

# Pershore Times



A free monthly newspaper for Pershore and surrounding villages

Issue 90

February 2024

FREE



Winter Sun © Peter Hodge, Worcestershire

**W**elcome to a new year which started with hurricanes, 100 mph winds, floods and all sorts of travel chaos! Not a very nice time, yet only a week later we have lovely clear, sunny, warm days. A feeling of Spring is in the air! Lots of green shoots, grass growing, more daylight every day. This time next month we turn the clocks forward and we move into a wonderful time of year when nature wakes from its slumber and shows us how beautiful everything looks in the Spring!

We have lots to look forward to - making plans, for our gardens, getting plants ready, mowing the lawns. We also have Valentine's Day, remember; it's a leap year! In contrast we have all sorts of gloomy news, the cost of living crisis, the Rail Workers, Doctors and Teachers taking strike action

and probably more. We have to just take all this in our stride and get on with things, no good 'wingeing'.

We have published a new newspaper this month, 'The Kempsey Times'. This joins Pershore, Upton and Powick papers. We have also expanded

our Upton Times, by incorporating the Bridge Parish magazine of Earls Croome. These actions have enabled us to increase our readership and offer a larger market for our advertisers. We are looking forward to a very exciting new year with lots of good things in store. We wish all our readers and contributors a belated Happy New Year.



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## Work starts on new water play area



How Pershore's new water play will look when completed.

Work is underway on Pershore's new water play area, which will pay tribute to part of the town's heritage.

The design of the new splash pad in Abbey Park is based around the history of famous local horse racing derby Land O'Plums Steeplechase, and features a racecourse section for youngsters to compete against their friends. Along the way there are various water sprays to leap over and even a winner's podium. Other parts of the splash pad include a reed shower, raining daffodil and The Tree Tipper, which has been inspired by the local Pershore Plum Tree. There's also a water spraying Freddy Frog and a ponded zone with weir gate dams to create flooded areas to splash around in. The play area will be slightly bigger than the old splash pad and some trees will have to be

removed as part of construction. New trees will be planted nearby to replace them. The railings are also being removed to give the area an open, natural feel.

Wychavon is investing more than £327,000 in creating the new splash pad as part of an ongoing improvement programme to the district's water play areas, which have reached the end of their natural life and are increasingly expensive to maintain.

Work is being carried out by The Splash, the company behind the creation of the popular water play area in Evesham's Abbey Park which opened earlier this year. The new splash pad is expected to be open by April 2024.



## Volunteering to make a difference

Volunteering is a great way to meet new people and build healthy relationships. It strengthens your ties to the community and exposes you to people with similar interests, talents, and skills. Volunteering also gives you the opportunity to practice and develop your social skills. As well as helping to protect you against stress and depression, volunteering can also help with mental health recovery. The volunteer opportunities offered at Pershore Plus Volunteer Centre contribute to all these great benefits and more.

Some of the Opportunities we offer are:  
Social Car Scheme Drivers, Minibus Drivers, Passenger Assistants, Transport Desk Administrators, Lunch Club Helpers, Befrienders and many more.

Please contact us for further information:  
Tel 01386 554299,  
Email  
[admin@pershorevolunteers.org.uk](mailto:admin@pershorevolunteers.org.uk)  
[www.pershorevolunteers.org.uk](http://www.pershorevolunteers.org.uk)

## Pershore Plus Volunteer Centre



It's official, Pershore and District Volunteer Centre is now called Pershore Plus Volunteer Centre, after launching our new brand and strategy on 8th December, at the Banking Hall, Angel Hotel in Pershore.

The strategy is about working with the local communities to help them to embrace all those that live in them to become full and active members of those communities and helping to reduce loneliness.

We aim to:

### Our Mission

"Inspire volunteers to create community connections by providing transport and associated services suitable for all needs with the aim of tackling loneliness and isolation."

### Our Vision

"We will drive to deliver a sustainable business which is recognised and respected county-wide for its inclusivity and exceptional service in connecting the community. It will be a magnet for volunteers and a beacon of hope for those who feel isolated or in need of support."

### Our Values

Inclusive  
Nurturing  
Sustainable,  
Professional  
Integrity  
Resilient  
Empathetic

In order to do this effectively we need your help. We need volunteers as drivers, passenger assistants, lunch club assistants, befrienders, and more. We would welcome anyone who has any spare time to help us out on a regular or ad hoc basis. Volunteering is a great way to meet new people and build healthy relationships. It strengthens your ties to the community and exposes you to people with similar interests. Volunteering also gives you the opportunity to practice and develop your social skills and could even be your route back in to work.

### Get in touch on...

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# Hello from Pershore Town Council!



This is the first time the Town Council and Pershore Times have collaborated, and we are looking forward to changing the way we engage with the people of Pershore through this and our new Facebook page. If you haven't begun to follow us for up-to-date information, please search Pershore Town Council.

Pershore Town Council sits at grass roots level in the three tier Council system, with Wychavon District Council and Worcestershire County Council. There are areas of Pershore that the Town Council have responsibility for, areas that Wychavon have responsibility for and likewise with Worcestershire. We intend to

engage with you all over the coming months to explain these responsibilities so that issues can be directed to the right team and dealt with as promptly as possible.

The Town Council have been busy over the last few months...and we can't let this edition go by without saying what an exceptional event the Pershore Georgian Christmas Fayre was. The hard work and dedication of volunteers in our local community was second to none and it really showed. Thousands of people lined the streets for the first ever event, which will only grow bigger and better over years to come. Some of you may have noticed that the library garden has had



a revamp. Planters are due to be installed soon, and we hope the space will become much more widely used by the community and organisations alike. As well as the library garden, Princess Diana's Garden has also had a revamp. This is the circular garden as you enter King George's Field heading towards the river. Gorgeous rainbow sandstone benches have been installed giving a lovely finishing touch. Thanks to funding from the Placeboard, the Town Council have been able to employ an additional Visitor Information Assistant to enhance the Tourism offering in Pershore this year. This means that from April, the Tourism office will open on a Saturday to help to enhance the experience of visitors to Pershore. Alongside this, the Town Council have employed a cemetery maintenance operative. Understandably, the cemetery is



a place where residents like to visit their loved ones and take a moments peace, and it is important that the grounds are kept looking spectacular. Please bear with our new staff member whilst he endeavours to find his feet and ensure the grounds are proudly maintained. There are changes afoot again in 2024, in what may be a challenging year for many with the cost-of-living crisis. Help is out there, and we urge people to make use of the organisations in Pershore which have been set up purely to support. The Wellbeing Hub, Volunteer Centre, Foodbank, Community Cupboard and Citizens Advice, are there to be used. If you need any more information on local organisations that may be able to help, please do call into us. We wish you all a happy, healthy and prosperous 2024 and look forward to being in the heart of the community for another year.



## *Statue commissioned to honour Sir George Dowty*

On the 6th April, next there is to be a Dowty Organ Recital at Pershore Abbey at 3pm to which all former Dowty employees are invited. There is no charge.

The first hour will be under the auspices of the distinguished organist Simon Bell of Dean Close School, Cheltenham and Tewkesbury Abbey.

The second hour will be reminisces concerning Sir George Dowty and the Dowty Group with the climax being the singing of World War Two songs led by a Dowty wartime apprentice.

*Attendees should register with Mr Will Mundy on [willmundy331@icloud.com](mailto:willmundy331@icloud.com)*

# OCM commitment to local conservation

OCM Business Systems Ltd, a leading business IT disposal company based in Pershore, is reinforcing its dedication to environmental and social responsibility through its corporate partnership with Worcestershire Wildlife Trust. With a trading history spanning over 35 years, OCM has established itself as a prominent business specialising in the reconditioning, recycling and reselling of IT technology. The company is committed to environmentally responsible practices, processing, recycling or disposing of all hardware components and materials in a sustainable manner. The eight strong team from OCM recently participated in a hands-on visit to Tiddesley Woods, with other associates, as part of their ongoing

commitment to support and contribute to the conservation initiatives of the Trust, and planted 800 trees in just one day. OCM also funded 560 of the trees being planted on the day. During the visit to Tiddesley Woods, OCM's team participated in a bumper tree-planting event in the orchard at the nature reserve, located near the company's business premises in Pershore. This hands-on involvement underpins OCM's commitment to making a real-life impact on the local landscape and demonstrates their support for the conservation efforts of the Worcestershire Wildlife Trust. "We really appreciate the team at OCM coming out and helping us to plant trees in our Tiddesley Wood nature reserve. The area they'll be planting in is one where we've lost a lot of

trees to ash dieback so it's great that they're adding oak, hornbeam, small-leaved lime and other native trees that will add diversity and help to make the woodland more resilient to disease and climate change." Caitlin Stuart, Fundraising Officer, Worcestershire Wildlife Trust. In addition to their involvement with Worcestershire Wildlife Trust, OCM recently donated £500 to the Pershore Community Cupboard and is due to distribute hampers to schools locally this week. Paul Mills, Operations Manager, confirms: "Our company places a strong emphasis on sustainable practices and community engagement, aligning its business operations with values that prioritise environmental responsibility and social impact."



Paul Mills, Operations Manager at OCM based in Pershore, digging in 1 of the 800 trees that the OCM team planted – alongside other supporters – at Tiddesley Woods, in collaboration with Worcestershire Wildlife Trust.

## Poppy Appeal 2023



We are pleased to announce that the total so far collected in Pershore and surrounding districts stands at £18,846. This is a substantial increase from last year.

Grateful thanks to Mrs Glenda McKeown, Poppy Appeal Organiser, our wonderful Cadets, local businesses and those of you who have donated so generously. These monies will go towards supporting our veterans and their families.

### Forthcoming Events:

Our Annual Dinner will be held in April at the Bell in Eckington. Date, times and ticket information will go out to all members in February.

### D-day Commemoration Concert 2024

This year on the 6th June marks the 80th Anniversary of Operation Overlord where on the 6 June 1944 British and Allied Forces landed on the beaches of Normandy.

### A D-day Commemoration Concert

will be held on Friday 7th June in the Baptist Church Hall in Broad Street Pershore. The Alcester Brass Band has agreed to perform and all are welcome.

*Ticket costs, timings etc will be announced shortly.*

## String Musicians needed for Charity Concert

Pershore couple Andrew and Jen Hemming are looking for string musicians to play for a charity concert on the evening of Saturday April 13, in Pershore Abbey.

The programme, titled "In Paradisum" will feature an original Requiem composed by Andrew (Musical Director for Pershore Operatic & Dramatic Society) as well as music by Keith Jarrett played by renowned local concert pianist Marcel Zidani.

All funds raised will support the Midlands Air Ambulance Charity.

Andrew told us, "There's something special about performing choral music in the soaring majesty of Pershore Abbey, even more so when it helps keep our air ambulance soaring to rescues. It's a big ask, but your time and skills with string instruments will help save lives!" Scores and guide recordings are available, and a rehearsal, lunch, and refreshments will be provided on the day.

*If you can take part or for more information, please email [inparadisum2024@outlook.com](mailto:inparadisum2024@outlook.com)*

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"It has been said that there is no fool like an old fool, except a young fool. But the young fool has first to grow up to be an old fool to realize what a damn fool he was when he was a young fool."

Harold MacMillan

# King's Worcester - One of Top 30 Sporting Schools in the country



King's Worcester has been named in the top 1% of sporting schools in the country this week. This impressive ranking sees King's sitting alongside some of the country's top sporting independent and state schools, such as Millfield, Epsom College, and Repton School. The School has jumped 98 places in the last 12 months and this

Top 30 ranking puts King's in the top 1% as well as being the only school in Worcester to appear in the Top 165. The list, independently created by School Sport Magazine, is compiled from 20 different sports and over 120 different events. Weighting is given to success in a range of sports rather than a particular sport,

and to those sports with more schools competing. To be listed, schools must have reached the later stages of at least two, three or four national competitions. Foundation Director of Sport, Jonny Mason commented, "This is fantastic news for sport at King's. We've had busy and successful few years recently, and the hard work that both the Sports Department and the pupils have put in has really paid off. We are so fortunate, as a day school, to be able to offer such a wide range of sports and to compete in these at national level. Consistently playing at such a standard takes skill, resilience, and determination." Headmaster Gareth Doodes added, "Sport has always been incredibly strong here at King's and it's wonderful to be recognised for this and to be up there with the best sports schools in the country. We are fortunate to have an enviable, finely honed, and impressive sports programme, with dedicated and

professional experts guiding the pupils to achieve their very best and more, both collectively and individually. The opportunity for our pupils to play at national level is something that most of us could only have dreamed of as a child."

This news for King's follows hot on the heels of their recent Top 10 national ranking for academic performance, as the School was named in the prestigious Sunday Times' Parent Power 2024 Schools Guide as one of the Top Ten Independent Secondary Schools in the West Midlands.

Ranked for their academic excellence against some of the county's 900 secondary schools, King's appears in seventh position, alongside King's High Warwick, King Edward VI High School, Birmingham, and Solihull School. This is a testament to the rounded education and inclusive ethos of the King's Foundation of Schools.

# Wychavon praised for putting customers first



Joanne Franklin, Customer Services Manager and Lisa Normoyle, Customer Services Advisor, celebrate Wychavon retaining Customer Service Excellence status

Wychavon has once again been recognised for its commitment to customer service. The council was awarded Customer Service Excellence status for the 13th year in a row following a recent assessment.

Earlier this year Wychavon launched a new drive on improving the quality of customer service including a new Customer Charter, so staff and residents know what to expect from each other.

There has also been a renewed focus on helping solve customer queries at the first time of asking, increasing response times and reducing backlogs in processing Council Tax and Revenues and Benefits applications. Customer Service Excellence status is run by the Cabinet Office and tests organisations against 57 criteria across five service areas of timeliness, delivery, information, professionalism and staff attitude. Compliance with 80% of criteria must be achieved and an organisation cannot fail in any area.

The assessment found Wychavon was compliant with the criteria in all categories and exceeded what was expected in four areas - putting the customer at the heart of service delivery, empowering staff to actively promote and participate in the customer focused culture of the council,

strong partnership arrangements to co-ordinate services for the benefit of the customer and identifying dips in performance and putting actions in place to rectify them. Cllr Emma Stokes, Executive Board Member for Resident and Customer Service on Wychavon District Council, said: "This is a great achievement for Wychavon, especially in these difficult times of growing demand and pressure on our staff."

"I want to thank our staff who are passionate about their work and dedicated to delivering the best possible service to our residents and businesses. We will keep working hard to improve our performance and to make the customer our top priority."



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### Do your Family and Friends know your wishes?

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# A few words from... Harriett Baldwin MP



## MP Welcomes County Council Budget Boost

Harriett Baldwin MP welcomed confirmation that county councils will be given an additional £600 million to deal with rising budgets next year. Harriett met with Worcestershire County Council leader Simon Geraghty and chief executive Paul Robinson to hear the extra financial pressures that the council is facing this year. She subsequently met with Local Government Minister Simon Hoare to pass on local concerns about budget pressures and she has received confirmation yesterday that the

Government will be allocating extra cash across the English councils to help out. Harriett said: "I had a really useful meeting with the leadership at Worcestershire County Council about the financial pressures arising from adult and children's care needs and agreed to pass on their concerns to the local government Minister. There are clear pressures on the council with rising costs of children's home to school transport and adult social care and a much larger demand for support for children with extra educational needs. Worcestershire is not alone in facing financial challenges and MPs from across England have been sharing their concerns. I also signed a letter to the Secretary of State and raised these pressures with the Chancellor. This is definitely good news from the Government to reduce the gap and I look forward to seeing the full detail on the Local Government Settlement when it is published next month."

## MP repeats Tiddesley Wood 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 has written to Wychavon District Council leader Chris Day re-iterating her backing for local people who are looking to protect the green buffer zone protecting the ancient woodlands. A new proposal to build houses on land at Orchard Farm, near Pershore, has been submitted after a similar proposal was blocked from being part of the revised South Worcestershire Development Plan. Harriett said: "Over recent years, I have spoken up for the protection of

green spaces protecting the land around Tiddesley Wood and recently I met with campaigners who are strongly resistant to this latest housing development proposal. "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 the local district council did not allow this site to go forward in the new version of the South Worcestershire Development Plan. "Now local people are again mobilising to speak up against this latest housing development proposal and I plan to ensure their concerns are heard."

## Residents urged to switch to paperless bills

Residents are being urged to look out for text messages or email alerts from Wychavon inviting them to switch to a paperless Council Tax bill. More than 19,000 Wychavon households already receive their annual Council Tax demand by email, but tens of thousands of people are still receiving paper

copies, even though going digital is a faster and more convenient option. Those who switch to e-billing will get their bill, and any other related communication, faster and will also be helping the environment by reducing their carbon footprint. Residents who have opted to be contacted by the council by text or email

# County Council Budget Boost



L-R Harriett Baldwin MP with Local Government Minister Simon Hoare.

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## County's £1 million winter care boost

The Government has awarded Worcestershire County Council £1,118,803 to help fund extra services during the winter period. The money will allow the council to commission extra services, such as care home beds or tailored care packages to help improve emergency care provision. The fund, confirmed by Health and Care Minister, is part of a national £40 million to help councils improve services through the winter. Harriett said: "Each year, Worcestershire County Council works with the local NHS to try and deal with the

extra pressures that are placed on services through the cold winter months. "In recent years, the council has been able to fund blocks of care home beds to help speed up discharges from the busy Acute hospitals and improve care for people at home. This money will be welcome good news for the team planning, its response to colder weather and the extra demand on the health system at Christmas and into January and I look forward to hearing more detail on how the council plans to allocate this cash."



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## Air source heat pumps increase in popularity!



Air Source Heat Pumps are gaining momentum as an alternative to fossil fuel boilers as more people switch away from traditional forms of heating. It's clear there are many advantages to having a heat pump installed, including lower energy bills and reduced reliance on fossil fuels. Switching to an electric only tariff could save a standing charge. You may even be able to take advantage of some energy company's Heat Pump Tariffs that provide reduced running costs where savings can be significant. Air source heat pumps create hot water by taking heat energy from the outside air and compressing it in refrigerant gas. The gas heats up and heat is transferred through a heat exchanger. The resulting hot water is stored in a cylinder or pumped around your heating system. This process uses electricity, but you can expect to get up to 4kw of heat energy for every 1kwh of electricity used. This makes heat pumps very efficient with none of the fossil fuel gasses. The Government has ambitious targets for the installation of heat pumps, 600,000 installed per year, as part of its commitments

to Net Zero by 2050. Having reneged on some of its commitments, it is still supporting qualifying heat pump installations by increasing the BUS Voucher (Boiler Upgrade Scheme) from £5,000 to £7,500. As a renewable installation it is also VAT exempt providing further savings. There is a great deal of misinformation regarding heating houses with heat pumps but the fact is, most properties are suitable when correctly fitted. It is still a daunting prospect switching to an air source heat pump as there is a lot to consider. It should never be a quick process and you will need surveys etc. to determine the most efficient system for your home. We suggest speaking with specialist installers and we produce a free guide that can help you on your renewable journey.



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# Pancakes, pancakes!

What do you have with them? My favourite is lots, and I mean lots, of lemon juice and caster sugar. I have a grandson though who likes Nutella on his, another who likes strawberry jam....but for me it's good old lemon and sugar. And this year, Pancake Day is Tuesday 13th February. In Holy Redeemer Church at 12.30 on February 13th we are having pancakes for donations for a Charity with which I'm very much involved, the non-political Friends of the Holy Land. This charity supports the

Christians in particular who live in the Holy Land. Before the recent war going on there, there were only 40 thousand Christians left, a shockingly small number in the Land where Jesus was born, lived and died for us all. And now there will be fewer still, with those in Gaza, many of whom have been killed and also the fear that has led to many Christians leaving for America or Scandinavia where they are welcomed. All will be welcome to the Wulstan Hall ... I'm not sure what choice of fillings will

be available though! The Church calls the day, Shrove Tuesday and it is the day when all the leftover Palm crosses from last Palm Sunday are burned to ashes. Also, it's the day particularly for deciding on what in Lent, which starts the next day, you are going to sacrifice. That day is Ash Wednesday when the burned up ashes the day before, are used in the Ashing Service at church. It's on Valentine's Day this year .... Now, you might decide to give up alcohol, or chocolate..... or grumbling or being lazy or being overly critical....or anything else that gets in the



way of your being the best possible person you can be. That's what all churches want their people to be, living life to the full, being helpful and loving God as He loves us.

Sue Oliver  
Holy Redeemer Church

## Churches Together

**'Love God and your neighbour as yourself' Luke 10.27**

In January Churches celebrated the Week Of Prayer for Christian Unity. Here in Pershore members of the Baptist Church, Holy Redeemer, Community church joined members of the congregation of Pershore Abbey for a service. In this service we dedicated ourselves afresh to serve God by making his love known for all those who live in Pershore and the surrounding villages.

Churches Together In Pershore are reaching out to those in need by providing the Food Bank in St. Andrews and the Community Cupboard in the Baptist Church. We give thanks for all the individuals and business, particularly the shops who have donated items to these projects.

The churches also reach out to the shops and business in our community by providing Faith In Work Chaplains. Carl Sandys, and Stuart represent the Baptist church, Angela Gerard, Emily Millar, David Oldham and Rev. Alma Organ represent the Abbey and Cathy Cooper and John Podd represent the Community church with Christine Dood

representing the Holy Redeemer. We offer a listening ear, words of encouragement and thanks for all they contribute to our community. *We need some more to reach out further please contact Stuart on 01386 555231 for further information.*

February 14th, Ash Wednesday will be the opportunity for members of the public to record a prayer with members of our churches. People can offer anything that is troubling them, worldwide, locally or personally and the prayers will be offered up in church services. This is the start of Lent when members of the churches will be providing Lent Lunches in St. Andrews. Everyone is welcome and any donations are to go to a school in Jerusalem working with disabled children.

Rev. Alma Organ



## Pershire Times

### Collection Points:

Hughes & Co - CO-OP store - Tesco Express  
Acorns - Fruit Salad - Upper Crust Bakery - Pershore Library  
Riverside Fish Bar - St Richards Hospice Shop  
Drakes Broughton Village Shop - Eckington Village Shop  
Elmley Castle, The Queen Elizabeth - Peopleton Village Shop  
Upton Snodsbury Post Office & Shop - Wick Club

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'...you turned to God from idols to serve the living and true God'. (1 Thessalonians 1v9)

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'The LORD, The LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth' (Exodus 34v6).

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and why

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# Healthy Heart Tip: *Keeping stress in check*



Stress is very personal and experienced differently by everyone. The key is to recognise when you are feeling stressed and put things in place to reduce it before it gets too

much. There are many things you can do to manage stress and build resilience, so you cope better next time you find yourself feeling overburdened or in a stressful situation. Stress

is linked to heart health because when we are feeling stressed, we can adopt unhealthy lifestyle habits which contribute to the development of heart diseases. Here are three things to consider building into your routine to help keep stress at bay.

### *Prioritise your physical health*

Getting enough sleep, eating a balanced diet, and ensuring we are physically active can help us deal with stress better and increase our resilience. Research has shown that when we are sleep deprived, we report higher levels of stress, so ensuring you get seven to nine hours of sleep a night is essential. These things can seem out of reach in the midst of stress, however, they can make a big impact so start small, making little, sustainable changes.

### *Spend time in nature*

There is a growing body of evidence to suggest that spending time in nature can

reduce our perceived stress levels and increase our overall wellbeing. Similarly, bringing nature indoors can help you feel less stressed, so think about getting some houseplants to take care of. You can tick two things off your stress-buster list by taking part in some movement in a green space, such as going for a jog or brisk walk in your local park.

### *Get creative*

Spending time doing activities you enjoy can give you a much-needed break from daily life, and doing something creative that requires your concentration can give your mind some quiet time. Think about starting a new hobby such as pottery, knitting or even block printing. We have recently partnered with the Indian Block Printing Co. to create a block printing tea towel kit which would be a great first crafty project to start with.

## *Reintroducing Claire Liddy ...*

Thomson & Bancks Solicitors of 37 High Street, Pershore proudly reintroduce a familiar face in a new capacity. Claire Liddy embarks on a new chapter as a qualified solicitor in the Litigation, Family, and Employment department. Claire has been part of the Thomson & Bancks team since 2016 when she joined the firm's conveyancing department. After studying for her Masters, Claire completed her training and qualified as a solicitor in November 2023, marking a significant milestone in her career. As Claire transitioned from a trainee to a qualified solicitor, it became evident that Claire's passion lay in all things litigious. Claire's extensive background in conveyancing adds a unique dimension to Thomson & Bancks Litigation, Family and Employment team. Claire joins her colleagues Geoffrey Ellis and Chrys Wall in that team. Claire's wealth of experience in the conveyancing department equips her with a detailed understanding of property law, making her an invaluable asset for clients navigating disputes and challenges in this area. Thomson & Bancks are pleased to announce an expanded

capacity to take on new work, particularly relating to Residential Property Disputes, such as:

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- Issuing Section 21 & Section 8 notices
- Rent Arrears
- Boundary Disputes
- Party wall Act issues
- Rights of Way
- Breach of Restrictive Covenants
- Parking Disputes
- Nuisance and Trespass
- Neighbour Disputes
- Co-ownership and Cohabitation Disputes (TOLATA)
- Service Charge Disputes
- Access issues

Claire also has experience in general civil litigation, including debt collection, and advising on employment Settlement Agreements. In a statement, Claire expressed her excitement about her new role, saying, "I am thrilled to be taking on this new challenge and look forward to helping clients in Pershore and the surrounding areas navigate the complexities of property litigation and family law. My time in conveyancing has provided me with a solid



Centre - Claire Liddy

foundation, and I am eager to apply that knowledge to deliver positive outcomes for my clients." Thomson & Bancks warmly invite both existing and new clients to reach out to Claire Liddy for any legal matters related to property litigation or family law. The firm's dedication to client satisfaction remains unwavering, and with Claire on board, they are well-equipped to tackle an even broader range of legal issues.

*For legal assistance in property litigation or family matters, contact:*

*Claire Liddy at  
Thomson & Bancks  
by calling 01386 562000  
or emailing  
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## Inner Wheel Club

### 100 Acts of Service to Celebrate 100 Years

July 1st 2023 saw the start of the Centenary year of Inner Wheel. This all female organization was inspired by Mrs. Margarette Golding offering friendship and service, the first meeting being held in the Turkish Baths in Manchester on 10th January 1924. By 1967 Inner Wheel had spread its wings around the world becoming International Inner Wheel, now operational in 104 countries and holding two seats at United Nations. Coincidentally, the Inner Wheel Club of Pershore was also inaugurated in 1967, since then raising funds and acts of service have been pursued supporting international, national and local charities. In September a 'Posh Afternoon Tea' was held to raise funds for Action Aid. Social occasions have included a monthly coffee morning at different local coffee or farm shops supporting local businesses and occasional Sunday lunches for our single ladies. This year's President has nominated St. Richards Hospice and No. 8 as her chosen charities, both of which provide excellent

services and extremely informative speakers. Did you know No 8 was also involved with education? Neither did we! Over the past few years Pershore Inner Wheel has supported Pershore Foodbank with members bringing donations to our monthly meetings. To meet with our theme of '100 for 100' the club donated 100 nice items of ladies toiletries which were wrapped and given as a small gift to mums needing to access the Foodbank. January saw us returning to a lesson learned during Covid – that of holding a Zoom meeting because of the local flooding! Never the same but allows everyone to maintain contact, On January 10th several members from Pershore club attended District 10 Centenary Service at Highnam Church followed by lunch. This was an inspirational event motivating members to set the bar higher for the next 100 years!  
*Further details about our club and activities Email: [innerwheelclubofpershore@gmail.com](mailto:innerwheelclubofpershore@gmail.com)*



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## Women's Hour! Happy Birthdays! Susan Catford



One thing we all have in common is that we all have a birthday. These are generally regarded as happy events to be celebrated. As a child, I was often disappointed by my birthday as I was born in early January and after the Christmas/ New Year celebrations, it seemed that I was forgotten. I wished my birthday was later in the year, particularly as my mother thought it sensible to make me a second Christmas cake for my birthday which was not to my childish taste! My sister had a birthday two weeks later and I envied her for the sponge birthday cakes she enjoyed. Over the years, however, this situation improved considerably, partly due to the

arrival our first son, also in January. He should have been a December baby, expected on Boxing Day but he didn't arrive then, or on New Year's Eve or on my birthday the following week. He was reluctant to make an appearance and eventually, after waddling around looking as if I had consumed the turkey whole and the Christmas pudding too, they decided to take pity on me and induce his birth. So here was another January baby but it proved to be good news for me! Suddenly everyone remembered my birthday because it was days before his!! Admittedly my cards weren't up for long before they were replaced by his but it was always a joy to celebrate his birthday anyway. January has proved to be a popular month for both friend's and family birthdays over the years. We now lurch from Christmas to New Year then stagger from birthday to birthday. Strangely enough, June is also well populated with birthdays so it is an expensive month too! We have always enjoyed celebrating our two sons' birthdays as in the early days it was a good excuse to have friends join us for a beer or glass of wine while the children

tucked into their chocolate fingers, crisps, mini-sandwiches and cocktail sausages. As they grew, 'at-home' parties were replaced with party 'venues' such as Macdonalds. These were not cheap affairs particularly when most of the class from school were invited. 'Goodie' bags were also obligatory- more expense! It all got easier when they reached the age where a visit to the cinema with a couple of friends sufficed. Even later, they had their own celebrations with friends at the pub and Mum and Dad were not even invited!! Birthdays cease to have much significance as the years progress apart from the 'milestone' birthdays. At first they have novelty value- 40 years old?? where have the years gone? A good excuse for partying and bringing together family and friends, these were fun. A few decades on and it is not the same turning a corner into a new decade. I was disappointed not to be able to celebrate my last 'big one' due to Lockdown (together with many other people of course). I now have to wait for the next significant one but already three years have passed and I am not keen to rush to that one!



My father-in-law decided in his late sixties that he needed to celebrate his birthdays with a party in case he didn't reach the next one. As only daughter-in-law, it fell to me to lay on the food and drink for these events, transporting everything to Somerset at the end of a working week. Needless to say he survived until he was ninety so there were a few good parties with lots of beer consumed! Wishing someone a happy birthday is a nice thing to do but I always wish for many happy returns as it is wishing them lots more to come. Meanwhile, I have just taken down my birthday cards even though they will not be replaced by my son's. A late bottle of champagne and a bouquet of flowers have prolonged my celebrations this year. I will now look forward to celebrating everyone else's over the coming months.

### February

January days have passed, now February's here

With new green shoots and snowdrops

To show that Spring is near.

Still days are short and night times long

But now we wake to more bird song.

The stormy winds which often blow

Bring heavy rain and sometimes snow.

While frosty mornings, sparkling white

Bring rosy dawns and sunshine bright.

This year the month has one more day

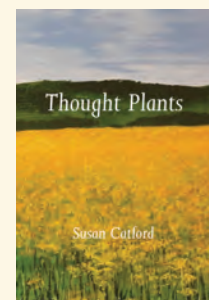
And Valentines may come your way.

While Cupid waits with arrows poised

To pierce the hearts of those who dare,

With beating hearts, their love declare.

Happy Valentine's Day!



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## Doris Lampitt remembered



*Standard Bearer Mick Leeming RBL, Ian Baldry RBL, Reverend Sarah Dangerfield, Simon Dudfield Chairman Pershore RBL, Roger Fielder, Ian Southcott Chairman Fladbury Parish Council, Bugler Adrian White*

On the evening of the 14th November 1940 515 German bombers from the Luftwaffe raided the industrial city of Coventry which was one of the leading munitions centres in the U.K. and where 25% of all military aircraft were manufactured. Over a 24 hour period 500 tons of high explosive bombs were dropped killing an estimated 568 people with 863 seriously injured. One of the victims of this raid was 44 year old Doris Lampitt, who originated from Fladbury, when working as an Air Raid Precautions (ARP) Warden ushering people to the safety of the Campers Field air raid shelter.

Local historian Roger Fielder from Fladbury established that Doris was born on the 24th September 1896 being the youngest of eleven children to Henry and Mary Lampitt who lived in Fladbury. Henry was the Station Master at Fladbury railway station. Doris was a Milliner by occupation and started as an apprentice at Hamilton and Ball in Evesham. In 1929 Doris spent three years in the USA working as a governess for a wealthy family in Atlanta, Georgia. Doris kept in touch with Fladbury sending wool and material to the "Fladbury sewing club" in memory of her mother who had been a member.

After returning to England Doris settled in Coventry where she set up her wool and millinery shop at 12 Campers

Fields, Radford. In September 1939 Doris became a voluntary Air Raid Precautions (ARP) warden on active duty during the bombing raids that took place prior to the notorious November raid.

Following her death the Tewkesbury Register reported that Coventry residents contacted the Lampitt family to tell them of her "really marvellous work who acted like Florence Nightingale and deserved the VC for her actions". During the afternoon of Thursday 21st November 1940 Doris Lampitt was interred in the churchyard of St John the Baptist in Fladbury. The funeral service was conducted by the Rector, the Reverend D.K. Sylvester and over her coffin was draped the Union flag bearing the inscription "Doris Lampitt died serving her country November 1940 aged 44 years. Doris actually died at just over 44 years of age although her grave inscription states 43 and the Commonwealth War Graves Commission gives her age as being 45!".

At a recent remembrance of Doris Lampitt the Reverend Sarah Dangerfield offered a prayer after the bugler played the Last Post and the wreath was laid by Simon Dudfield from the Royal British Legion Pershore. Simon said "It's been an absolute privilege to lay a wreath in memory of this lady who made the ultimate sacrifice whilst serving her country".

# Planting Ideas for Pantone colour of the year – Peach Fuzz



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

Colour of the Year – Peach Fuzz  
 Every year Pantone creates a ‘Colour of the Year’ and this year it’s “Peach Fuzz”.

This shade has been chosen as it captures our desire to nurture ourselves and others. It’s a velvety gentle peach tone whose all-embracing spirit enriches mind, body, and soul.

This can be easily incorporated into our flower borders and pots, and here’s my suggestions on plants to use and also what to coordinate with them.

Peach-coloured flowers are a great way to add a pop of colour to your garden. They are soft, warm, and inviting, and can create a beautiful contrast against purple foliage. Here are three of the best peach-coloured flowering plants that are available here in the UK:

**Salvia ‘Peach Parfait’**  
 Salvias are one of my favourite perennials to include in any border due to the variety of colours available and they are just so reliable (in my opinion!) as they’re semi-evergreen, bushy and are loved by pollinators.

This particular variety has a gorgeous purple stem, grows to around 90cm tall, and will continually flower from June until first frosts. Ideal for any sunny border or container. Using the colour of the purple stem, it will go well with a purple leaved plant such as the evergreen Pittosporum ‘Tom Thumb’ and a dark purple



flowering Verbena (which is also long flowering). Plant them individually in containers of different sizes and group them together to make a colourful display on your patio.

The Salvia is available from Hayloft Plants and here’s the link to buy – Hayloft Plants Salvia Peach Parfait

**Digitalis Dalmatian Peach**  
 Foxgloves are one of my favourite flowers, especially when they’re planted in swathes under a white-stemmed silver birch tree such as the Jacqmontii. Foxgloves come in many colours but this ‘Peach’ variety is semi-evergreen and biennial which means they bloom during their second year before setting seed. It grows to around 90cm tall.

**Rosa Dannahue**  
 With so many beautiful pastel roses to choose from, this new variety called Dannahue is an apricot beauty! Named after Danny Clarke, aka ‘The Black Gardener’. It’s a repeat flowering English Shrub rose which grows to around 110cm tall, so its gorgeous for a border or container. Obviously it’s scented and adored by bees! What’s not to love about this beauty?

This would look gorgeous with Verbena bonariensis as it grows to around 1.5m tall and then underplant it with Geranium ‘Rozanne’ which flowers from June to October.

All loved by pollinators and the sunshine!

These are just a few of the many peach-colored flowering plants that are available in the UK. Whether you’re a beginner or an experienced gardener, there’s a peach-coloured plant out there that’s perfect for you.



## February gardening tips Reg Moule BBC Hereford & Worcester

### Early February

Continue planting trees, shrubs and perennial plants if conditions are suitable. Plant Jerusalem artichoke tubers.

Plant shallot sets (in colder areas start them off in pots of compost in a cold frame)

If you do not have a cold frame just buy a large clear plastic storage box, drill some holes in the bottom put in a layer of grit, pop on the lid and there is a cold frame.

Look after garden birds by providing food and water- try to tailor the food to the birds you have around.

In heated greenhouses sow Antirrhinums, Begonia semperflorens, Verbenas and Pansies for summer bedding. Otherwise buy seedlings or baby bedding plants later to grow on.

Sow sweet pea seeds, growing them on in a cold greenhouse or frame.

Buy seed potatoes and stand them on end in trays or egg boxes to chit (begin to shoot)

Potatoes are easy to grow in pots above 30cm (12in) in diameter. To this end store some first early seed potatoes in the fridge bringing some out to chit every ten days. The previously chitted ones are then planted in pots and kept in a frost free place to grow. You will then have a succession of new potatoes to harvest every fourteen days or so.

### Mid February

Complete the pruning of apples, pears and soft fruits. Prune Clematis that have their main flowering period from July onwards back hard to about 30cm (1ft) above the soil.

Cut back dead stems of herbaceous perennials to ground level.

Stock up on pots, labels, twine and other quickly consumed sundries before the season gets into full swing.

Prune back old, woody Mahonia stems to keep the plants bushy.

Buy Begonia and Dahlia tubers as well as other summer flowering bulbs such as Gladioli.

Cover strawberry rows with cloches for an earlier crop.

Prune Buddlejias and the Spiraeas with colourful foliage, like Spiraea Goldflame, back hard.

### Late February

Dig up and divide herbaceous perennials.

Check wall trained plants to see if they require watering as it can get very dry at the base



of a wall. In heated greenhouses sow Dianthus, Lobelia, Ageratum, and multi-bloom Geraniums for summer bedding. Dig up, divide and re-plant overcrowded clumps of snowdrops.

Prune winter jasmine (Jasminum nudiflorum) by trimming back by two thirds shoots that have flowered. Sow summer cauliflower in trays under glass.

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# Farming *Mike Page*



The present conflicts in Ukraine and the Middle East have shown they can have severe effects on prices and availability of many imported goods, including basic and specialist foods; it would not be the end of the world for us in the UK if import of, say, Saffron or Kobe Beef became difficult, but import of millable wheat or other grains used in, quite literally, thousands of basic foodstuffs consumed by millions every day could

become a matter of major national importance. A debate is developing between farmers (through their representative organisations) and the Government about how best new support policies, aimed primarily at support of environmental objectives, can be squared with the essential objective of food production. Some of the fields here are awkwardly shaped and small, and quite frankly a pain to work on with modern large

machines, no matter how sophisticated they may be, and I (along with many other farmers) am thinking of planting them with trees (a move strongly supported in the SFI). Since we import around 80% of the timber used within the UK it might be argued that this is a good move, but it would take my fields, and potentially many thousands of other fields having good agricultural soil out of food production for perhaps 50 years (or possibly even longer). Taking less productive land out of growing food crops is perhaps a way in which this major difference of interest might be addressed. A spokesman for the Forestry Commission commented recently: "We don't want to plant trees on good quality land; food security is vital; but we can't stop that happening if a farmer chooses to do so." The National Trust has announced that it wants to put some 50% of its land holding in the UK (some 620,000 acres) into environmental schemes. However, since much of that land is good agricultural soil, and tenanted by farmers (ie used for food production), such

a move could result in a downturn in home-produced grain measured in possibly millions of tonnes. Hopefully all the conflicts of interest between minimising (and possibly reversing) environmental degradation and attempting to maintain food production present in the SFI schemes being introduced will be resolved eventually, but the present upset over the long delay in setting right the Post Office scandal over their accounting software does not fill me with confidence. Or perhaps lessons will have been learned? But I am reminded of a well known saying: "The only thing we learn from history is that we don't learn from history." The photograph is a 'general shot' from the farmhouse here (looking out directly West), but showing surface flooding (now largely subsided) from natural saturation of the soil profile following exceptionally heavy rainfall in October-November-December. That is the reason the field is still stubble from the 2023 harvested crop, and has not yet been planted with a crop for 2024 harvest.



## VETERINARY ADVICE ESPECIALLY FOR YOU!



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

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

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

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

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

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

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Monica

## Cooking for fun! *Ailsa Craddock*

### **Carrots can be Carats**

Since last month's column, we've had days and days of rain and then flooding but as I write this we now have brilliant sunshine albeit bitterly cold. Corky, the cat, is sat by the fire, the hens are snug in their coop and The Husband disappeared into his warm office, only to reappear for coffee and sustenance as its obviously too icy even for him to go fishing! So it's back to comfort food - but still want healthy. And what could be better than carrots - the unappreciated gold amongst vegetables? Carrots are one of the most versatile foods that Mother Nature has to offer. From stews to salads, roasts to juices, this bright-hued veggie can be part of nearly any meal. The best part about them, though, is that carrots are high in nutrients that support your health from head to toe — and they can taste great.

Too often presented as a side dish of extraordinary dullness, they can be pepped up with herbs, lemon juice and butter - or made into any of the below recipes.

### **Spiced Carrot and Lentil Soup**

2 tablespoon butter  
2 onion, finely chopped  
2 -3 cloves of garlic  
1 dessertspoon grated ginger  
1/2 teaspoon each chilli flakes,  
ground turmeric, ground  
coriander, ground cumin  
3 - 4 carrots, peeled and  
chopped

1 tin chopped tomatoes

160g red lentils

1 litre vegetable stock

Melt the butter in a saucepan and gently fry the onion, ginger and spices and cook until soft.

Add carrots, lentils and stock and slowly bring to the boil.



Cover and simmer for about 40 minutes until tender. Serve, with toasted sourdough, in a bowl with a swirl of yogurt and mint for garnish.



### **Quick Carrot and Walnut Bread**

350g plain flour

150g wholemeal flour

1 teasp salt

2 teaspoon bicarbonate of soda

150g carrots, peeled and grated

walnut or pieces, a handful,

toasted

300ml Greek yoghurt

125ml semi-skimmed milk

Heat oven to 230c/fan 210/gas 8. Mix the flours, salt and bicarbonate of soda, then stir in the carrot, walnuts and yoghurt, followed by enough of the milk to make a soft, quite sticky dough. Tip onto a floured surface and form a flat ball, put on a baking sheet, slash the top and bake for 30 minutes until risen and cooked. It'll sound hollow when you tap it.



### **Carrot Muffins (makes 6)**

75g margarine

125g carrots

100g sugar

100g Self raising flour

3/4teasp cinnamon

1 tea sp baking powder

1 large egg

60g sultanas

25g nuts

Preheat the oven to 200C/gas mark 6/fan 180C. Melt the margarine in the microwave. Top and tail, then peel and grate the carrots. Combine the carrots, sugar and margarine in a bowl. Sift in the flour, cinnamon and baking powder. Beat the egg in a small bowl and then add to the mixture. Also mix in the nuts and sultanas. Line a muffin tray with 6 muffin cases and divide the mixture equally between them. Bake for 20 minutes. Allow to cool - and either enjoy them as they are or mix a little cream cheese and icing sugar together as a topping.

## Thoughts from the Snug . . .

### **The Snug's Best Friend?**

Like so many other local pubs our Snug welcomes dogs. There are treats readily available and even Doggy Ice Cream for sale. However, some customers are not always enamoured by their presence, but in general most tolerate the mutt that sits obediently at the feet of a responsible owner and does not invade their space. Prue Leith, writing in the Oldie magazine recalled a hotel owner's notice that read:

*Dogs are welcome in this hotel. Why?*

*We have never had a dog that smoked in bed and set fire to the blankets.*

*We have never had a dog who stole towels, played the TV too loud or had a noisy fight with its travelling companions*

*We have never had a dog that got drunk and broke up the furniture.*

*So... if your dog can vouch for you, you are both welcome.*

*The management.*

Nobody in our Snug can recall a customer and their hound being asked to leave because of misbehaviour. Indeed, we have always seen management extend the warmest of welcomes to customers and their pets. Nevertheless, awareness and respect for non-dog enthusiasts must prevail and acknowledgement of their tolerance appreciated by the owner, but it's probably best not to let the dog show its appreciation on these occasions. Cheers. and Woof woof.

Buddy Bach

### **February 2024 Meeting**



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**Tuesday February 20th 2024 at 2pm**

### **Pershore First Responder**

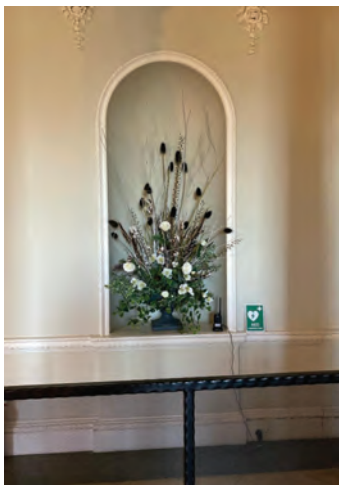
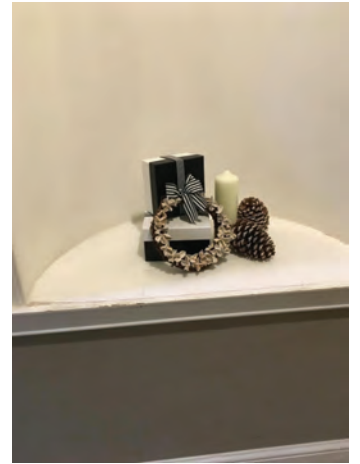
*A talk from Steven Ellis Cooper (from Little Acorns Forge) about his vital role as a Community First Responder*

**All welcome , no need to book**

**All monthly meetings held at Number 8, High Street, Pershore.**

*For more details, contact Sally Whyte, Speaker Coordinator on [u3apershoresally@gmail.com](mailto:u3apershoresally@gmail.com) [www.u3asites.org.uk/pershore/home](http://www.u3asites.org.uk/pershore/home)*

# Flowers and Decorations in Croome Court *Tim Hickson*



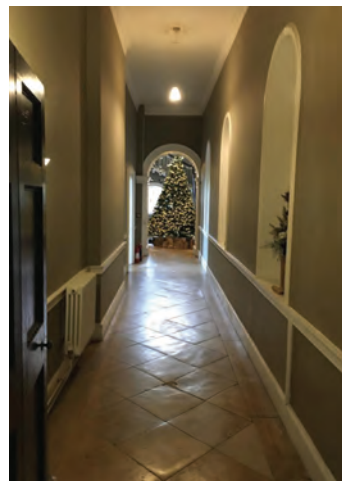
design interiors. The results produced by these three very talented men attracted the attention not only of other wealthy landowners (who copied what had been done at Croome) but also the King, George III. When he was in Cheltenham, taking the waters, he came with the Queen and the Princesses to spend a day looking at what had been done.

When, after the War, the family could no longer afford to keep the Court and its estate, it was offered to the National Trust. Unfortunately, that organisation was not interested so the remarkable contents, house and land had to be sold. Today, after about fifty years in other hands, the Court, some of the estate, and part of the original contents are being looked after by the National Trust and the Croome Estate Trust.

Thousands of people visit this property each year. It is fascinating and impressive and worth going to see at any time but over Christmas not only has the Court been splendidly decorated but the ladies who, each week make brilliant flower arrangements, have really gone to town. Some of the decorations, made by Croome staff and volunteers are shown in the accompanying pictures as well as some of the works of our talented flower team.

For those new to this area, Croome Court is a National Trust property about 4 miles from Pershore towards the Malverns. It was the home of the Earls of Coventry until World War 2 when the 10th Earl was killed, in France, as the Worcestershire Regiment covered the Allied Army's retreat to Dunkirk in late May, early June 1940.

Croome Court became nationally famous in the 18th Century when the 6th Earl, George William Coventry, inherited the property and brought in Lancelot Brown (later to be known as Capability Brown) to enlarge and to 'modernise' the old house in which he had grown up. Later, talent-spotting again, he brought the Scot, Robert Adam to



## Changes to reporting Self-Employed profit

Carol Draper

While you may have just completed and submitted your Self-Assessment return for April 2023 and probably do not want to think about the next tax year, there are some important changes that could affect you if you are a sole trader or Partnership with a year-end other than 31 March or 5 April. Up to 5 April 2023, the system called basis period reporting was used for reporting profit. This meant the profits reported were from the business trading year that ended within the relevant tax year. For example, if your business year runs to 31 December, you will have reported profits in your 5 April 2023 Self-Assessment return for the year 1 January 2022 to 31 December 2022.

From 6 April 2024, the new tax year basis applies. This means you must report only profit generated during the tax year, regardless of whether your trading year finishes at a different time.

The tax year to 5 April 2024 is being treated as a transition or 'catch up' year and for this year only the profit reported in your Self-Assessment return will need to include both the profit from your last trading year plus any additional profit earned between the first day of your new trading period to 5 April 2024.

For a business with a year end of 31 December the profits reported will be for the year



ended 31 December 2023 plus three months profits for the period 1 Jan to 5 April 2024. This additional profit is being referred to as transitional profit and HMRC have indicated that any additional tax due on this profit can be divided up and paid over five tax years, although exact details have yet to be provided. Businesses do not have to change to a 31 March or 5 April year end. However, if they decide to retain their current trading year, for future tax years profits will need to be apportioned between sets of accounts and HMRC have issued detailed guidance about how this can be done. If this affects you and you want further explanation or guidance, speak to your accountant.

Carol Draper FCCA  
Clifton-Crick Sharp & Co Ltd

## In the Kitchen

Angela Johns

In the absence of an office, here in the kitchen, the paperwork is filed. Behind a magnet on the fridge, on a pile on the kitchen table, or in a letter rack that gets full to bursting point. Some paperwork simply has no home. Too important to throw away but not urgent enough to deal with straightaway, so two piles develop, one Reference/Reminder, one Urgent/Better Do It Today. That is until it gets past its importance date and simply gets thrown away. And why is it the kitchen? It seems like the worst kind of place for paperwork. Appointment letters and reply slips stamped with a circular tea mug stain, (school secretaries must see plenty of those!).

The kitchen is the hub of the house though, isn't it? The crossroads of all members of the household. Through the ages it has been the hearth, where food was cooked, where family gathered, where visitors were invited to sit, the nerve centre, the heart of the house. When my friends pop in we occasionally sit in the lounge room but I like it best at the kitchen table with our mugs of tea. The vase of flowers is pushed off centre, the paperwork piles stacked to one side along with the other oddments that seem to end up on the kitchen table. There is nothing between us except two mugs and maybe a deep secret vulnerability yet to be brought to light. But that's OK.

Compassion can be shown without knowing the details. Help is asked for in the most subtle and covert ways. Love



can be shown in time spent with someone, not coming up with the answers. You can hold them in your arms, hold them in your heart or hold space for them in your kitchen. Troubles can be shared over the kitchen table as the unswept crumbs are gathered into a three-dimensional doodle. The overhead spotlights go off as do the bright white strips that light the countertops because the soft lamp in the corner goes on instead, for that two mug conversation.

There are those of us that like that side by side kind of chat, one chopping veg while the other keeps the washing up straight, the hands and eyes occupied while the heart is opened. Either way, the kitchen is the facilitator, providing the necessary combination of ingredients to satisfy our personal recipe for showing and accepting support.

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](http://angelajohns.co.uk)

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

Albert Einstein

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# The important stuff on the inside..

Karen Harris



I ended last months article with the following paragraph..... A house collapses without proper foundations, the body is the same. Take time to look after the basics rather than the cosmetics, use good nutrition and varied movement rather than pills and potions and aids. The picture below sums it up. I'm sure the New Year began with virtuous intent by many to 'get fit', do more, play more sport, join a gym etc, and encouraging health and fitness is always a good thing - for body and mind. There may be a bit of vanity involved as we all like to have toned skin, good muscle tone - sometimes muscle bulk - and look good in our clothes. But all the stuff showing on the outside is only a cover for the more important stuff on the inside - the aforementioned foundations. The unsupported house on the left still looks like a house but, in body terms, it has joint issues, lack of range of motion, feet that roll in, aches and pains, and is probably tired from having to support a structure that lacks stability. Strengthening the outside, both house and body, is akin to putting a plaster on a broken leg. The weight from the roof and upper levels are no doubt going to impact further on the crumbling effect. The same with excess weight on our lower load

joints, the pelvis, hips, knees, and of course the lower back, all increase the pressure and wear and tear. One of the best ways to understand what's happening with someone's foundations - how their musculoskeletal system is working, or not - is to look at their posture and foot position, its an absolute dead giveaway. A dropped shoulder, arms that hang forward of the outside thigh with the backs of the hands facing forward, a head sitting forward of the body, the hips forward of the ankles, feet pointing out not forward; to name but a few deviations to your body's blueprint design. If your aim is to 'get fit' without addressing the basics of structural dynamics, my bet is the onset (depending on your chosen activity) of shin splints, knee pain, muscle soreness, back pain, niggly body aches and pains that curtail your new fitness journey when you were just getting into it! After 31 years of teaching fitness, believe me, I've seen it quite a few times! Posture isn't just standing up straight and pulling your shoulders back, it's the external representation of your body's structural integrity, dynamics and balance. To think that this doesn't matter, to not take it into consideration is to seriously undermine health and wellness. Let's not do that shall we!

**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

# Embracing Individuality

Emily Papirnik

## The power of being unapologetically yourself



In a world that often pressures individuals to conform, embracing one's own uniqueness can be a revolutionary act. As an individual, you possess a medley of thoughts, memories, joys, pains and idiosyncrasies that make you distinctly you. Despite this, societal norms and expectations can create a pervasive need to fit in, causing many to overlook the inherent value of their authentic selves. The paradox lies in the fact that while each person is inherently unique, there is a societal tendency to conform to perceived norms. The desire to fit in can stem from various sources, such as societal expectations, fear of judgement, or a need for validation. However, in the pursuit of conformity, individuals risk losing the essence of what makes them extraordinary. It's crucial to recognise and celebrate your worth as an individual. Your thoughts, experiences and emotions are valid and contribute to the rich tapestry of human existence. Acknowledging your uniqueness fosters self-acceptance, paving the way for a more fulfilling and authentic life. Consider the celebrities and influencers who have captivated the world with their authenticity. The most revered figures in entertainment and beyond often stand out precisely because they embrace their individuality. By being true to themselves, they not only carve out a niche but also inspire others to do the same. To break free from the chains of conformity, it's essential to

start believing in your own worth. Understand that the qualities that make you different are the very ones that contribute to your distinct identity. By embracing your oddities, successes and failures, you empower yourself to navigate life authentically. Embarking on the journey of self-discovery involves understanding your strengths, weaknesses, passions and values. Embrace your unique features, whether it's the shape of your nose or the colour of your hair, as they are integral parts of what makes you whole. Celebrate your personal narrative, for it is yours to own and share. In a world that constantly beckons conformity, embracing your individuality is a revolutionary act of self-love. Recognise that you are as worthy and important as anyone else, and by being true to yourself, you contribute to the diverse mosaic of humanity. Let go of the need to fit in, and instead, revel in the power of being unapologetically yourself. The world needs your unique perspective and it's time to shine as the individual you were meant to be.

**The app to Feel better**

## Romy's Uni Life *Romy Kemp*

*Liverpool University*

### A New Year

As the New Year has rolled in, a chance for hope and change have emerged. For me, it was lovely to go home for Christmas and for the New Year. After not seeing family and friends for a good few months, travelling home was wonderful yet slightly nerve-wracking. This is because people might have changed since the last time you saw them. I, for one, have changed - I feel more confident and independent since going to university.

Everyone seemed rather similar when I arrived home, except for one - my younger brother. As a teenage boy he is growing up, and I am shocked at how much he has in just the few months I have been gone. My parents, who I missed tremendously, were exactly the same yet happier because I was actually home - which was so lovely! I missed my dog significantly, and couldn't wait to give her the biggest hug, and my parrot who gave me kisses. Coming back to university brought me mixed feelings. As much as I loved my first semester, leaving home again was upsetting. I didn't want to leave my pets, and my family. Catching up with my friends was also delightful - asking them about their university experiences so far, and it seemed like I was leaving so soon. I already miss my mum's home cooked food and the chatter between my family. As lovely as it was to come back to my accommodation, I



was still overwhelmed with the sadness of not being home, which is totally normal. So if anyone is away from home or missing someone, or even missing what life used to be, it is perfectly normal and even expected. Growing up means expanding independence. My first week back in Liverpool was stressful due to my continued exams - so revision took up most of my week. Catching up with my uni friends was lovely after a few weeks apart. Your uni friends turn into your second family because you spend so much time with them, so spending a few weeks apart was definitely strange. My second semester starts soon, and I am delighted to begin. Although I will miss my home and the area around, it is wonderful to continue discovering a new place. The New Year has made me realise that I need to become more productive and independent - I must stay on top of everything in my life, in order to remain happy - which will increase my chances of success in life. I must continue with my growing confidence, in order to flourish, as I know I can! Happy New Year everyone, I wish you all the best!

## Evie's Teenage Focus

*Evie Aubin*



I'm back at it once again! The holidays were a well deserved break after mocks exams, allowing me to see family, and finally relax. But I'm already almost a month back into school, and I am counting down the days to my first A-level. I remember when I first started sixth form, thinking about how much fun it would be to finally focus on the subjects that I love, but now it's more stressful than ever. I keep telling myself that this buildup of anxiety towards the A-levels will be worse than the actual exams (although I'm more than likely just lying to myself). The main issue that I've come to find is the timeframes. I've never been good at keeping to deadlines, and I think the amazing team here at the Pershore Times vouch for that. With my impending A-levels looming over me it's not the best time to finally start to figure that out. I find that when I'm stressed about something, I tend to procrastinate until what I'm doing becomes a last-minute debacle and, unfortunately, the biggest stressor I have at the moment is my art course. As I'm writing this, I have no more than a week until my final piece for the coursework section of this A-level is due in and we fall into the exam unit. Normally this would be fine; I would finish the final piece put everything together, and then complete, and hand in my art book. However, the issue I'm facing here is that I decided to use a completely new art medium and start a new piece with only a week to go. So far within my art I have tended

to stick with either pencil sketches, watercolor or gouache and yet now, I have had a change of heart (and art style) and decided to use oil paint for the first time. This idea was sprung on me when I went rummaging around in my art cupboard, and I found six small tubes of oil paint. And I, being the foolish artist that I am, figured that this would be enough. All I can say, is let's take a moment to thank my gran for being an amazing artist and oil painter herself, and stopping to help me before I tried to complete an entire oil painting with only that amount. In the end I was given plenty of equipment for oil painting loaned from my gran; and I'm pleased to say that I think it's going well. Art, like reading, has always been a big part in my life and despite it being a stressful course, in the end I am glad that I chose to take it as a subject. I still remember when I was growing up and for my birthdays, my mum would always get me these big artist sketchpads. I would savour those pages using every bit of space to create my very own drawings, and now that I get to do it for an A-level, well, I think that it may just make the stress worth it.

## 'Wondrous Machine' with the Elgar Chorale

A choral celebration of Pershore Abbey's new Ruffatti organ Worcester's well-known chamber choir, The Elgar Chorale directed by Piers Maxim returns to Pershore Abbey in March and is joined by Paul Trepte, recently retired former Director of Music and Organist at Ely Cathedral in an exciting programme of music from Eastern Europe showcasing the recently installed Ruffatti pipe organ at the Abbey. Featuring composers Zoltán Kodály, Leoš Janáček, Antonín Dvořák, Sergei Rachmaninoff and Henryk Górecki, the Chorale

is also joined by John Upperton (tenor), Shulah Oliver (violin) and Natasha Gale (harp) bringing a wonderful variety of musical pieces to the audience. Two substantial works in the programme are Kodály's *Missa Brevis* and Janáček's *Otče náš* (Our Father). The *Missa Brevis*, first performed during the siege of Budapest towards the end of the second world war, was written at a time of great uncertainty, danger and personal hardship. It is a tour-de-force - colourful, expressive, exuberant, and energetic, a choral masterpiece

with a very identifiable voice. The version here is scored for organ, chorus and soloists and in fact the work received its British premiere, in an orchestrated version at the Three Choirs Festival in Worcester Cathedral in 1948. Janáček was a fiercely spiritual agnostic when he wrote his *Otče náš* and it represents his faith in the community as a product of a shared Slavic heritage and spirit. Here it is scored for solo tenor, mixed chorus, organ and harp. There are wonderful moments in it as with the solo tenor's heroic entries *Thy Kingdom Come* and *Thy Will Be Done* and the chorus's stirring responses. Other pieces in the concert include Kodály's *Laudes*

*Organi* (In Praise of Organs) his last completed work with its particularly triumphant conclusion, marking a fitting end to the career of the composer whose contribution to the Hungarian choral tradition remains unrivalled; also Janáček's *Zdravas* (Hail Mary), Rachmaninoff's *Bogoroditse Devo*, Górecki's *Totus Tuus* and Dvořák's *Goin' Home* (theme from the *New World Symphony*).  
*At Pershore Abbey on Saturday 23rd March 2024 at 7.30pm*  
*Tickets £18 full, concs (over 60) £16, under 18's free) are available from BLUE, 19 Broad Street, 01386 553847, Pershore Visitor Centre, Town Hall, 01386 561561 or www.elgarchorale.com*

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

### The Adventure Continues

Moving from home to uni used to feel like a seismic shift. There's a point about half an hour into the journey to Oxford when the road bends around the foot (fin?) of Fish Hill, climbs its I-know-it-looks-tempting-but-don't-do-more-than-thirty-mph slope, and swings round so that you can peer through the passenger seat window and catch one last glimpse of home. One last glimpse of home waiting below, and my legs would wobble and my heart would jitter like a needle on a seismograph and, well, it wasn't much fun. Suddenly, I'd hopped from one world and another had risen up around me: yellow-stone arches looming, bicycles zooming, pigeons plume-ing. I remember my first meal in the dinner hall at college when the sweetcorn was trembling off my fork before I could eat it. Not so much any more – otherwise, dinner would be getting pretty cold by now. Having just entered my fifth term, the move has thankfully lost its magnitude. Driving into Oxford (breathing in as we skirt

around the edge of the zero emission zone) is almost like watching a 'Previously ...' segment on your favourite TV show. It's a compound of sights and smells and memories – and I have to remind myself that, yes, I have nearly completed half of my course already. Slowly but surely, I have been assembling a bulging, unwieldy timeline in my head of over a thousand years of history, literature and thinking, continuing to prop it up with new research and ideas, texts and authors. I'm currently reading from a 'Complete Works of Chaucer' so hefty that it should probably be registered as an offensive weapon. For those who don't know, reading Chaucer is pretty difficult even if you've only got one page of him (and not enough to wedge a door or buffer a small tank) because he writes in what we now call 'Middle English'. It's an ancestor to our current language today and – to give you a February-related example of what it looks like – here's how Chaucer describes Valentine's Day in Parliament of Fowls (1382): 'For this was on Seynt Valentynes day / Whan every

foul cometh there to chese his make ...'

'For this was on Saint Valentine's day / When every bird comes there to choose his match ...'

It's basically like that. You read three words compatible with modern English and then you hit a weird one – so it can become quite a hurdle race after several hundred lines. Incidentally, fellow reader, I have been known to speak Middle English after a few pints at The Pickled Plum. In the first year, our accommodation was ours for only the eight weeks of term. At the end of week eight, we all had to leave without a trace and play the fun game of figuring out how we were possibly able to fit so much stuff into one suitcase before. This time around, the accommodation is ours for a nine-month stint. This means I could leave some bigger things in my room over Christmas. So, when I arrived and unlocked my bedroom door, I was reunited with an old friend. Fry was waiting for me – and I had a new Tesco voucher to make sure he would be properly fed on a diet of whatever beige



potato product caught my eye in the freezer aisle. I'm no air fryer artisan, but I feel like I'm starting to get the hang of this business. Most recently, I've had a blast from the past and bought those smiling potato faces they used to serve at Wacky Warehouse, Bungo's Barn and all good children's establishments. I'll tell you what, I know it sounds silly but if you're feeling a little gloomy, I would definitely prescribe a hearty dose of optimistic food. With those in mind, I think I'll head down for dinner. I'll think of you back at home, fellow reader, as I welcome the new term! It's nice to be able to properly appreciate both worlds now. Not sure what veg I'll do yet, but I leave you in the knowledge that it won't tremble off my fork.

## I heard the news today, Oh Boy!



How can we protect our own mental health with so much bad news around?

Sometimes, sitting at home watching the evening news, it feels like we have all become Alex in *A Clockwork Orange*. In Burgess's novel (and the controversial film), Alex is forced to sit for hours watching endless violence on film. The news in recent times has been equally distressing: war, terror attacks, natural disasters. Every day we witness through our TV screens and radios a catalogue of sorrow. And if the raw facts were not painful enough, newscasters present the news in a way

designed to grip our emotions. Understandably so, as they want us to engage fully - and we cannot do that without an emotional response. But what effect does all this have on our mental wellbeing? Graham Davey of the University of Sussex writes in *Psychology Today* how a diet of bad news in the media can aggravate our personal anxieties. Upsetting stories on the news can awaken bad memories from our own lives and reinforce negative feelings. He reports an experiment he did in which different groups watched different news stories. He found

that the group with a diet of entirely negative stories were more likely to catastrophize their own worries, making their own problems feel worse than they were before.

So how can we control this? How can we keep abreast of what is happening in the wider world while maintaining our own mental health? Of the many suggestions health experts make, there are three that consistently come to the fore:

### 1. **Take a break.**

Switching off occasionally is crucial to our wellbeing. Give your mind time to process things and to re-gain strength. There is a danger with mobile phones of incessantly clicking on the next story and disappearing for hours down bad news rabbit holes. The term "doomscrolling" (recently added to the Oxford dictionary) captures this perfectly. So try to give yourself the odd news-free day.

### 2. **Talk to people.**

If you find yourself getting stressed about what's in the news, talk about this with friends and

relatives. Sharing our worries can help us put things in perspective. Many organisations (including the Perschore Wellbeing Hub) provide a friendly space where you can drop in for a cup of tea and a chat. The Hub's website (see below) has details of various local places which offer a welcoming face and a chance to talk.

### 3. **Do something practical.**

As we watch more accounts of human misery each night on the TV news (war zones, natural disasters), it's easy to feel overwhelmed and helpless. One way of counter-acting this is to do something practical to help. Get involved with a charity, raise money, write to your MP and remember to look for the positive things on the news that show what others are doing to help. We may live in a troubled world - but we can do our bit to make it better.

*Paul Morris*

[www.perschorewellbeinghub.co.uk](http://www.perschorewellbeinghub.co.uk)





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**Asking Price: £235,000**



## Along the Wall



It's a sobering thought that the British Empire only grew to full size just over a century ago – to be exact on 29th September 1923 – with the addition of Palestine and Transjordan. The thinking apparently was that adding those extra territories would make the route to India (aka the Jewel in the Crown) more secure by expanding the frontier. That other great empire – the Roman Empire – had much the same idea when they built a strong wall across the northern province of Britannia, again to make their possessions more secure by delineating the frontier. However they built, as it turned out, a rather longer lasting legacy in the shape of Hadrian's Wall which still stretches from the North Sea to the Irish Sea. Designed to keep the barbarians out the complex system of the Wall itself, the sequential Milecastles for small garrisons and the larger garrisons with their surrounding small towns are all amazingly well preserved after some two thousand years. The Northumberland side of the Wall is perhaps the better preserved and makes a good destination for a weekend or other short break, especially

since it offers the chance of staying in or near some rather nice towns like Hexham, which is big enough to be interesting but small enough not to be off-putting. We stayed nearby in the Slaley Hall Hotel which lies due south of the town in a thousand acres of surrounding woodland and which offers two 18 hole golf courses as well as a Spa and other facilities. It's a sensitive addition to the old Hall, with most of the bedrooms being in the new wings – which perhaps paradoxically ensures that they're up to date and very comfortable. We also found the restaurant menu interestingly varied and the food was well cooked and presented. We didn't actually try the heated indoor pool or the Spa though they both looked very nice. See [www.slaleyhallhotel.com](http://www.slaleyhallhotel.com) It's about half an hour's drive north to the nearest spot on Hadrian's Wall which runs for 73 miles from coast to coast - a lot of the way through some rugged and spectacular landscape –and the whole of which is classed by the UN as a World Heritage Site. It's

Brian Johnson-Thomas

difficult to know where to start but I was impressed by Housesteads, Britain's most complete Roman fort and also the Roman baths at the cavalry fort of Chesters not far away. (Interestingly the Roman Army didn't have any cavalry regiments so they hired in riders and horses as 'auxiliaries' from other parts of the Empire, some are known to have come from as far away as present day Hungary and Spain – I often wonder what they made of the weather up there in Winter...)

If you go to the English Heritage site – [www.english-heritage.org.uk](http://www.english-heritage.org.uk) – and click on Hadrian's Wall then you can get a plethora of information about the wall itself, life in Roman Britain and even useful tips on using Roman makeup. They also suggest a couple of walking routes although you can find on the Web several private companies who offer walking tours in the area. Now to something a little less palatable, I have mentioned before that the time is coming when we'll all have to get pre authorisation to travel across the Channel to Europe and, after several delays, this is now set to begin in the second half of this year (*please read [www.travel-europe.europa.eu](http://www.travel-europe.europa.eu) for the fine details.*) Basically there will be a new entry/exit system for non-EU nationals (that's us) travelling for a short stay in the 29 countries of the EU. In addition to registering online, and paying the necessary fee it seems that the first time you enter Europe you will be fingerprinted and have your face scanned, so expect long queues at Border points when



this first comes into force. (Indeed, it's said that the reason for the delay in implementing this new system is because of the Paris Olympics this year – the French are expecting quite enough hassle at their borders without the additional burden of a new system, thanks) Eventually, of course, it's envisaged that this new high-tech system will do away with passports altogether. Indeed as early as next year returning Brits to Heathrow may just have to scan their faces at the electronic booths which currently scan your face and your new e-passport concurrently. Given the unfolding scandal of the Post Office's IT system I somehow have the feeling that this new bit of IT kiel may well also end in tears! Oh well, here's to the onset of Spring!



## Get Ready to Rock the Dock, Gloucester Tall Ships

If, like the poet Masfield, you yearn for a 'tall ship and a star to steer her by' then you'll need to get down to Gloucester Docks for the Tall Ships Festival over the Spring bank Holiday weekend from Saturday 25th May until Monday 27th May. The organisers tell us that they intend to celebrate the global connectivity of the city with a packed programme of entertainment ranging from a Rock the Dock extravaganza on Saturday to traditional sea

shanties on the Monday as well as ending each day with an hour of mass dancing and singing. What about the ships attending? Well, already we know that the Phoenix (which recently featured in Ridley Scott's blockbuster 'Napoleon'), the Greyhound will be inbound from the Caribbean, the Spirit of Falmouth (crewed by retired Armed Forces veterans) and the Irene (whose film credits include Pirates of the Caribbean and Alice Through the Looking

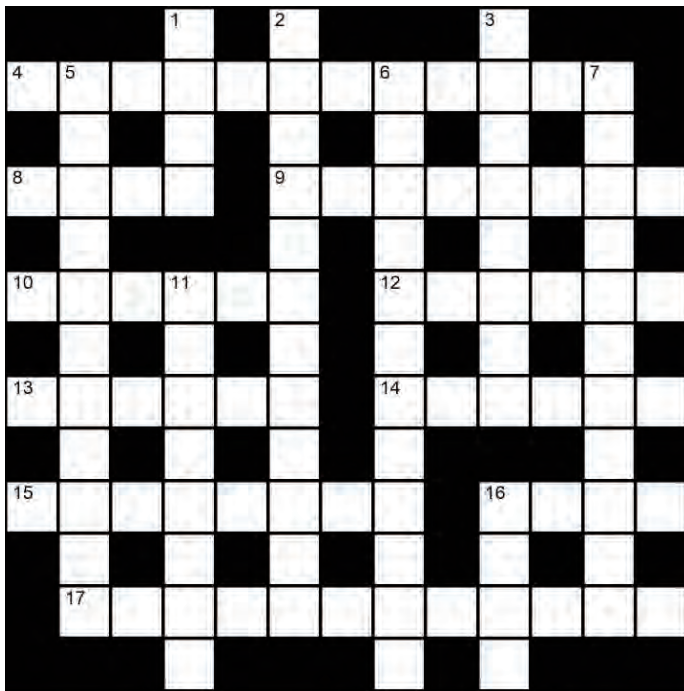
Glass) will be taking part. Tickets are now on sale and there are two options; Sea Legs tickets allow access to the festival and also onboard the ships, or a Land Lubbers ticket for just the festival site.

Since there aren't all that many Sea Legs tickets available it makes sense to book early if that's your preferred option, via the website [www.gloucestertallships.co.uk](http://www.gloucestertallships.co.uk). Maybe see you there?



# Coffee Break

## Crossword



### Across

- 4 Surprise (12)
- 8 Informal refusal (2-2)
- 9 Dreams up (8)
- 10 Pal has confused origins (6)
- 12 Jungle swinger (6)
- 13 Seismic event (6)
- 14 Sister's son's sisters (6)
- 15 Talk radio activities (5-3)
- 16 Address starter (1,1,1,1)
- 17 One of greatest interest to the police (5,7)

### Down

- 1 Van ---, oils man (4)
- 2 Public administration (5,7)
- 3 Ancestry (8)
- 5 Financial educational support (11)
- 6 Completely (5,3,4)
- 7 Healing (11)
- 11 Automaton mixes mud in Hanoi (8)
- 16 Jumps on one leg (4)

## Sudoku

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

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

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

## Crosswords

### Sudoku

### Wordsearches Jigsaw puzzles

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online for FREE



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## General Wordsearch

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

- ABLE
- ALARM
- APES
- BAKU
- BIZ
- BRAIN
- BRYN
- BUMP
- CAVITY
- COPIER
- C-R T
- CUBS
- DAMASK
- DEPARTURE
- DRAW
- ELM
- FEVER
- FLEA
- FUNDS
- GLIB
- GUM
- IMBUED
- KILNS
- LIKE
- MIX
- PRICES
- QUIZ
- R N A
- SAC
- TIS
- TORN
- TWISTED
- URGE
- ZIP
- ZOO

## December/January Answers

1	T	W	O	M	A	S	T	E	R	6	B	R	A	S	S
H	U	R	H	E	E	R	W								
A	R	T	I	C	L	E	10	H	O	S	T	I	L	E	
W	S	H	F	E	T	Z	E								
11	S	P	I	K	E	12	T	R	A	N	S	P	O	R	T
13	S	K	E	L	E	T	14	O	N	S	15	F	L	A	M
H															
16	I	C	I	L	L	Y	17	P	O	L	L	U	T	19	A
P															
20	S	T	A	L	E	M	A	T	E	21	T	E	P	I	D
H															
25	A	L	I	B	A	B	A	26	U	N	I	C	O	R	N
P															
27	E	J	E	C	T	28	E	L	L	E	S	M	E	R	E

# Poets' Corner

## A Shropshire Lad

XXII

The street sounds to the soldiers' tread,  
And out we troop to see:  
A single redcoat turns his head,  
He turns and looks at me.

My man, from sky to sky's so far,  
We never crossed before;  
Such leagues apart the world's ends are,  
We're like to meet no more;

What thoughts at heart have you and I  
We cannot stop to tell;  
But dead or living, drunk or dry,  
Soldier, I wish you well.

XXIII

The lads in their hundreds to Ludlow come in for the fair,  
There's men from the barn and the forge and the mill  
and the fold,

The lads for the girls and the lads for the liquor are there,  
And there with the rest are the lads that will never be old.

There's chaps from the town and the field and the till  
and the cart,  
And many to count are the stalwart, and many the brave,  
And many the handsome of face and the handsome of heart,  
And few that will carry their looks or their truth to the grave.

I wish one could know them,  
I wish there were tokens to tell  
The fortunate fellows that now you can never discern;  
And then one could talk with them friendly and wish  
them farewell  
And watch them depart on the way that they will not  
return.

But now you may stare as you like and there's nothing  
to scan;  
And brushing your elbow unguessed-at and not to be told  
They carry back bright to the coiner the mintage of man,  
The lads that will die in their glory and never be old.

A. E. Housman 1859-1936

## Spot & Shop - December Winners

- |                         |                  |
|-------------------------|------------------|
| 1) Mark Brookes         | 2) Lin Annis     |
| 3) No prize due to fire | 4) Adrian Mester |
| 5) Audrey Hardiker      | 6) Nick Michell  |
| 7) Claire Wainwright    | 8) Janet Parsons |

Last month's answer:  
Steve Quinton

# Fun Quiz!

1. What TV chef is always having kitchen nightmares?
2. What two toppings would you commonly associate with Margarita Pizza?
3. What 2 spirits would you commonly associate with Margarita Cocktails?
4. What is the name of the Indian restaurant in Eastenders?
5. What flower does the vanilla pod come from?
6. In the UK what game bird cannot be shot and eaten before 'The glorious 12th' of August?
7. 'Love Apple' is an old name for which fruit?
8. UHT on a milk carton stands for what?
9. What name is given to a two coloured oblong cake usually covered in almond paste?
10. Which cocktail consists of Vodka, Tia Maria and Coke?
11. What are dried plums called?
12. Which brewery supplies the beer to 'The Rovers Return'?
13. What are Manzanilla, Petit Luques and Nyons types of?
14. Who coined the phrase, 'The world is my oyster'?
15. In Crete, what common name is given to the drink 'Tsikoudia'?
16. Who were Whams female backing singers that went on to have a solo career?
17. What line follows '15 men on a dead mans chest'?
18. In which film did Sylvester Stallone play Kurt Russels cop partner?
19. Which song gave Allannah Myles a top 10 UK chart hit in 1990?
20. Which UK act won the Eurovision Song Contest in 1981?

Answers: 1. Gordon Ramsey 2. Cheese and Tomato 3. Tequila and Cointreau (or Triple Sec) 4. The Arjee Bahji 5. Lily 6. Grouse 7. Tomato 8. Ultra Heat Treated 9. Batenburg 10. Black Russian 11. Prunes 12. Newton and Ridley 13. Olive 14. Shakespeare 15. Raki 16. Pepsi & Shirley 17. Yo ho ho and a bottle of Rum 18. Tango and Cash 19. Black Velvet 20. Bucks Fizz

**SPOT  
&  
SHOP!**

## COMPETITION TIME!

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

**This month's prizes!**

**1st - £25 cash**  
donated by Royal Oak, Kinnersley

**2nd Sunday Lunch for Two**  
at The Jockey Inn, Baughton  
*(Three course set menu, excluding drinks)*

**3rd £20 Food Voucher**  
at The Queen Elizabeth, Elmley

**4th £10 Voucher**  
at Revills Farm Shop, Defford

**5th £10 Voucher**  
at Craftypyro, Bakers Arcade, Pershore

**6th Reg Moule Gardening Book**

**7th Pat's Pantry -**  
Jar of home-made marmalade/jam

Complete and return this form or email:  
news@hughes.company for your chance to win!

**Pershore Times closing date: 26th February 2024**

Answer: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone/email: \_\_\_\_\_

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

## WPO Spring Concert



*Dexter Drown as guest conductor*

The WPO Spring Concert in Pershore Abbey, features Dvorak's New World Symphony. The orchestra will be joined by Louise Braithwaite for Debussy's Rhapsody for Cor Anglais and Hugh Watkins' Out of the Stillness.

The orchestra welcomes the highly acclaimed Dexter Drown as guest conductor. Praised for his passion and flair, Dexter conducts several professional orchestras including the Orchestra of the Swan and Midland Sinfonia. He has also recently been appointed as musical director to the prestigious

Leicester Symphony Orchestra. Louise performs cor anglais and oboe on-stage in costumed performances with the Royal Shakespeare Company, and in concert with the City of Birmingham Symphony Orchestra and English Symphony Orchestra. As a cor anglais soloist, she has performed live on BBC Radio 3 and Classic fm. Huw Watkins' Out of the Stillness was commissioned for her by Orchestra of the Swan.

Louise is an experienced live music facilitator with Arts organisations, schools and healthcare settings, and specialises in music for dementia, learning and sensory disabilities. Louise says: "If you have any questions about the cor anglais or want to see the instrument up close, please do come and talk to me after the concert."

*The concert starts at 2.30pm at Pershore Abbey.*

*Tickets £15 online at [ticketsource.co.uk](http://ticketsource.co.uk),*

*Tourist Offices in Worcester, Malvern and Pershore\*.*

*Further details on our website. \*cash only*

## Worcester Philharmonic ORCHESTRA

Cor Anglais –

**Louise Braithwaite**

Conductor –

**Dexter Drown**

Leader – **Graham Longfils**



**Saturday 9<sup>th</sup> March 2024**

**2:30pm**

**Pershore Abbey WR10 1BL**

**Delius – Two Pieces for Small Orchestra**

**Watkins – Out of the Stillness for Cor Anglais**

**Debussy – Rhapsody for Cor Anglais**

**Dvořák – New World Symphony**

**Tickets £15 (under 16s free)**

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cash only, no card payments)
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## Jazz News

It's almost become traditional for a band of troubadours from the Cotswolds to descend on Pershore Jazz Club at the start of the year. Last year it was January and this time it will be February when Tom "Spats" Langham's Hot Fingers breeze into the football club to light up the dull winter days with their unique acoustic style of music from the 1920s and 30s. Spats is renowned throughout the jazz community for his empathy with the music of the period and his dedication to unearthing delightful but little known songs of the time, prompting Humphrey Lyttleton to call him a jazz archaeologist!

Tom (guitar, banjo and ukulele), with vocal interpretations ranging from Ukelele Ike to Al Bowley, will be ably accompanied by everyone's favourite, Malcolm Sked (string bass and Sousaphone) who always raises enthusiastic applause, especially when he's the subject of Spats' playful teasing. Danny Blyth (guitar, mandolin, clarinets harmonica etc.) another stalwart of Hot Fingers usually seen sitting half hidden behind his bass clarinet, trilby hat just

## Peter Farrall

showing above, will of course, emerge to feature on one of his other instruments from time to time. Danny also runs his own band called Swingtime which, as the title suggests, is more orientated to the swing era of the nineteen forties. And of course, Emily Campbell - opera star, circus equestrian and jazz chanteuse - will be delighting us with her repertoire inspired by Peggy Lee, Ella Fitzgerald Mahalia Jackson and other great names.

Jazz, blues, gospel and music from any source that inspires them, in fact a truly eclectic mix of authentic vintage acoustic music played by the definitive musicians in the field. By the time you read this, tickets for the third "Pershore Jazz on a Summer's Day" (where incidentally, Tom, Malcolm and Danny are appearing) will be selling fast, so for a whole day of classical jazz in all its colourful variations on 10th August.

*Check our website [www.pershorejazz.org.uk](http://www.pershorejazz.org.uk) or book directly at Number 8 Community Arts Theatre 01386 555488*



## Spats Langham's Hot Fingers

**Wednesday 28th February**

*Function Room, Pershore Football Club*

*Doors open at 7pm, music at 8*

*Admission £10 to include a raffle ticket.*

*Book in advance and pay on arrival*

*club@pershorejazz.org.uk tel: 01527 66692 find us on Facebook*

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Opinions expressed in letters and articles published are not necessarily those held by the Editor or the Publishers of the Pershore Times.

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

## Copy Deadline

March Issue - 19th February 2024

## Letters to the Editor

Dear Editor,

A happy New Year to you and your team.

Thank you for the interesting December/January issue of the Pershore Times.

You did a wonderful inset at the close of Pershore Market.

*Correction*

I was not the Faith In Work Chaplain for the market. Carol

Sandys had been the dedicated chaplain for many years, particularly during the period of uncertainty and eventual closure. Could you please place a correction and credit her for her work.

Thank you for all you do to encourage activities in our community.

*Rev. Alma Organ*

Dear Editor

I would like to alert those of your readers who use Facebook to the fact that Pershore Carnival has been forced to set up a new Facebook Page, called Pershore Carnival 2024. We no longer have access to our previous page due to the activities of hackers. I would like to ask everyone to support the Carnival by following the new page and liking or commenting on our posts. This way we can ensure that the

new page is more easily found when people are looking for it. There will be lots of announcements over coming weeks about our Fundraising Quiz on 16th March, the

annual Pershore Duck Race on Easter Sunday and the Carnival itself on 27th May. We are also aware that there are a number of other legacy pages titled Pershore Carnival and we are working to identify the administrators of these pages so that we can ask for them to be removed. If anyone can help with this, could they please contact me at [pershorecarnival.sec@gmail.com](mailto:pershorecarnival.sec@gmail.com)

*Lindsey Stone*

*Pershore Carnival*

*Committee Secretary*

[www.pershorecarnival.co.uk](http://www.pershorecarnival.co.uk)

Facebook:

*Pershore Carnival 2024*

## What's On?

### Events Listings

#### Havisham

Friday 9 February - 7.30pm

1hr 35 mins (inc. interval)

Tickets: £14

#### Foyer Folk: Johnny Coppin

Saturday 10 February - 8.00pm

Tickets: £10

#### The Royal Ballet: Manon

Sunday 11 February - 2.00pm

3hrs 15 mins (inc. intervals)

Tickets: £17, Seniors £16,  
16 & under £10

#### National Theatre Live:

##### Vanya

Thursday 22 February - 7.00pm;

Wednesday 28 February - 2.00pm

1hr 50 mins (no interval),

cert 15 tbc Tickets: £16,  
Seniors £15, Students £10,  
16 & under £10

#### Exhibition on Screen:

##### Painting the Modern

Garden - Monet to Matisse

Tuesday 27 February - 7.00pm

1hr 33 mins

Tickets: £12, Students £10

#### Lipstick On Your Collar Ltd

presents:

##### Lipstick On Your Collar

Saturday 2 March - 7.30pm

2hrs 30 mins (inc. interval)

Tickets: £25

#### Tin Cat Entertainment

presents Jo Caulfield -

##### Here Comes Trouble!

Friday 8 March - 7.30pm

1hr 55 mins (inc. interval)

Tickets: £18

### Cinema Listings

#### Priscilla (15)

Saturday 10 February - 7.30pm;

Monday 12 February - 11.00am  
& 7.30pm (ST);

Tuesday 13 February - 7.30pm

Tickets: £9.00 1hr 53 mins,

#### Trolls Band Together (U)

Tuesday 13 February - 2.00pm;

Wednesday 14 February -

11.00am

Tickets: £4 1hr 31 mins

#### Typist Artist Pirate King (12A)

Monday 19 February - 11.00am

& 7.30pm;

Tuesday 20 February - 7.30pm

Tickets: £9.00 1hr 48 mins

#### Oppenheimer (15)

Wednesday 21 February -

7.30pm;

Thursday 22 February - 2.00pm

Tickets: £9.00, Daytime £8.00

3hrs

#### One Life (12A)

Friday 23 & Saturday 24

February - 7.30pm;

Monday 26 February - 11.00am

& 7.30pm

Tickets: £9.00, Daytime £8.00

1hr 49mins

#### The Three Musketeers:

##### Milady (12A)

Thursday 29 February - 7.30pm

Tickets: £9.00 1hr 54 mins,

French with subtitles



#### Box Office Opening Hours

In Person Bookings:

Mon - Sat 10am - 4pm & from 6pm on performance evenings

Telephone Bookings:

Mon - Sat 4pm - 6pm

High Street Pershore Worcestershire WR10 1BG

Box Office: 01386 555488 Email: [enquiries@number8.org](mailto:enquiries@number8.org)

[www.number8.org](http://www.number8.org)



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## Situations Vacant



A small independent coffee shop in Bakers Arcade, High Street, Pershore

We are presently looking for someone to join our supportive team in the coffee shop.

*Ideally with barista experience, to cover all aspects of work in the day to day running of the business.*

Flexible hours (20-25) over six days, including Saturdays, with two days off.

Previous applicants need not apply

Please contact Coffee & More

Seamus 07521 399548 or Sarah 07368 612962

## In memoriam

### Young. Paul

Passed away peacefully on 21st January 2024, aged 73 years, Beloved husband of Gill, dearly loved father to Sonia, Dean and Neil, loving brother to Glyn and grandfather to Joe, Sam and Dan. He will be sadly missed by all his family and friends. A service will take place at the Vale Crematorium, Fladbury on Wednesday February 7th at 2pm. Family flowers only please. Donations in Paul's memory are invited for Dementia UK.

### Wilshaw. Tim

Passed away peacefully at home on 17th January 2024, aged 78 years. A Loving husband, father, grandfather and great grandfather. He will be very sadly missed by all his family and friends. A private service will take place as requested by Tim. Donations, if desired, for Midlands Air Ambulance Charity & Acorns Children's Hospice.

### Hidden. David Leonard

Passed away peacefully with Lou by his side, on 8th January 2024, aged 81 years. Loving husband of Lou, dad to Jane, David and Stewart, Father in law to Dawn and the late Sam, missed by grandchildren Grant, Emily and Charlotte. Dave will be sadly missed by all his family and friends. Funeral service will be held at The Vale Crematorium, Fladbury on Friday 2nd February at 2pm. Family flowers only please. Donations, if desired, for the British Heart Foundation or the Midlands Air Ambulance Charity.

### YOUNG. Linda

Passed away suddenly at home, surrounded by her family on 6th January 2024, aged 74 years. Beloved wife of the late Malcolm, loving mum to Jo and Lisa, Nan to Kelly, Becky, Amy and Tom, grandma to Nancy-May, Finley, Lilly-Rose and Joshua-James. Lin will be sadly missed by all her family and friends. Funeral service took place on 22nd January. Donations, if desired, for the Vale Wildlife Trust and The Midlands Air Ambulance Charity

### HILL. Roslyn Nancy (Ros)

Passed away peacefully on December 22nd 2023, aged 93 years. Dearly loved wife of the late Edwin, much loved mum of Rosemarie, Geraldine, Richard and the late Gordon, a loving grandma, great grandma and mother in law. Ros will be very sadly missed by all her family and friends. Funeral service took place on 15th January. Donations, if desired, for Acorns Childrens Hospice

### PERRY. Eileen

Passed away peacefully on 14th December 2023, aged 89 years. Beloved wife of the late Gordon, a much loved mother to Mark, Susan, Tim and Jayne and a devoted and loved grandmother to Harry, Josh, George and Sophie. Eileen will be sadly missed by all her family and friends. Funeral service took place on 9th January. Donations, if desired, for the Salvation Army and Number 8 Community Arts Centre

### CHAMPKEN. Lawrence Roland (Trot)

Passed away peacefully on 10th December 2023, aged 86 years. Beloved husband of the late Lilian, much loved dad of Kevin, loving grandad of Oliver and Jacob, partner to Gill. Trot will be sadly missed by all his family and friends. Funeral service took place on 8th January. Donations, if desired, for Acorns Childrens Hospice

T

### Taylor. Robert Victor (Bob)

Passed away peacefully on 7th December 2023, aged 87 years. Devoted husband of the late Joan, partner to Chris, much loved father to Catherine and Nicholas, father in law to Barry and Wendy and a loving grandpa to Natasha, Chloe, Oliver and Mark. Bob will be sadly missed by all his family and friends. Funeral took place on 2nd January. Donations, if desired, for the Stroke Association and the RAF Benevolent Fund.

Donations may be sent to:

E Hill & Son Funeral Directors, Pershore WR10 1HZ

Tel: 01386 552141

# National Lifesaving Champion!

A dedicated volunteer life saving coach and student from Eckington has been crowned a National Lifesaving Champion.

Rosie Forson, who has taught lifesaving since she was 14, won the 15 to 17-year-old category at the Royal Life Saving Society (RLSS) National Finals in Leeds. The 17-year-old is a student at Pershore College, which is part of WCG, and is in the second year of a Level 3 Health and Social Care course.

Rosie represented South Worcester Lifesaving Club in the competition alongside her lifesaving partner Meg Clifford, 17 from Evesham, winning two gold medals and a bronze on their way to being crowned national champions.

The success came after winning the regional finals in September. The competition comprised of

four different elements, a dry-side emergency first aid scenario, an aquatic rescue scenario, a speed race to rescue a casualty, and a speed rope throw rescue.

There were 14 other teams competing in the national final, with Rosie and Meg finishing top in the aquatic rescue scenario and speed rope throw rescue.

Rosie said: "We had to wait until everyone else had finished competing before we found out we had won. I was so shocked but so happy when we heard the result. I wasn't expecting to win, but we wanted to do the best we could and represent the West Midlands and our club as best as we could. I've been going to the lifesaving club since I was eight and have been helping to coach since I was 14. It is all voluntary and I hope to keep doing it as long as I can. What I

have learned at the club has definitely supported me in my course at Pershore College, particularly with developing first aid skills and learning how to work with people. My main goal is to help people and that is what I want to do after I finish my course, I'm not sure what that looks like yet but midwifery is a path I'm considering.

Julie Mayo, tutor at Pershore College, said: "We are all very proud of Rosie and her achievements. She is very modest and at times hides her talent. She didn't actually tell us that she was winning these competitions outside of college at first! "To win this competition is incredible and shows the type of person that she is – a driven and dedicated student."

To find out more about health and social care courses at



Pershore College visit [www.wcg.ac.uk/study](http://www.wcg.ac.uk/study)

## £900,000 scheme sees Hockey Club return



James Cox, Facilities Manager at Pershore High School helps Cllr Robert Raphael, Chairman of Wychavon District Council, Cllr Rob Adams, Executive Board Member for Stronger Communities, Culture and Sport on Wychavon District Council and players from The Talbot FC open the new 3G pitch.

Pershore Hockey Club have played their first home game in the town for decades, thanks to a £900,000 investment from Wychavon. The money was used to transform sporting facilities at Pershore High School to benefit both pupils and the community.

A new floodlit sand dressed artificial pitch has been created at the Station Road school which is being used for hockey and football training. One of the benefits of the project has been the return of Pershore Hockey Club to their hometown, after previously having had to play in Worcester.

The men's team played their first home game on Saturday 11th November against City of Birmingham. As part of the scheme, the existing 3G pitch, which was about 20 years old, has also been resurfaced and the floodlights upgraded to energy efficient LEDs.

The need for new facilities was identified in Wychavon's Playing Pitch and Open Spaces Strategy because of a lack of outdoor sports pitches.



## Naomie, Fiona & Will smash it at the LTA National Finals

Serving with fellow colleagues from Pershore, Fiona and Will, Naomie Tarver was honoured at the LTA Wheelchair National awards on Saturday night.

Pershore's Naomie Tarver had a remarkable weekend at the LTA National Finals held in Shrewsbury, in various tennis events. In the Women's singles competition, Tarver engaged in a match that lasted 2 hours and 30 minutes. After dropping the first set 5-7, she made a resilient comeback, securing the second set 6-2 and ultimately triumphing in the tiebreak with a scoreline of 10-5.

Teaming up with Helen Bond in the Women's doubles event

(pictured, right) Tarver continued her winning streak with a convincing 6-2, 6-3 victory.

The duo demonstrated exceptional coordination and skill on the court.

In the mixed doubles category, Tarver joined forces with fellow Pershore wheelchair tennis club player Will Barton. Their final match was a nail-biting affair, with Tarver and Barton prevailing with a scoreline of 5-7, 6-4, and a tense 11-9 triumph in the match set tiebreak.

Tarver's nerves were put to the test as she served for the win, but she managed to maintain composure, securing another victory for the Pershore

doubles pair.

Adding to her achievements, Naomie Tarver was honoured at the LTA Wheelchair National awards on Saturday night. She was awarded with the prestigious titles of LTA National Women's Singles and Doubles Champion for the 2023 season. This marks the second consecutive year that Tarver has received these accolades, a testament to her consistent excellence on the tennis court.

More about tennis and wheelchair tennis at Pershore can be found online: [www.pershoretennis.co.uk](http://www.pershoretennis.co.uk).



Naomie Tarver and Helen Bond



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# Pershore Times



## Mixed Charity Touch Tournament

Since Worcester Warriors have gone into administration, The Worcester Warriors Foundation has lost a huge amount of funding. Despite this the Foundation still operates and lives up to its Mission Statement, "Worcester Warriors Foundation exists to help build a legacy for sport, education, health, and social cohesion across our communities. We use the power of sport to engage and inspire people who are vulnerable across all age groups to live an active, healthy, and rewarding lifestyle. We support people who are isolated, disengaged, disadvantaged, living with a range of disabilities or conditions such as dementia; and those who have individual and complex needs."

At Pershore RFC we are holding a Mixed Charity Touch Tournament, to raise money for the Worcester Warriors Foundation, so they can carry on providing amazing and vital service through sport. So if you or your workplace would like to take part, then it is teams of 12 mixed players. If you don't have enough to enter a team of 12 people we can team you up with another small team to take part. Also if your would like to part sponsor the event that would mean more monies raised go to the Foundation.

For more information please get in contact Andrew  
Email: [andrewb@cmail.co.uk](mailto:andrewb@cmail.co.uk)

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**MIXED TOUCH RUGBY TOURNAMENT** 1ST JUNE 2024

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Daughter of resident  
- February 2023



9.7

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