frontier with China. However, I know, I was talking about things to do back home....well, over in Stratford on Avon the Royal Shakespeare Company have put together a free programme at The Dell, on the banks of the Avon in Avonbank Gardens near Holy Trinity Church. Various amateur and semi professional theatre groups are performing most of Shakespeare's plays on Saturdays and Sundays all this month

Full details are available at www.rsc.org.uk/thedell

But I am particularly struck by a couple of them, such as the one advertised for noon on the 13th called 'The Shakespeare Jukebox' and performed by Crew of Patches the four actors say, "The rules are simple: call out the name of a Shakespearean play and we'll do it!" As they also say "37-ish plays. 4 actors. What could possibly go wrong?" Well, I for one, intend to be there to find out....

One venue where absolutely everything went well was the Longborough Festival Opera's production of Claudio Monteverdi's L'Orfeo. First performed in the Ducal Palace at Mantua on 24th February 1607 – so the same time frame that our Will Shakespeare was operating in – this modern performance was graced by the

same musical instruments playing the same music as the original thanks to the talented musicians who comprise La Serenissima, the accompanying orchestra. I was especially thrilled to hear the sackbuts played by Emily White and Hilary Belsey although the UK debut of Julien Segol as Plutone was also noteworthy. The season ends in the first week of this month with Purcell's 'The Fairy Queen' which was originally composed to fit between acts of Shakespeare's play 'A Midsummer Night's Dream' to musically express the play's themes of nature, transformation, love and magic. As an Emerging Artists production it will showcase the stars of the future. Sung in English it was first produced in London at the Dorset Garden Theatre on 2nd May 1692. We'll be there for the opening night – try and join us? See www.lfo.org.uk for any remaining tickets. Finally – he says, writing as the rain lashes down – I've just been told of an event at the NEC in Birmingham next month from September 22 to 24th. It's A Place In The Sun see www.aplaceinthesun.com and is billed as the perfect place to pop in and learn about buying a holiday home – or even a retirement place – in the sunshine of France or Spain. If this rain keeps up then I think that I'll likely be there.....



The Fairy Queen



L'Orfeo

Everest - 70th Anniversary Part 2

John Walton



When I was in Nepal last November it was suggested that I should come out to join the 70th Anniversary celebrations, and bring a group with me. Why not, but let's make it appropriate to the occasion and call it, 'In the footsteps of Everest '53.'

With a route and dates decided a group of seven was formed and we all flew out to Kathmandu on the 15th May. In 1953 the Everest expedition had 71/2 tons of equipment. In 2023 we had just seven kitbags but Qatar Air still managed to lose two and leave them at Heathrow. Without the proper kit - boots, sleeping bags, waterproof clothing etc. it is foolhardy to venture into the Himalaya, so our first afternoon was spent frantically shopping. While we were shopping a pre-monsoon thunderstorm let rip, with torrential rain and dramatic light and sound shows. While this was happening a blackout occurred and we were having to resort to our torches on our iPhones to cast light on the garments. It was in the middle of this storm that three young Nepali men came into the cramped shop in search of sunglasses! Trying on several pairs, again using their phones to cast enough light for them to choose by, they duly made their choice, paid their money and left into the dark, sodden street, wearing their new purchases!

We did manage to fit in a couple of cultural visits, first to the Hindu cremation site at Pashupatinath, where up to forty-five cremations a day take place. With many Ghats lining the banks of the Bagmati River,

significant because it is a tributary of the holy River Ganges, there are several funeral pyres in various stages of incineration, with others being prepared for later use.

Each ceremony is carefully choreographed with rituals, which involve the corpse lying on a horizontal slab with feet towards the murky waters, allowing all the sins and impurities to drain from the body so that it is pure. From there the corpse is carried on a frame of bamboo poles to the pyre. More rituals take place. Eventually the fire is lit in the mouth of the deceased. This is, perhaps, the hardest part to witness and I usually make this an opportunity to seek out the holy men (sadhus). Some are genuine holy men who sacrifice everything for a life of abstinence while others are there to fleece tourists of their money and to legally smoke pot. Knowing which are genuine and which are not is difficult but it lightens the mood as you engage them in conversation. You still have to pay for photos. Moving on we visited the Buddhist stupa at Boudenath, an essentially much calmer religious site. The stupa is a huge dome with a central tower with piercing eyes on each side. Colourful prayer flags cascade from the apex of the tower, each colour representing the elements. Blue represents the sky, white - the air, red - fire, green - water, and yellow - earth. All around the base of the stupa are prayer wheels each with a prayer. Devotees walk in a clockwise

direction turning each prayer wheel as they go, releasing the prayer to the heavens above. The whole area exudes peace and tranquility. Adding to the peace and tranquility are atmospheric Buddhist chants playing from the many shops around the perimeter of the site. The following morning we prepared ourselves for the journey east towards Everest, not on foot but on a nine-hour journey by Land Cruisers. As we prepared to leave the hotel, a vehicle drew up with Mandy's lost kitbag. Now she had two of everything! With no time to sort or discard, we loaded both her bags on to the roof rack and off we went. With us were our three Sherpa guides, Lhakpa, Indra and head Sherpa, Padam. I didn't realise it until Padam told me, he had been in the Sherpa team that looked after my 1997 trek in Langtang, 1998 trek to Everest, and my 2005 attempt to climb

Mera Peak. In 1997 he was only 20 years of age and has changed since those early days of his guiding career. It was good to relate stories from those past trips and to catch up on the health and whereabouts of common acquaintances. As we headed east the grey skies began to deposit their moisture. As we passed over high points we were engulfed in dense cloud. The road was reasonable most of the time but where landslides had occurred they were not much more than a muddy scar on the hillside, slowing progress to a crawl.

We eventually reached our overnight accommodation after nine hours of travelling. Everest is about 150km from Kathmandu. Our overnight stop was still about 50km from Everest, so we had not really travelled that far despite the hours spent on the road. We had not quite finished with roads but this next section was on unmade roads and required more robust vehicles, better suited to cope with the very uneven surface. In the morning we woke to glimpses of snow-capped peaks before the clouds swept up from below to engulf us in mist. The road journey was exciting even if it was a lot slower than that of the day before. There were sections of deep mud, which skewed the vehicles bizarrely and there were some where we had to have several attempts before negotiating our way through. The resilience of our backsides was thoroughly tested. Eventually, we reached the end of the road at Bhule Bhule at an altitude of 3500m. From here it was up to us to find the energy and strength to propel ourselves ever closer to Everest.



Cooking for fun! *Ailsa Craddock*

When I was little, I used to go blackberry picking with my mum - and I, in turn, took my own children with my friends, Claire and Beryl, and their children. Our babies have got babies of their own now and we hope to all go picking again this week - trying to persuade little fingers to put as many of the berries they put in their mouths into their baskets! Our garden is partly an old orchard where the apple trees have fallen down (we have also planted new ones!) and become a secret hiding place for rabbits, squirrels and mice and the trunks homes for woodpeckers and robins. And over it all, has grown the most wonderful blackberry bush, its huge, thorny branches weighed down with all the glistening, purple gorgeousness of fruit! There are so many things you can do with blackberries - jams, cordials, puddings and savoury sauces - and, of course, you can just freeze them for later and eat every morning with porridge (me) and yogurt (the husband) for a dose of vitamin C throughout the winter. They are free, picking gets you out in the fresh air and it's a time to spend with friends, chatting away as you do, as we have done for years!

Overnight Blackberry Oats serves 1

- 1 cup fresh ripe blackberries
- 1/2 banana
- 200mls milk
- 1/2 teasp vanilla essence
- 1/2 cup of oats (I like the jumbo ones best)

Put the blackberries, banana, milk and vanilla in a blender and blend until completely smooth. Pour into a bowl or glass jar and stir in the oats. Cover the bowl or jar and place in the refrigerator overnight to allow the oats to soak and soften. In the morning add some fresh blackberries and the other half of the banana (sliced) on top (for those with a sweet tooth, add a drizzle of honey or maple syrup.



Blackberry Salad

- baby spinach/ watercress/ rocket leaves (or a mixture if you have it!)
- fresh blackberries
- crumbled gorgonzola or blue cheese
- walnut pieces (optional)
- citrus vinaigrette (recipe below)

Citrus Vinaigrette:

- 1/3 cup good-quality olive oil
- 1/4 cup freshly-squeezed orange, lemon, or lime juice
- 1 tsp. salt,
- 1/2 tsp. freshly ground black pepper

Whisk together all the vinaigrette ingredients. Toss the leaves and blackberries together with the vinaigrette and serve topped with crumbled cheese. It will look so beautiful with the light green leaves and purple blackberries, you will be loathe to eat it - but do!



Blackberry Fridge Jam (as the name implies, you keep this in the fridge once made. It has half the amount of sugar normally used so better for you. I put it into small jars so that I am opening and using quickly). Weigh however many blackberries you have and put in a bowl. Weigh out half that weight in preserving sugar and add to the bowl. Mash the fruit up slightly and leave aside for no less than an hour. Put into a saucepan (you can at this point add a tablespoon of cassis if you like/have), bring to the boil and stir a rolling boil for exactly 5 minutes. Allow to cool and put into sterilised jars.

Savoury sauce for pork/lamb/venison chops or medallions

- 1 tbsp balsamic vinegar
 - 150ml beef stock
 - 2 tbsp redcurrant jelly
 - 1 garlic clove, crushed
 - 85g fresh or frozen blackberries
- Add the balsamic vinegar to the pan, then pour in the stock, redcurrant jelly and garlic. Stir over quite a high heat to blend everything together, then add the blackberries and carry on cooking until they soften.



Blackberry, Elderflower and Mint Fool

- 200g ripe blackberries
 - 1 - 2 tbsp elderflower cordial
 - 60g caster sugar
 - a few fresh mint sprigs
 - 150ml double cream
 - 125ml full-fat Greek yogurt
- Put the blackberries in a saucepan with the elderflower cordial, caster sugar and fresh mint sprigs. Set the pan over a medium heat and gently bubble the mixture for 10-15 minutes until the berries soften and release their juices, then reduce to a thick coulis. Remove from the heat and let it cool a little, then taste, adding more sugar or a dash more cordial if needed. Remove the mint sprigs. Allow the mixture to cool completely (it will become more like jam in consistency). Pour the double cream into a large bowl then, using an electric mixer, whisk to soft-medium peaks. Stir in the Greek yogurt, then fold in the cooled blackberry coulis, creating a swirled effect. Spoon the fool into a dish and serve straightaway, or cover and chill for up to 6 hours.

Jazz News

There will be no Pershore Jazz Club session in August because this month we hold our main event of the year. Pershore Jazz on a Summer's Day has replaced Pershore Jazz Festival which, because of a change in the business policy at Pershore College, can no longer be held on the College campus. To lose such a fabulous venue after thirteen amazing years was a huge disappointment to our loyal fans (the last time, in 2019, attracted an audience of 700), the musicians, who always looked forward so much to appearing at "the small festival with the big heart" and, of course, Pershore Jazz Committee who saw all the years of hard work and close collaboration with the College disappear almost overnight. Last year we began the new,

Peter Farrall

"on a Summer's Day" venture and were pleased to record a ninety nine percent capacity audience, including fans from all over the country most of whom had erstwhile attended the Festival. It was unanimously proclaimed a great success and prompted a desire for a similar event this year, and so we have produced Pershore Jazz on a Summer's Day 2023. A musical journey through time and place to visit four great cities with strong jazz connections. In New Orleans we meet jazz trumpet kings past and present, many of whom migrated to Chicago, host city to the 'Golden Age' of jazz. On to New York where material published in Tin Pan Alley was often performed in clubs along 52nd Street where the great Billie Holliday was defining

her career. In Europe where Paris has always been a jazz friendly city, we meet Django Reinhardt of Hot Club fame and many eminent visiting American musicians, some of whom even stayed to make a life in France.

Our journey ends back in New York for the sound of the fabulous Harlem big bands. Music and anecdotal commentary during our journey are provided live on stage by eighteen of Britain's foremost jazz musicians. We've had an enthusiastic response nationwide and can even welcome some of our fans from Tel Aviv this year. Just a few tickets remaining!



Saturday 12th August

Pershore Jazz on a Summer's Day

at Number 8 Community Arts Centre, High Street
2.00pm - 10.30pm. Interval 5.30 - 7.15pm

Day tickets, £50, available from Number 8 Box Office
tel: 01386 555488 or in person at the Box Office or
Online via Number 8 website: www.number8.org

Gregory's World! *Gregory Sidaway Exeter College, Oxford*

Dubliners

Have you fastened your seatbelt? I certainly have – very tightly with minimal wiggle room. I haven't flown since before Covid, so I'm a little tingly in the legs. The engine thrums to life. Outside, the propellers under the wings spin into blurry discs. I swallow and look to you for reassurance, then – VROOM!

– We're off. I sink into my seat. The plane shoots upwards. The runway is running away. Through the porthole window, Birmingham is shrinking far below, disappearing under layers of pulled cotton wool. It's a sight we shouldn't be able to see, bipedal and wingless as I am – and I'm sure you are too, and it really is amazing. As the plane plateaus across a sea of cloud, I sit back and relax. We're becoming quite the seasoned travellers this year, fellow reader. At Easter, I took you to the Scottish highlands. Now, we're heading to Ireland.

As someone with varying degrees of interest in literature, travel and booze, Dublin felt like a good destination. Its skyline doesn't reach for the clouds as London's does, so walking through the streets often felt like walking through an amalgamation of Worcester, Bristol and Liverpool. The River Liffey is the pulsing artery at the city centre, but not

(as we were informed) the source of the water used in Guinness – that honour is bestowed on the Wicklow Mountains, whose mottled green backs could be seen from our hotel room, cresting the horizon to the south. Our first ritual of the day was to head down to the Temple Bar district, into a pub also called The Temple Bar, renowned for its hearty atmosphere, live music, and walletcripping pints. The pubs in the centre of Dublin are the kind of pubs where you leave and every penny you possess stays behind. It was worth it, however, to christen the occasion with a pint of the real stuff. Guinness truly is everywhere, not just in physical pint glasses – those can be found in their natural habitat, congregating on tables or ledges in various foamy states – but in adverts, signs, t-shirts, oven gloves! I even saw a pair of fluffy pint-shaped slippers. Our knowledge of Irish culture wasn't exceptionally nuanced, so we assumed the harp logo (the coat of arms for Ireland) was the Guinness logo. This meant, when we googled the Irish President's website or examined an Irish euro, only to see the harp of Ireland as their key symbol, we began to think that Guinness' influence ran far deeper than we had ever considered, that somehow they had a monopoly

on government and currency. That was a powerful drink. We visited the Guinness Storehouse on day two. The only time available was 9:45, so I had my earliest two and a half pints ever, before embarking on a journey around the city. From Phoenix Park – the largest city park in Europe – to Supermac's – where I ate the largest chicken pieces in my life – our adventure led us to Dublin Castle and Trinity College, to St. Stephen's Green and the Ha'penny Bridge, before finishing with a much-appreciated iced cappuccino in Caffè Nero on O'Connell Street. If I went again, I would wait until I was at least twenty-one, as (although the legal drinking age in Ireland is eighteen) many bars refused us in the hopes of nurturing a warm, cheery, more adult environment. Day three led us further afield. We took a train from Dublin Connolly and travelled to Northern Ireland, arriving for a whistle-stop tour of Belfast. The familiar traffic light system assured us we were back in the UK. In Ireland, they have an orange man, acting as a ticking clock for anyone still crossing; instead of the deafening beep-beep-beep-beep-beep that heralds our green man, the Irish green man makes a ssszoomm! sound, like you're in a Star Wars



film or a Laser Quest. The bulk of our visit was spent in the Titanic Museum, which was very impressive, if not a little puzzling; it tries to be a fun day out for kids, while memorialising thousands, celebrating Belfast engineering, and appealing to fans of the movie. Seeing Titanic teddy bears and Christmas decorations was a bit strange, but I suppose they have to keep generating interest in the place. Besides the docks, Belfast didn't feel as much like a capital city. However, if you're ever in the vicinity of BFC (Belfast Fried Chicken) on Bridge Street, I highly recommend. Returning to Birmingham, the weather back at home was actually better than the weather we left behind. Then again, the deep greens and blanketing mists seem a part of Ireland's charm, and indeed I was charmed by its pints, sights and Friday nights, with the promise of more to explore. Here's to being twenty-one!

Teenage Focus *Romy Kemp (18)*

Summer Holidays:

The Summer holidays have finally begun for all students, which I'm sure is a relief to many. Having already had around a month off after A-Levels, before many other year groups, there has been time to de-stress and unwind. A lot can be done in a month, and personally I haven't had a single day of full rest because I've been so busy. I have already been on holiday with my best friend to Cornwall and stayed in a lovely airbnb. The weather was fabulous for most of the days we were there, however there was one dreadful day of heavy rain and wild wind. Unfortunately for me, my raincoat had a hole in one arm, needless to say I was drenched. We did shop a lot whilst we were there, from the touristy shops to charity shops and got some great deals (especially in the charity shops - sometimes you just can't beat them).

From full days out with friends, to shopping with family, and everything in between, it has been an enjoyable summer so far. Even despite the bewildering weather we have had recently, it is important to recognise the international global warming that is happening right now - for example, the heatwave that is sweeping the South of Europe as well as the wildfires at the minute. All the evacuations from certain tourist destinations have rung alarms across the country as well as the airlines. People travelling and residents alike have all been affected in these places and should be given as much help as possible. However, it is the surrounding wildlife that must be helped as well. Their habitats are being destroyed and don't have much chance of being evacuated, they just have to hope that they can outrun the fire, it's terribly upsetting.

To end this article on a good note, the Blues Festival in Upton has recently finished and the atmosphere was as bubbly as usual. I did not stay for long this year due to the weather on the Saturday being quite drizzly. However I have heard from the rest of my family who went again on the Sunday, that it was even better. The festivals that take place in Upton have always been a brilliant environment to offer opportunities for smaller



businesses, through stalls, as well as create a positive community. This is clearly shown every year, despite the weather.



Holidays and holiday pay

Carol Draper

As we are entering the summer holiday season, I thought it would be useful to review entitlement to holiday and holiday pay. If you are an employee or a worker, even if you are an agency worker or on a zero hours contract, you are entitled to paid holiday.

As a legal minimum you are entitled to 5.6 weeks paid holiday per year, which is known as your statutory holiday entitlement. Your employer may give you more than your statutory entitlement with any extra days being known as contractual holiday. Bank holidays are not in addition to your statutory entitlement and your employer can ask that you take bank holidays as part of your paid holiday. Your employment terms will detail the number of days holiday you are entitled to and whether bank holidays are included in that number or are in addition.

For employees who work the same number of days each week statutory holiday entitlement works out as follows:

<i>Days Worked</i>	<i>Paid Holiday Entitlement per year</i>
5	28
4	22.4
3	16.8
2	11.2
1	5.6

It is more difficult to calculate your entitlement if you work



irregular hours or days although you can use the Holiday Entitlement calculator on www.gov.uk. The holiday leave year may not be the same as a calendar year and your employment terms should detail when the leave year begins and ends. If you start or leave employment part way through a leave year your holiday entitlement will depend on how much you have worked during that year. If you leave part way through a year and have not used all your holiday entitlement, you should be paid for it when you leave. Employers must ensure workers use all their statutory entitlement in a year unless they have been on long term sick or maternity leave. An employer is not entitled to pay workers in lieu of holiday. If this happens the holiday will accrue anyway, and employees will be entitled to be paid for holidays not taken when they leave an employment.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd

Life is like riding a bicycle. To keep your balance, you must keep moving.

Albert Einstein

Clifton-Crick Sharp & Co

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A trip to the seaside

Angela Johns



What a relief when I get in the car and shut the door. The wind noise instantly falls and the constant buffering ceases. I don't realise the muscles in my face are bunched around my eyes until I can finally relax them. The car feels very contained, almost claustrophobic. My subtler senses are turned up, retuned and sensitised as the relative silence roars in my ears instead and a quiet voice will suffice. I can work out how badly I want a sweet hot chocolate or whether flask tea will do until we get to the fish and chip shop. This is the story of many a trip to the British seaside when the sun is out but the chilly wind steals any warmth as it whips around me and gives me goosebumps. When the kids were small they seemed to be immune to it, with their sense of fun and excitement eclipsing the effects of the chill. Impending adulthood is now tipping the balance the other way with judgements of too hot or too cold. Their exploration of self-discovery seems to make them hyper-aware of the physicality of their environment. And British weather gives them a wealth of variety in which to do it.

Last month I was lucky enough to spend a few sizzling days in Spain with my partner, no offspring. Wandering around beautiful Palma it was often too hot to hold hands. The absence of this unspoken act of togetherness needed to be replaced with other indications of intimacy: a word, gesture or facial expression. A little extra effort. We were on holiday, relaxed and momentarily carefree, so it was easy.

Other occasions in life are not so straightforward. We may not even realise to what extent we are uncomfortable, or how much physical or emotional pain we are in. Some aspects of our various relationships with friends, family or partners are withdrawn in order to conserve our energy or because we cannot handle someone else's pain too. It can be difficult enough to work out our own feelings let alone communicate these to another. Sometimes we might need to metaphorically 'get in the car out the wind', so you can hear yourself think and work out what you need. What to choose in how to do this is individual, but choose. It'll be worth it.

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



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Gardeners elbow??

Karen Harris

Elbows! Funny things aren't they, although not so when you bang them!

The elbow is just the junction of the humerus (upper arm bone) and radius and ulna, (lower arm bones) and its the ulna nerve that sits on top of the bone that takes the brunt of any knocks. Because there isn't much in the way of padding, the signals of shock up and down the arm are sufficient to make some people pass out. It's the primary nerve in the arm, coming from the spine through the neck and snaking down the arm. It is responsible for transmitting information from some of the finger tips to the brain and back down again, as well as control some movement in the hand.

I always try and write from experience, or from conditions/ailments that are common in people who come for alignment. However it's me thats had the elbow issue! To add to the usual list of 'Tennis' and 'Golfers' I am adding 'Gardeners' elbow, symptoms include pain on the elbow and one side of the wrist, forearm tightness and overall discomfort when using the arm to lift or grip.

Apart from many other things, I had shovelled and moved 1.5 tons of topsoil and a load of gravel in a weekend, so there was a constant internal rotation



of my lower arm, under load and with a heavy spade. As my arm muscles were tiring my shoulder muscles were doing more work, which then affected the muscles down the side of my back and ribcage, and as time went on, my neck was getting cramp!

Should I put a brace on my arm? Rest it?

Get an injection into the joint? Do some elbow exercises?

Hmmmm.....no, most definitely not!

As we should know by now, the site of the pain is rarely the site of the problem. It would be easy to think I'd damaged tendons (It felt like it), the bony bit - that isn't a 'funny' bone at all - felt bruised even though I hadn't hit it; but as you have just read, that was the ulna nerve letting me know something wasn't quite right. Did I fix it?

Yes, of course, with the Posture Alignment exercises I give to everyone else. My shoulder had rotated, pulling the shoulder blade with it, the humerus was rotated in the shoulder making my bicep tight, my neck and back muscles were just about coping with the rotation and all this tightness on the left side elevated my pelvis on the right! This is life though, isn't it? Niggly injuries that keep on happening, pains that you end up living with never quite getting sorted. People who come to me, to get themselves out of trouble, get to learn how the body works, because when you know how your musculoskeletal system is connected, chasing symptoms really makes no sense.

Believe

Emily Papirnik

If you allow yourself to believe in something, notice how there are no questions that need to be asked. No walls built or obstacles to get over.

I believe the sun will come up tomorrow, I trust it will.

I believe in life continuing, I have hope for the planet.

The seeds in nature find their way to grow into those trees, those fruits and vegetables, they need little help from us to get on with it. They have done this for millions of years. Imagine a world where you can believe in yourself.

Allow the belief, start small but this can be limitless. Feel an ease and let this ignite within you.

Allowing the belief will create possibility and opportunity. With Focus, determination and huge passion so much can be started.

With Trust, Love, Hope, Truth and Strength, all the components of belief let us try.

- Allowing belief increases momentum and growth.



- Allowing belief stops the distractions that stifle creativity.

- Allowing belief encourages a confidence that will ensure inspiration flows.

- Allowing belief enables an unencumbered slipstream in clarity

- Allowing belief means there are no questions, no stumbling blocks and no hurdles

- Allowing belief in yourself enables a momentum in creativity from a place of balance.

Allow that feeling of balance in every one of your cells.

So it's up to you, to choose, to try, to believe.

Are you ready?



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

Karen & Emily's

Mind, Body & Soul experience - NEW DATES!

We are excited to announce two new dates at a fabulous new venue
Wootton Park, Henley-in-Arden
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This is a one of a kind experience that aligns mind, body and soul, will leave you relaxed, restored and revitalised.

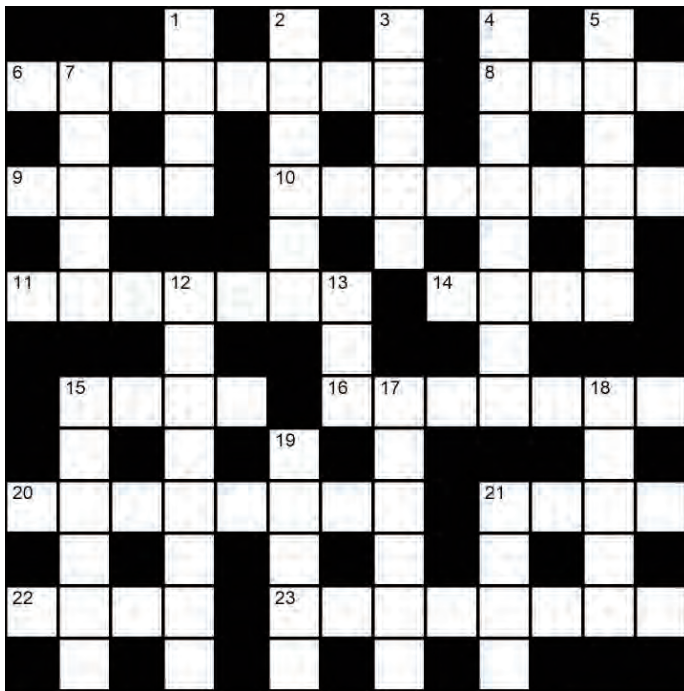
This fabulous full day inc 4 master classes, lunch, refreshments and a full instruction pack cost £95

For bookings please email relax@intentiontherapy.co.uk or for more info call 07954 544595



Coffee Break

Crossword



Across

- 6 Austrian Alpine resident (8)
- 8 Immediately following (4)
- 9 Spoken (4)
- 10 Memento (8)
- 11 Paving substance (7)
- 14 In this place (4)
- 15 Leaf of a book (4)
- 16 Camera stands (7)
- 20 Type of effigy museum (8)
- 21 Intentions (4)
- 22 Breezy (4)
- 23 Applying a protective layer (8)

Down

- 1 Table-top game (4)
- 2 Ship (6)
- 3 Muzzle (5)
- 4 Submerged half-way up the legs (4-4)
- 5 Stir to action (6)
- 7 Fenced areas (5)
- 12 Main roads (8)
- 13 Exclamation of contempt (3)
- 15 Tranquil (6)
- 17 Rural (6)
- 18 Fiend (5)
- 19 Stage items (5)
- 21 Skills (4)

Sudoku

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

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

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

Crosswords

Sudoku

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online for FREE



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

Food Wordsearch

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

- Bacon
- Beat
- Bin
- Bloody Mary
- Bowl
- Bun
- Cake
- Can
- Chef
- Cup
- Dill
- Egg
- Grog
- Gyros
- Ham
- Ice box
- Infuser
- Jug
- Lime
- Mace
- Mild
- Mince
- Mop
- Mug
- Nougat
- Peel
- Plug
- Pot
- Round
- Sieve
- Snow
- Soy
- Tea
- Thyme
- Tin
- Toss
- Towel
- Urn
- Wiper

July Answers

1	R	A	S	H	E	R	5	C	A	R	T	O	N		
	M	U	A	H	U	A									
8	V	E	N	D	E	T	T	A	9	N	A	T	O		
	R	D	E	E	N	I	H								
	I	L	L		11	S	I	C	K	N	E	S	S		
	C	E				E				L					
13	P	A	R	D	O	N	15		16	L	O	C	K	E	T
							Y	I							
19	20	T	E	N	A	G	E	22	R	23	R	A	P		
		G	E		H	O									
24		G	R	O	W		25	T	H	U	M	B	S	U	P
		E	E		I										
26		S	T	A	R	V	E	27	D	E	E	P	E	N	

Poets' Corner

A Shropshire Lad

XIII

When I was one-and-twenty
I heard a wise man say,
"Give crowns and pounds and guineas
But not your heart away;
Give pearls away and rubies
But keep your fancy free."
But I was one-and-twenty,
No use to talk to me.

When I was one-and-twenty
I heard him say again,
"The heart out of the bosom
Was never given in vain;
'Tis paid with sighs a plenty
And sold for endless rue."
And I am two-and-twenty,
And oh, 'tis true, 'tis true.

XIV

There pass the careless people
That call their souls their own:
Here by the road I loiter,
How idle and alone.

Ah, past the plunge of plummet,
In seas I cannot sound,
My heart and soul and senses,
World without end, are drowned.

His folly has not fellow
Beneath the blue of day
That gives to man or woman
His heart and soul away.

There flowers no balm to sain him
From east of earth to west
That's lost for everlasting
The heart out of his breast.

Here by the labouring highway
With empty hands I stroll:
Sea-deep, till doomsday morning,
Lie lost my heart and soul.

A. E. Housman 1859-1936

Spot & Shop - July Winners

- | | |
|----------------------|-------------------|
| 1) Alan Hitchman | 2) Pam Morris |
| 3) Beverley Robinson | 4) Ros Pretty |
| 5) Maureen Giles | 6) Pauline Samuel |
| 7) Lisa Fullagar | |

Last month's answer:
Giles Interiors

Fun Quiz!



- 1) What is the name of the largest country in the world by area?
- 2) Can you name the famous Italian composer who wrote operas such as La Bohème and Tosca?
- 3) What is the the name of the famous French fashion designer who founded the Chanel brand?
- 4) What is the name of the famous American singer who was known as the "King of Rock and Roll"?
- 5) What is the name of the famous Japanese animation company that created films such as Spirited Away and My Neighbor Totoro?
- 6) What is the name of the largest desert in North America, located in the southwestern United States?
- 7) Which famous American poet wrote works such as "The Raven" and "Annabel Lee"?
- 8) What is the name of the famous British actress who starred in films such as Breakfast at Tiffany's and Roman Holiday?
- 9) What is the name of the largest waterfall system in the world, located in South America?
- 10) What is the name of the largest lake in the world by volume, located in Russia?
- 11) Which footballer won the first ever Football Writers Player of the Year in 1948?
- 12) In terms of health, what does CJD mean?
- 13) Arthur Wynne is credited as inventing which type of entertainment that has been a staple for newspapers and magazines for generations?
- 14) Barbara Bach, who played Anya Amasova in the Bond film 'The Spy Who Loved Me' married which musician in 1981?
- 15) Which singer was known as the 'Forces Sweetheart' during and after WWII?
- 16) What stage name did actor and dancer Frederick Austerlitz adopt to make himself sound less foreign even though he was born in the USA?

Answers: 1. Russia 2 Giacomo Puccini 3 Coco Chanel 4 Elvis Presley 5 Studio Ghibli 6 Mojave Desert 7 Edgar Allan Poe 8 Audrey Hepburn 9 Iguazu Falls 10 Lake Baikal 11 Stanley Matthews 12 Creuzfeldt-Jakob Disease 13 Crossword puzzle 14 Ringo Star 15 Vera Lynn 16 Fred Astaire



COMPETITION TIME!

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



- This month's prizes!**
- 1st - £25 cash donated by Pershire 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/jam

Complete and return this form or email:
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Pershire Times closing date: 29th August 2023

Answer: _____

Name: _____

Telephone/email: _____

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

In memoriam

Jones. Douglas Trevor

of Pinvin (formerly Lower Moor) Passed away on July 4th 2023, aged 83 years. Loving husband of Gwenan, much loved Dad of Trevor, Denise and Sonia. Doug will be sadly missed by all his family and friends. Funeral service at the Vale Crematorium, Fladbury on Friday 4th August at 12noon. "Informal clothing welcome" Family flowers only please. Donations, if desired, for the Palliative Care Unit at Alexandra Hospital, Redditch (cheques to WAH charity please) may be sent to E Hill & Son Funeral Directors.

Jones Jack Daniel

of Pershore Passed away on July 8th 2023, aged 31 years. Much loved son of Hilary and Terry, brother to Jess and Jodie, devoted grandson of Val and Nip, dad to Ruby-Lea and Evie-Mai and a loving uncle. Jack will be very sadly missed by all his family and friends. Funeral service at Pershore Abbey on Friday July 28th at 1.15pm followed by burial. Flowers or donations, if desired, for CALM (campaign against living miserably) may be sent to E Hill & Son Funeral Directors.

Backer Bruce

of Drakes Broughton Passed away at his home on July 9th 2023, aged 79 years. Much loved husband of Judith, dear father to Miles, father in law to Dawn and a beloved grandad to Hannah and Molly. Bruce will be sadly missed by all his family and friends. A service of Thanksgiving will be held at Pershore Abbey on Wednesday August 2nd at 2pm. Family flowers only please. Donations, if desired, for St Richard's Hospice may be sent to E Hill & Son Funeral Directors.

Donations may be sent to:

E Hill & Son Funeral Directors, Pershore WR10 1HZ
Tel: 01386 552141

Letters to the Editor

Dear Editor,

Aldi offers new lease of life for market site article featured in Pershore Times June/July Issue

"So what about a bit of concern for the displaced market traders and the customers who really like them?"

Anon.

The article was from the official a press release supplied by Aldi.

We are in contact with the Market Manager and an article will follow shortly.

Ed

Broughton Rangers F.C. 1950's



Team Back Row: T Amphet, Malcolm Walford, Griffin, ?, Owen, C Taylor

Front Row: T Bluck, A Radburn, T Merryman, B Watts

Sent in by Malcolm Walford who played in goal for several local clubs



PERSHORE RIVERSIDE CENTRE

Youth Clubs

Monday Juniors Club: Age 9-13 5pm - 7pm (£1)

Tuesday Youth Group: Age 13-18 5.30pm - 8pm

Wednesday Youth Group: Age 13-18 5.30pm - 8pm

Thursday Baby Club: Age 0 - 4 10.30am - 12pm (£2)

Saturday SEND Social Club: Age 16 - 18 3pm - 6pm

Sunday SEND Club: Age 8 - 18 10.30am - 1.30pm

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regularly since 1972.

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September Issue - 21st August 2023

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Planning Applications

Planning Application Ref W/22/02173/FUL

Cherry Orchard Barn Buildings and Land At, Yock Lane, Wick.
Associated operational development following Class R change of use of an agricultural barn into a flexible commercial use.
H & R Hudson

What's On?

Cinema Listings

The Blue Caftan (12A)

Thursday 10 August - 7.30pm

Tickets: £9.00

2 hrs, Arabic with subtitles

The Muppets (U)

Friday 11 August - 2.00pm

1hr 43 mins, 2011

Tickets: £4.00

Asteroid City (12A)

1 hr 45 mins

Friday 11 August - 7.30pm

Tickets: £9.00

I Wanna Dance with

Somebody (12A)

Saturday 19 August - 7.30pm

2 hrs 19 mins

Tickets: £9.00

The Unlikely Pilgrimage of Harold Fry (12A)

Monday 21 August - 11.00am & 7.30pm (ST); Tuesday 22 & Friday 25 August - 7.30pm

1 hr 42 mins

Tickets: £9.00, Daytime £8.00

Elemental (PG)

Tuesday 22 August - 2.00pm

Thursday 24 August - 11.00am

1 hr 49 mins

Tickets: £8.00

One Fine Morning (15)

Thursday 24 August - 7.30pm

1hr 53 mins, French with subtitles

1 hr 53 mins, French with subtitles

Tickets: £9.00

Ruby Gillman, Teenage

Kraken (PG)

Tuesday 29 August - 2.00pm;

Thursday 31 August - 11.00am

Tickets: £8.00

1 hr 31 mins,

Are You There God? It's Me, Margaret (PG)

Tuesday 29 August - 7.30pm

Tickets: £9.00

1 hr 46 mins

Events Listings

Sarah & Duck's Big Top

Birthday

Saturday 5 August -

1.30pm & 4.30pm

Tickets: £14, 16 & under £12

1 hr, Suitable for ages 3+

Pershore Jazz on a

Summer's Day 2023

Saturday 12 August, 2.00pm -

5.30pm & 7.15 - 10.30pm

Tickets: £50 (day ticket for all

six sessions)

André Rieu's 2023

Maastricht Concert: Love is

All Around

Saturday 26 August - 7.00pm;

Sunday 27 August - 3.00pm

3 hrs Tickets: £18

Rotary Club of Pershore

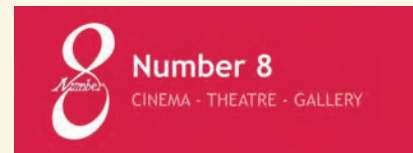
presents Jack Boskett:

Railways to Royalty

Saturday 2 September - 7.30pm

2 hrs 15mins

Tickets: £15



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Box Office: 01386 555488 Email: enquiries@number8.org

www.number8.org

Box Office Opening Hours - Telephone Bookings:

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or email: linda@birlingham.plus.com

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
- 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 550177

Membership Secretary: -
Tel: 01386 556892

English Country Dancing

Tuesday Afternoons 2 -4pm

at Stoulton Village Hall
Church Lane, Stoulton WR7 4RE

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



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 Plum Festival

This year celebrating 25 years!

August Bank Holiday

26th, 27th & 28th August 2023

www.pershoreplumfestival.org.uk



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We can make sure that the person taking charge over decisions regarding your health, welfare, property, and finances is the person you want and trust.

• Deputyships & Wills

Should the worst happen you want to make sure that the people you care about are taken care of. Even if you already have a will it's advisable to review it regularly as your circumstances change over time. At Resolve Law Group we can handle everything to ensure that your assets will go to your loved ones, guardians for your children are in place, and directions regarding your funeral arrangements.

• Family matters & divorce

Whether it's divorce, separation, financial arguments, cohabitee agreements, child custody, or domestic violence, you can be confident that we'll handle your family matters with discretion, empathy, sympathy and professionalism in order to find a positive solution.

• Employment & HR

When you're running a business you can't afford for employment and HR matters to slow you down. Thanks to our personal approach we can work closely with you to give you bespoke advice and help you stay ahead of legislation that is constantly changing. We'll give you peace of mind and help you understand exactly what you need to do to avoid disruption to your business.

• Aviation law

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.

• Contracts & agreements

We can provide businesses and sole traders expert advice with their contracts and agreements as well as helping with drafts and negotiations. It's not just about getting the job done, it's also about helping you understand and use your documentation.

• Debt collection & enforcement

Unpaid debts cost your business; they can prevent you paying staff and suppliers, harming your reputation and creating uncertainty that threatens your future. That's where we come in. Resolve Law Group offers simple, fast, and efficient debt recovery advice and support.

Let us handle things...

Resolve Law group

Call: 01905 391939 / 07785 500432

Email: Peter.Jewell@ResolveLawGroup.co.uk

Group Head Office

Resolve Law Group Tudor Court Droitwich WR9 7JY

Vale Golf Club Seniors - Header



Vale Golf and Country Club held a Seniors Pairs Open attracting seventy two players from seventeen different clubs. The results were:
 First Andy Vale *Vale G & CC* and David Kent *Worcester G & CC* with 43 points.
 Second was Mick Heard and Martin Westwood *Vale G & C C* with 42 points.
 Third were Kevin Porter *Stourbridge GC* and Mike Dunn *Enville GC* with 41 points.
 Fourth on countback with 41 points was Paul Foster and Malcom Beach *Forest of Dean GC*. Nearest the pin on the 5th was Mike Collier *Vale GC*
 Nearest the pin in two on the 17th was Mike Dunn *Enville GC*
 Thanks go to Nigel Smith and his team for organising a very successful day plus Bryn Keast and Chris Hague for overseeing the raffle which raised £480 for the Captains Charity, the Alzheimer's Society.
 On the 14th July the Seniors section held their first ever

competition of the Red Tees for the Ray Jackman Trophy. Ray was a founder member and a larger than life character. There were three divisions

Division 1	
1st Mike Roberts	65
2nd Steve Hampton	66
3rd Brian Brumhead	67
Division 2	
1st David Hayes	63
2nd Steve Peacock	69
3rd Peter Marriott	69
Division 3	
1st John Carr	65
2nd Rob Taylor	65
3rd Andy Jinks	67
The overall winner was David Hayes. Nearest the pin on the 5th was Martin Holland	



Vale Golf Club Ladies' Section



A most enjoyable day was held on 4th July at the Vale Golf and Country Club to celebrate the Lady Captain's Day. The photo shows the very popular Captain Pearl Winchester welcoming members before they set out on the fun cross country course. Ladies were served with bubbly and strawberries and cream at the halfway point, followed by lunch and prize giving when the winning foursome of Janet Ledbury, Elaine Boscott, Penny Sharp and Gill Mitchell were presented with their prizes.

Other winners were longest drive Sally Smith and Sue Hicks, and nearest the pin Pauline Laight and Gill Mitchell.
 A great day was had by all.



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Lady Captain's Charity

Thomas Brothers Funeral Directors, Redditch have donated £1600.00 to the Vale Golf Club Lady Captain's Charity over the last twenty years. To commemorate their kind support and generosity, on

Tuesday 11th July, Simon Thomas was invited to present the inaugural Thomas Brothers Trophy to the winner. Thirty ladies played the 18 hole Stableford competition which was won by Mary Collier.



Left to right: Simon Thomas, Mary Collier and the Lady Captain Pearl Winchester

Childrens charity need volunteer mentors

Children's charity Mentor Link is recruiting Volunteer Mentors to support children and young people in schools. Mentor Link would like to hear from people in business and the community with an interest in supporting a young person to achieve their full potential. The mentors are fully trained to listen to and support children and young people and aim to improve their self-esteem and engagement in learning. The charity has an excellent track record of success in achieving positive outcomes with children and young people as one young person writes, "I like going to see my mentor. When I see her it makes me feel happy and more calm and more able to get on better in class."

Mentor Link is a safer recruiter and requires 2 character references, and Enhanced DBS clearance. We will provide Induction training, travelling expenses, on-going training, and a dedicated team of staff to support you in your role.

If you can spare an hour a week, and able to commit to a minimum of 6 months volunteering please contact enquiries@mentorlink.org.uk Head office 01299 822336

For further information see our website www.mentorlink.org.uk

Heathlands Residential Care Home in Pershore are delighted to launch

the Allard Respite Suite



Our newly refurbished, eight bed suite provides dedicated pre-bookable respite breaks.

This unique offer ensures peace of mind for those looking to pre-book a short term care break.



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sanctuary-care.co.uk

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Daughter of resident
- February 2023

9.7

carehome.co.uk Review Score for Heathlands Residential Care Home
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