

Pershore Times



A free monthly newspaper for Pershore and surrounding villages

Issue 68

February 2022

FREE



Lambs having fun! Photography by Jayne Winter FRPS

Happy New Year to everyone! This is the first edition of the Pershore Times this year which has started with a bang! Almost all Covid restrictions are being lifted! One can hardly grasp this fantastic news. We are virtually back to living normally again! It has been a very long journey indeed with many tragedies on the way. It seems to have gone on for ever and it is hard to remember when it all began and how we got through it!

We know we still have to be cautious and look after ourselves and learn to live with this virus, but what a different feeling! The vaccine and the vaccination policy are the major reasons for the return to normal life. A brilliant achievement by everyone concerned, including the NHS. Oxford University developed a vaccine and with brilliant organisation involving many thousands of people the job got done in a remarkably short time. The scale and speed of this management was exceptional. We should be very proud of these

achievements. We did it our way and most of the world seemed to stand still! The business support schemes by the Government were amazing, massive investments to all sectors of the economy. In the dark days they were certainly on hand to offer help wherever possible. Not every business has survived but many have and trading is starting to move forward again. Nationally the economy is growing faster than expected and with the massive construction projects being undertaken, the predicted pool of unemployment does not exist! We must now look forward to

happy days. Spring is round the corner we can see the buds and shoots coming to life. Let's have a fantastic new year and enjoy every day, even the simple things that we have missed over the last two years. We live in a beautiful part of the country with lovely scenery and an abundance of wild life. We have fascinating local history and we are close to other interesting and lovely places with many local clubs, pubs and good causes. We produced our newspapers every month during lockdown and through the whole pandemic. Thanks to our advertisers and contributors. It was not an easy time because most of our customers were closed, but somehow we did it. We must now put the recent awful times behind us, rebuild our lives and businesses, move forward with thankfulness and goodwill. We have a great opportunity!

Happy Valentines Day!

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Carnival - date & theme announced



Photo: Mark Everett Photography - Pershore Carnival Procession 2018

Get involved and support this great local event!
Due to the changes to 2022 bank holidays, Pershore Carnival will be taking place earlier than usual this year.
The Carnival date is: Monday 2nd May (Early May Bank Holiday Monday).
The theme for the Carnival Procession this year is: "1952 - 2022: Inventions of the Last 70 Years". Individuals and local groups are invited to join the procession either on foot or on motorised floats. Winning entrants are presented with cups and certificates are awarded to all who take part. Entry forms can be downloaded from www.pershorecarnival.co.uk or by emailing

pershoreprocession.mgr@gmail.com
As usual there will be a collection during the parade and we would love to hear from local organisations who feel they should benefit from the town's generosity. Please contact us via the website www.pershorecarnival.co.uk or email pershorecarnival.sec@gmail.com
The last date to book a stall on Carnival Day on Abbey Park is 1st April.
To book a stall please email pershorecamival.sitemgr@gmail.com
For more information and updates, visit PershoreCarnival.co.uk, find us on Facebook: <https://engb.facebook.com/pershorecarnival.co.uk> or email pershorecarnival.sec@gmail.com

A week of awards!

It's been a week of awards for the nurses at local charity, Campden Home Nursing, having received a Covid Heroes Award. The Cluer HR Team of the Year Award at the Concierge Medical Business and Young Entrepreneurs Awards Ceremony.
The Covid Heroes Award was given to the nursing team in recognition of their commitment to patient care during the pandemic. Heather Mitchell, Head of Nursing Services at Campden Home Nursing, said: "The pandemic brought its challenges, but we always responded to a request for nursing care, such is the measure of the team's dedication."

The Concierge Medical Business and Young Entrepreneurs Awards Chipping Campden 2021, are a celebration of the outstanding businesses located in the north Cotswolds and a recognition of the commercial stars of the future. The winners of the 2021 Concierge Medical Business and Young Entrepreneurs Awards were announced by Loyd Grossman at the Cotswold House Hotel.
Helen Makaritis, Chief Executive Officer at Campden Home Nursing, said: "Our nurses constantly inspire me with their devotion to patient care and it is humbling to work alongside them. I am so glad their hard

40th anniversary celebration!



Julian Palfrey – Town Mayor, Tony Rowley – Chairman of Pershore Talking Newspaper, Joan May – Production and Volunteer Organiser, Robert Speight – Town Cryer, Daphne Glover – a listener for 40 years and a Trustee

2021 saw two important milestones reached by Pershore Talking Newspaper: recording and sending out the 1000th edition and reaching their 40th birthday.
Having looked forward to recording the 1000th edition on May 12th 2020, months of lockdowns and restrictions saw the suspension of the numbering of the editions. Joan and Peter May singlehandedly produced and distributed emergency editions and it was not until early summer 2021 that "normal service" and edition-numbering resumed. Pershore Talking Newspaper was proud and relieved when the 1000th edition was recorded on July 27th 2021. The first ever edition was recorded in December 1981 and so December marked the 40th Anniversary, making 2021 quite a momentous year!

There are still a few of the original listeners and volunteers. Councillor Julian Palfrey, Town Mayor of Pershore, has kindly named Pershore Talking Newspaper as his charity for his year in office. He is a second-generation volunteer, his father being one of the original team. Pershore Talking Newspaper was delighted when Julian offered to host a celebratory Coffee Morning at Pershore Town Hall on Saturday December 11th. Careful planning made the occasion as Covid-safe as possible and what an occasion it was!
It was wonderful to see so many volunteers, listeners, supporters and friends at the Coffee Morning which raised just over £380 with further donations being received later. It was an excellent celebration, complete with celebratory cake!



work has been acknowledged with this award." Campden Home Nursing provides free registered nursing care for those living with a life limiting illness who wish to be cared for at home, and holistic support for their families and carers. The charity has recently expanded and now also offers a

Cancer Support Service which provides psychological support through one-to-one appointments and support groups. Over 70% of the charity's nursing is delivered in Worcestershire covering all the GP surgeries in Evesham and Pershore. During the pandemic we supported 140 patients across both services.

ABI students have to find a new home

Residents of Evesham and surrounding areas who have suffered an acquired brain injury (ABI), usually through accident or stroke, will soon be welcomed to Wallace House, Evesham's long-established community centre.

For many years, recovery from their brain injury has been helped by being enrolled as students with Evesham College and being based in their own ABI Centre, which belonged to the Acquired Brain Injury Trust and was funded by a lottery grant and charitable donations. Now, however, the lease of the land on which the Centre stands has not been renewed and the building has been taken over by Evesham College, part of the Warwickshire Colleges Group. They will use it for their own purposes, and the ABI students therefore need a new home.

From mid-January they will still be taught by college staff, but will be based in rooms at Wallace House, where they can enjoy classes including Art, Cookery and Creative Writing, and begin to recover from many months of isolation and anxiety during the Covid pandemic. Paul Taylor, chair of the Acquired Brain Injury Trust, said "I am extremely pleased we have found an alternative facility and we are very grateful to Wallace House for their support and co-operation. It is a tragedy,

however, that despite every effort on the part of the Trustees, the Warwickshire Colleges Group were unable to provide facilities either in Evesham or Pershore, following their decision to scale back the Evesham campus, which we understand will involve selling off part of the site to raise cash. The dedicated facility designed to support those with Acquired Brain Injury will be difficult to fully replicate, but every effort is being made by the Trustees and Wallace House to ensure that provision of these valuable services can continue in Evesham."

The Acting Manager of Wallace House, Sian Purton added: "We are delighted that ABI students will be based at Wallace House and we look forward to welcoming them to our friendly community."

Anyone who is living with the effects of an acquired brain injury and who would like some support and to socialise with others is very welcome to contact the Acquired Brain Injury Trust.

Please contact the Chair of Trustees, Paul Taylor on 01386 425111 during working hours, by email paul@mccarthytaylorconsulting.com or by post to 100 High Street, Evesham WR11 4EU

Plodding on for charity!



Pershore's annual Plum 10k race resumed its winning streak last summer to raise a superb £2,000 for good causes. After a 12-month hiatus due to the Pandemic, the August Bank Holiday event attracted more than 233 entrants. Organised by the town's running club, the Pershore Plum Plodders, entries generated £1,700 for charity – to which the running club added a generous £300 from its coffers.

The Plum Plodders would like to thank all those who took part, plus some 60 volunteers without which the race could not take place. "It was truly a town affair with our club members helping to steward runners from the start line at the town's Leisure Centre out to Wick village, before returning to Abbey Park for the finish," said organiser Ian Hannis. "We really enjoy welcoming locals and runners alike to support and partake in our 'Plum 10k' which prides itself on being part of the annual Plum Festival. Running is a great way of making new friends, keeping fit and feeling better about yourself," Benefiting from one of four £500 donations from the fundraiser has been NHS Charities Together. In addition, runners were given the option of making their own donations with the result that a total of £608 was raised to support healthworkers following the strain of the Pandemic. Three local organisations were

also chosen by the Plum Plodders to benefit from a £500 donation: Pershore Volunteer Centre, the Riverside Youth Centre and Pershore's Down Syndrome Association support group. Plum Plodders, Steve Molland handed over the Club's donation to the three charities and said: "Raising funds for fantastic local initiatives which help raise morale and well-being in our community is part of the Club's ethos and it's wonderful to see how our donations are put to good use. Long may these valuable community initiatives continue with the town's support." In addition, Pershore runners raised £1400 for Worcester homeless shelter Maggs with a sponsored Advent challenge which saw participants run everyday for the 24 days to Christmas Eve. Thanks to this fundraiser, a respectable £5,500 has been raised for Maggs by the club over the past three years.

The Pershore Plum Plodders was established by local resident Trevor Clark in 2014 to bring runners together of all ages (18+) and abilities from beginner to serious amateur competitor. Guided runs, with English Athletics-trained run leaders, are held on multiple evenings at 6pm each week in the Pershore area. For more info, visit PershorePlumPlodders.co.uk



Suzanne Price of the Plum Plodders hands over a £500 donation to Volunteer Centre

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A few words from... Harriett Baldwin MP



Harriett Baldwin MP has urged people to keep coming forward for their vaccinations to help to keep the pressure off the NHS. The MP quizzed Health Secretary Sajid Javid on the latest statistics which show that the latest Covid-19 variant is milder and the majority of people needing serious treatment are unvaccinated. Harriett told the House of Commons: "Before Omicron arrived there had been over 10 million positive cases in this country of Covid-19, of which 14 in every 1,000 appeared to have been fatal. Since Omicron arrived there have been a further

5 million cases, and it looks as though the fatality rate is about 10 times lower. "Will the Secretary of State tell the House how important the 'Get Boosted Now' programme has been in reducing hospitalisations and fatalities?" Speaking afterwards, Harriett said: "The local booster programme has been amazing, and I encourage everyone to make sure that they have the right level of protection to prevent serious illness and keep Covid sufferers out of hospitals. "I was keen to make the point to the Health Secretary that the statistics show that the current variant has a lower hospitalisation rate and the Get Boosted Now programme will help us to ease restrictions and get back to a normal way of life. "While I don't support a compulsory vaccination programme, I am keen to make sure that everyone gets the message that jabs are saving lives and the offer to get your first, second or booster dose remains open. "Official data shows that Omicron is having a much lower impact on the NHS and I am confident that as we head towards the Spring, we will be able to get back to doing the things that we love."

Cost of living Emergency Fund

Harriett Baldwin MP has urged local people to apply for emergency support which will help those most at need with their extra winter bills. The MP was briefed on an emergency fund being managed by South Worcestershire Citizens Advice Bureau which is aimed at helping low-income families who are struggling with higher food and energy bills this year. The £500 million Household Support Fund was launched last September to directly help those who need it most and the local CAB team has been tasked with making sure the money gets into the right hands. The fund, which has over £50,000 still to be distributed, will expire at the end of March and Harriett agreed to help share the news that local people should come forward to get support if they need it.

Harriett said: "This is a very important extra measure to help those people who are struggling with higher-than-expected energy and food bills and I'm urging people who need support to apply to the fund to see if they are eligible. I am aware of a number of local families and individuals who are struggling with their bills, and I am contacting them to apply to this fund. Having had a very useful catch up with the local Citizen's Advice Bureau team, it is clear to me that we need to spread the word and make sure this money gets quickly into the right hands. The CAB does an amazing job supporting local people and I have a close working relationship with the local team as we try our best to help local people with practical assistance.

Government Disabled Persons Charter

- Charter to help all passengers travel with confidence as we build back fairer
- A one-stop shop of advice for disabled passengers travelling by road and rail
- Updated expert guidance on tactile paving and inclusive mobility also launched

The government has joined with disability charity Scope to develop a new Disabled Persons Passenger Charter for bus, coach, taxi, private hire vehicle and rail. Providing a clear explanation of their rights, the charter will improve journeys for disabled people by helping ensure they can travel easily and more confidently. It will bring together a host of information for disabled passengers travelling across England and advice for passengers on what to do when

things do not go as expected. The Charter follows last year's unveiling of the Government's National Disability Strategy – a range of initiatives to improve journeys for disabled people including an accessibility audit of all rail stations, clearer audible and visual announcements on buses, introducing legislation for taxis and private hire vehicles in Parliament, and £1million to improve access at sea ports. Scope research suggests that passengers who travel frequently are faced with a multitude of documents about their rights, which can be unclear. Acting on this feedback, the charter will collate existing information for passengers and centralise it. Once developed, it will be published online, providing a one-stop shop on passenger rights and complaints procedures.

Iconic van evolution

Harriett Baldwin MP has praised the work of a company which plans to transform the light commercial vehicle delivery market with a re-invented iconic van. Harriett visited the design HQ of Morris Commercial to see the latest model – a fully electric van which will be constructed in a carbon neutral production facility. The original Morris J-Type van was popular in the 1950s and 1960s, but the original owners stopped production of the commercial van in 1971. The brand has been bought by an entrepreneur Dr Qu Li who has assembled a team of engineering talents to develop an electric powered prototype van with plans to go into production at the end of next year. The new Morris JE prototype van has already been featured in TV programmes and advertisements, and the team is keen for it to be built at a new

Worcestershire production facility. Harriett said: "The Morris Commercial van is iconic and it's vehicles were omnipresent on UK high streets after the Second World War. I got a sneak preview of the van which is being developed in rural Worcestershire in the shadow of the Cotswolds, and I was briefed on the company's ambitious plans to go into production next year. I've met with a number of local entrepreneurs who are looking to exploit opportunities arising from green transport and I recently chatted to the Morgan Motors team, who are developing its own iconic electric vehicle. There is clearly a hub of expertise in this space, living and working in West Worcestershire and I have agreed to help the Morris team as they work towards setting up a manufacturing facility next year."



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Highway Code changes take effect!

The Highway Code set to be updated with fresh guidance in boost to road safety Government to launch communications campaign ensuring people across the country are aware of how updates will affect them. Changes will include a hierarchy of road users. Changes to The Highway Code designed to enhance safety for all road-users – particularly those most at risk – are set to come into effect from 29th January 2022, as the Government continues to build back safer. If approved by Parliament, a hierarchy of road-users will be introduced this weekend, ensuring quicker or heavier modes of travel have the greatest responsibility to reduce the danger or threat they may pose to others on the road. Cyclists will also receive fresh guidance to ride in the centre of a lane on quieter roads, in slower-moving traffic and at the approach to junctions in order to make themselves as clearly visible as possible. They'll also be reminded they can ride two abreast – as has always been the case and which can be safer in large

groups or with children – but they must be aware of drivers behind them and allow them to overtake if it is safe to do so. Meanwhile motorists will be encouraged to adopt the so-called 'Dutch Reach', opening the door next to them with the opposite hand so they look over their shoulder, meaning they're less likely to injure passing cyclists and pedestrians. The Government's award-winning THINK! campaign will soon launch a communications drive, raising awareness of the changes and ensuring road-users across the country understand their responsibilities. The new updates are advisory, so non-compliance will not result in a fine. The Department for Transport also recently announced plans to change the laws around using handheld mobile phones while driving. They will be made stricter later this year, making virtually any use of them behind the wheel illegal, with those caught breaking the law potentially facing 6 penalty points and a £200 fine.

New coronavirus support funding for businesses

Businesses affected by coronavirus, including the impact of the Omicron Covid-19 variant can now apply for new support funding.

Three new schemes have opened for applications and businesses are being urged to apply as soon as possible to avoid missing the deadline.

The Omicron Hospitality and Leisure Grant is aimed at businesses in those sectors affected by the spread of the Omicron variant and the impact of Plan B measures to try and contain it.

Grants of between £2,667 and £6,000 are on offer depending on the rateable value of the business premises. The deadline for applications is 28 February 2022.

A discretionary funding scheme for businesses affected by the Omicron variant, that are not in the hospitality or leisure sector or do not have a business rates account, has also opened. Grants between £500 and £6,000 will be available. Demand for the

scheme is expected to be high and funding is limited so support will be prioritised towards those businesses deemed most in need. Businesses can also claim for the Covid-19 Additional Relief Fund (CARF) which is aimed at businesses affected by the pandemic but have not been able to claim help from existing support schemes linked to Business Rates. Instead of cash grants, the support will be given to qualifying businesses in the form of a discount on their Business Rates bill for 2021/22. Applications must be made by 21 February 2022.

Businesses can find out more about the support funding available and apply by visiting www.wychavon.gov.uk/business and clicking on the link at the top of the page.



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Hub now fully open!



Pershore Wellbeing Hub is now fully open and there to help you. Hundreds of Worcestershire residents have already benefited from this free service which is open to everyone regardless of their age or where they live. Recently retired GP Chris Perks, a key member of the team, explained:

“The Hub’s aim is to enable everyone in our community to lead healthier, happier lives, making use of our strong network of mutually supportive services.”

Chris wants people to know that the Hub offers a safe space where you can seek out a friendly ear, where trained men and women will listen, support, and enable you to live a healthier and happier life. The Hub offers assistance if you’re finding it difficult to navigate bureaucracy, for example with completing official forms, applying for Attendance Allowance or dealing with letters and bills. The Hub can also help you with problems at work, parenting, caring for elderly relatives, managing stress and anxiety, and many more issues.

Ian Birth, a Hub volunteer and former Assistant Principal at Worcester Sixth Form College said: “Whilst we don’t always know all the answers, we can certainly direct you to someone who does.”

Fiona Warman, a volunteer who worked as a criminal lawyer before joining the Hub added: “We don’t want to tell you what to do, but we do want to work with you to help find solutions that work for you.”

Members of the local community who have already benefited from the Hub’s guidance and support have been fulsome in their praise:

“Thank you so much for your service. I couldn’t have done this without you.”

“All the volunteers have been faultless in their support!”

“You asked me what I would have done if the Hub hadn’t helped me.....well, I’d have been finished!”

As well as providing immediate support and advice, volunteers at the Hub guide people to existing services within the locality, linking with key partners such as Number 8, the Leisure Centre and the Volunteer centre.

Charlie Matthews, a trained Educational Psychologist said: “Our website is vital in extending our reach to the wider community, making us accessible, welcoming, and up to date, and includes a thorough, searchable directory of local services. In short, we are the Local Information Centre for all services that can benefit people’s wellbeing.”

The Hub organisers are aware that whilst its current location on Pershore High Street is great for the town’s residents, not everyone who might benefit from the Hub’s services can get there easily. Gill Perks, Chairperson, also a recently retired GP, hopes that the Hub can help people in the wider community: “We want to facilitate development of supportive small groups taking place in various venues throughout the community.”

The Hub’s premises in Pershore town centre is staffed by volunteers who come from a wide variety of backgrounds.

*Pershore Wellbeing Hub
No.4 High Street, Pershore
WR10 1BG*

https://www.pershorewellbeinghub.co.uk/pershore-wellbeing-hub
Contact: Ian Birth
Email: birthy70@gmail.com
Phone: 01905 357393 (Home)
07762 086498 (Mobile)



Thrive Psychology

‘Thrive Psychology’ is a new practice providing private therapy for mental health and well-being based here in Pershore.

Dr Jane Woodward is a qualified Clinical Psychologist (registered with the Health Care Professions Council) offering therapeutic therapies with experience in psychological theory and practice spanning nearly twenty years. It is her aim to offer support to those suffering from mental health issues in order to help them move towards positive change and thrive once more.

Dr Woodward is able to deliver a variety of therapies tailored to the specific needs of her clients, with a flexible, collaborative approach. Individual assessments ensure a personalised programme delivered in a safe, caring environment. “My values are very much based on compassion and being non-stigmatising.”

For those who feel that this would be beneficial and would like to know more,



Dr Woodward can be contacted
by phone – 07597 894285
or email:
thrive-psychology@hotmail.com

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Contact me

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 **Email:** thrive-psychology@hotmail.com

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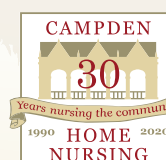
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Congratulations to Claire Lording!

We have some fantastic news to share...

Bishop John has invited Reverend Claire Lording to become a Honorary Canon at Worcester Cathedral.

We congratulate Reverend Claire on being recognised for all the work she does in these parishes, throughout the Diocese and at General Synod.

More details to follow but for now, let's give our sincere thanks for all that Reverend Claire does within our community and the Church of England Diocese of Worcester.



The Church of England

Top tips for saving money!



With the rising costs of living, particularly energy and food, it is worth remembering that there are many ways to improve or make your finances go further. Here are our top ones.

Check whether there are any welfare benefits you could claim that could boost your income whether you are in work or not. There are benefits that cover a wide range of circumstances whether you are seeking work, unable to work due to sickness, caring for a dependent relative, retired or need assistance towards the extra costs of a disability. Many go unclaimed each year, despite a legal entitlement existing for those that meet the qualifying criteria. Get some help to get your finances under control. Many agencies such as Citizens Advice offer free and impartial help with budgeting and income maximization. In addition, they can help you to identify ways to deal with unmanageable debt. It is important to prioritise your debts. We have advice on our website to help you do this. Some bills can cause you more problems than others if you don't pay them. Rent or mortgage arrears, energy bills and council tax are your priority debts as there can be serious consequences if you don't pay them.

Be sure to get in touch with the organisations you owe money to. Not everyone feels confident to do this, but they might be able to

help by letting you pay smaller amounts or taking a break from payments. Many organisations have put in place protections for people who've struggled to pay their bills during the pandemic. Draw up a budget. This will help you to keep track of your expenditure - take a look at the budgeting tool on our national website and make sure you're getting all the income you're entitled to.

<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/check-if-you-can-increase-your-income/>
Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel able to manage your situation alone, call our national debt helpline: 0800 240 4420 or contact your local Citizens Advice office.

If you are thinking about taking on more credit, pause and think about how you will repay it. How much is it going to cost you? What is the APR? Spending on credit cards is likely to increase in the spring but this is one of the more expensive forms of credit. What are the cheaper alternatives? Finally, check what other help might be available from local charities to help you manage your bills and see whether your local council has any hardship monies available.

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Join our shops' team urges hospice

A Worcestershire-based hospice is encouraging people to join their volunteer team this year in the charity's 18 shops around the county.

St Richard's Hospice is hoping that at least 150 new volunteers will swell their ranks to help run the stores, which raise vital income towards the hospice's care of patients and families living with a serious progressive illness.

St Richard's Shops Director, Dan Corns, suggests becoming a shop volunteer is a great step to take in a new year.

Mr Corns said, "If you're looking to meet new people, improve your wellbeing and give something back then look no further than your local St Richard's Hospice shop. Our volunteers tell us that these are three of the things they love most about working in our shops, along with enjoying being part of a team."

St Richard's already has 400

active shop volunteers who are the charity's face within the community. In the year 2019/20, pre-pandemic, volunteers donated 92,000 hours of their time to help in the shops. Last year the shops raised over £500,000, with government Covid-support, through the sale of good quality clothes, bric-a-brac, books and furniture donated by local people.

Anyone able to volunteer is asked to call into their local shop to chat with the manager about the volunteer opportunities available, register interest via the St Richard's website <https://www.strichards.org.uk/support-us/volunteering/> or call them on 01905 763963

ded by the NHS. For more information about St Richard's Hospice visit www.strichards.org.uk

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Four generations of printers

Women's Fellowship



Our meeting in January: A Christmas meal

Members enjoyed an excellent feast at The Star Hotel, Pershore.

With a choice of four starters: Soup, Chicken Paté, Salmon, or Cheese Fondue.

Main Course: Traditional Turkey, Braised Beef, Fish or Risotto.

Dessert: Christmas Brûlée, Date Sponge, Ice Cream or

Cheese Board.

Then followed by Tea or Coffee Mince Pies plus Chocolates Enjoyed by everyone with compliments to the Chefs!

By 1865, a housekeeper, Miss Worm, and her

Looking forward to our meetings for the New Year 2022 which will include Quizzes, Crafts, History and a talk from The Town Cryer.

If anyone would like to join us for friendship and fun.

Soap making workshop



A new year wouldn't be a new year without the mention of resolutions or the promises we make ourselves to better our lives or improve our wellbeing. An impressive lifestyle change may be to use less plastic. Better still, combine this with enjoying a little me-time, relaxing and learning a new skill in the process. Worcestershire based workshop provider Three Little Pigs is teaming up with a knowledgeable local artisan to run a Soap Making Workshop in February, focussing on the traditional and increasingly popular craft of making cold-process soap. Learning the science behind the soap, understanding how the ingredients combine to form soap, and enjoying the artistry of the process is enlightening. As well as making two of their own batches of soap during the

day, participants will learn everything they need to know to go on and make more, never having to purchase liquid soap in plastic bottles again.

The workshop will run from 10.00am until 4.00pm and is suitable for complete beginners. Materials and lunch are provided and the workshop it is set to be a relaxed and informative day. Three Little Pigs owner Fiona Hoggard says: 'This is a truly enjoyable workshop. Everyone is always surprised how much they learn and by the end of the day everyone leaves feeling relaxed because of the lovely fragrances we work with!'

The workshop will run on Thursday 17th February 2022, from 10am until 4pm, at Three Little Pigs, Worcestershire. For more details or to book a place visit: www.threelittlepigs.net



Your Invitation..



Pershore Volunteer Centre invite you to "Have your Say" at the Good Neighbourhood Network

Fladbury Village Hall 3rd February and 31st March
 Peopleton Village Hall 10th February and 24th March
 Eckington Village Hall 18th February and 18th March
 Stoulton Village Hall 25th February and 29th April
 Elmley Castle Village Hall 8th March and 22nd April
 St Andrews Hall, Pershore 26th February and 27th April

11am to 3pm Tea & Coffee on arrival, followed by a Light Lunch and afternoon activity

- Learn more about the services of The Pershore Volunteer Centre and Pershore Wellbeing Hub and how to access them.
- Tell us how you are involved in your community and what else you would like to see.
- Meet some of our wonderful team of volunteers and hear how rewarding volunteering can be.
- Do you want to make a difference, why not join the team?

To register, please contact Jo at the Pershore Volunteer Centre; Tel: 01386 554 299 or email ; jo.stylianou@pershorevolunteers.org.uk

Transport to & from the event can be organised for a nominal fee.

Heritage & History Society *Heather Greenhalgh*

Victorian kitchen

The British had always loved sugar, so much that when they first got easy access to it, during the time of Henry VIII, they put it on almost everything, on eggs, meat and including gravy. Even though sugar was very expensive people continued to consume it until their teeth turned black. If their teeth didn't turn black naturally the wealthy folk blackened them artificially to show how self indulgent they were. So sweet tea became a sign of class distinction. According to Bill Bryson, - (*A Short History of Nearly Everything, 2003*), the consumption of sugar, per capita, was running at 80 pounds of sugar per person annually.

The large victorian kitchen included a rectangular softwood table for the preparation of meals. The dining room appeared with dinner tables in the 18th century. Dining rooms came into being because the mistress of the house was able to save her lovely new upholstered furniture from greasy fingerprints prior to the introduction of forks in the 1850's. Most dishes were placed in the centre of a large table. Guests would arrive to find the food waiting and would

help themselves to whatever was nearby. Servants would be asked to pass the dishes over. The 19th Century was to become the age of the overdressed dining table. It was thought that some people needed more help with the rules of dining behaviour than others. John Jacob Astor, one of the richest men in Florence, astounded his hosts at one dinner party by coming over and wiping his hands on the dress of a woman close at hand.

One popular American guide informed readers that they may wipe their lips on the table-cloths but not blow their noses on them. (*Bill Bryson : At Home 2016*) In 1845 a Miss Acton produced a book of modern cookery for private families. It was the first book to give exact measurements and cooking time. It became the work on which all cookery books have been based. Until then, domestic instructions were notoriously vague. Some flour and enough milk, comprised the general instructions.

Mrs Beeton in her book of Household Management, published in 1861 provided a definitive guide to running a household in Victorian Britain.

Rotary Supporting... Talking Newspaper



If you like to keep up with the local news, but are elderly, blind or partially sighted, the Pershore Talking Newspaper (PTN) can help. In 1981 local Rotarian, Alec Nelmes and his wife Gee, founded the Pershore Talking Newspaper for those finding it difficult to read local stories in the press.

They set up audio recordings of the news taken from the Pershore Times, Evesham Journal and the Berrow's Worcester Journal. Initial fortnightly recordings were on tapes and are now on memory sticks. Recorded memory sticks are then sent out to the 40 listeners in USB postal wallets to be played on their boomboxes at home.

Pershore Talking Newspaper currently has 46 volunteers including those that read the stories to be recorded.

The number of listeners relying

on a regular supply of material from PTN increased significantly during lockdown requiring additional memory sticks and postal wallets. Pershore Rotary, given its long-term connection with PTN were delighted to be able to donate the £390 required to buy the equipment through PRoGS, its Pershore Rotary Grants Scheme, aimed at providing individuals and local organisations with equipment or other facilities that benefit the local community.

To find out more about PRoGS and how you might benefit from funding available, contact Kit on 07747 117624 or email secretary.pershore@btinternet.com



Only £8,000 left to raise to get this amazing vivaro-e life long for Pershore Volunteer Centre!

It will allow us to transport people in a wheelchair it also allows us to transport up to 8 passengers and a driver! This is such an important vehicle for us to get for the community. We are asking for local businesses and residents to help us with this final push.

With extra funding we'll be able to adapt the front seat to transport people with disabilities therefore giving the vehicle capacity to carry two disabled people at one time!

We are so close!

If just 400 people or businesses donate £20, then we will meet our target!

Please support us in this venture!



Teenage Focus! *Home Stretch*

Gregory Sidaway (18)



Ah ha! This is it, we're on the home stretch. We're into February, a strange epilogue to a chilly trilogy of months that make up Winter. Or "y mis bach", as they say in Welsh, meaning "little month". I like that one, it makes me think of a younger sibling next to eleven older brothers and sisters. One day it will get warmer! Most of us forget we have gardens in Winter, they shut down and recuperate for a few months. It's a great moment when the sun shines and thaws the frost, and we remember they exist again. Soon, Spring will leap back onto the scene:

blossom, tick, crocuses, tick, pollen allergies, tick. However, this has been a busy time for those of my age, because January marked the end of a long and tricky period of making University decisions. To get a more varied picture, I asked a few friends about the process to see what they thought about leaving Sixth Form and embracing the opportunities ahead.

The application process itself was a mixed bag. "Okay, getting my application in was originally stressful. I also found it challenging to decide what course to study as there are so

many choices," said one person. Another commented that it was very frustrating but that "I'm glad I finished it in early November, getting it over and done with meant I could focus on mocks and not rush last minute." The process required us compiling what was essentially a guidebook about ourselves, personal statements, predicted grades, teacher references, examples of our work ... before sending them off to our five University choices with crossed fingers. Thankfully, we've just emerged from that gloomy tunnel and now we're starting to reap what we sowed: Uni offers have found their way back to us. "I don't think you'll get any other time in your life where you're offered the same amount of opportunity and freedom to pursue the things you enjoy," said one. All of the friends I asked highlighted independence as a key part of what they were most looking forward to, and I can't argue with them. My last year of High School feels like I'm on the verge of outgrowing a t-shirt which was once way too big for me but now is beginning to feel a bit tight. Now it feels time to hand it down for others to wear and enjoy. Some friends felt sadder than others about leaving, ("As for leaving Sixth Form, I



can't wait!") but everyone shared a burning desire to shrug off A Levels and move on to something new. And we really haven't got very long to go, only a few months and a grand finale of exams, then the smoke clears and we're free to go. I'm not quite sure how I'll feel when the smoke does clear, when I put my pen down after the last test paper. I guess no one really does until it actually happens, but I won't wish time away. Right now, there's only one thing that matters: finishing this article and wishing you all the best, fellow reader.

PERSHORE TOWN COUNCIL COMMUNITY LITTERPICK



Date: 19th March 2022

Location: Town Hall side entrance

Time: 10:00am

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Pershore Riverside Centre CIO (charity no 1156413) King George's Way, Pershore WR10 1QU

Country file



Woodpeckers

Woodpeckers are quite a common sight in both our gardens and in the countryside. They can very often be heard even if they can't be seen, tapping away at tree trunks and, sometimes, telegraph poles. They are very distinctive birds – the Great Spotted Woodpecker and the Green Woodpecker both very attractive creatures.

The Great Spotted Woodpecker is a little bigger than a starling. It has a marked black and white coat with a red patch under its tail and (in the male only) on the rear of its head. It has an undulating flight with sharp bursts of wing beats interspersed with wings held closed. It can be seen in gardens, parks and hedgerows but needs woodland for breeding. It uses its bill to

drum on trees but has no song. It emits a sharp 'kik' sound instead. The Green Woodpecker is jackdaw-sized with greenish-yellow plumage. The male has a red cap which extends round to its black moustache. The juvenile has distinctive spots on the side of its head and underparts. It is a shy bird and is easily disturbed, flying away to shelter. The Green Woodpecker is a fairly common resident in woodlands, parks, farmlands and sometimes visits garden lawns. It breeds in tree cavities and eats grubs from rotting wood. Its call is a series of staccato sounds rapidly delivered which has given it the country name of 'yaffle'. Unlike the Great Spotted Woodpecker, it rarely drums.

Cooking for fun! Ailsa Craddock

Hopefully, when you are reading this, buds are bursting out, primroses and crocuses blooming and looking forward to Spring. With tidying up and preparing the vegetable garden for planting and all the other pre-Spring jobs to do, the last thing I will be thinking of is some complicated cooking to take up my time from outside, so looking at ease, quickness and time, this month we are cooking en papillote - all the ingredients thrown into little parcels and popped in the oven - you can even save time on washing up if you eat straight from the packet! Three versions - fish, chicken and a vegetarian one - should cover all bases - and, if gardening is not your thing, just pour yourself a glass of something nice and sit in the new sunshine with a good book, knowing you are not going to be pulled away from its pages any time soon.

For the parcel, you will need some baking parchment - or if you haven't got this, some greaseproof paper and kitchen foil, folded together, foil outside. The size will be determined by the size of fish or chicken piece but I would say about a 30cm square or A4 piece of paper should definitely do it. *NB Recipes are for each parcel!*

Salmon in a bag

*1 boneless salmon fillet per person
1 clove garlic (minced) 1 teaspoon extra virgin olive oil
1 dessertspoon dill (roughly chopped) 6 - 8 cherry tomatoes (halved)
6 medium white button mushrooms (thinly sliced) 4 - 6 thick asparagus spears (if in season - otherwise use tenderstem broccoli)
1/2 lemon 1 teaspoon capers (optional)*

Preheat oven to 350°F. Season salmon fillet with salt and pepper and set aside. Use two pieces of parchment paper big enough to fold in half once all the ingredients have been added. Evenly distribute minced garlic and asparagus in the centre of each of the pieces of paper and top with salmon fillet. Add cherry tomatoes and mushrooms around the salmon and season with salt and pepper. Sprinkle dill and capers on top of fish and vegetables and drizzle extra virgin oil. Squeeze a little lemon juice and close the paper by folding the edges over several times, until it is completely sealed. Place on a baking sheet and bake for 20-25 minutes, until salmon is almost fully cooked and flaky. Serve with rice, new potatoes or noodles - or just some crusty bread.

Mediterranean Chicken

*1 boneless, skinless chicken breast
1 grated garlic clove, Coarse salt and ground pepper 1/2 can (14.5 ounces) diced tomatoes, drained 2 artichoke hearts (from a 14-ounce can), quartered
6 Kalamata olives, halved and pitted
2 teaspoons capers crumbled feta
1/4 teaspoon oregano (optional)
1/2 tablespoon olive oil*



Preheat oven to 375 degrees. Place a 12-inch square of parchment paper on a work surface. Place chicken breast on one half of each square, leaving a 2-inch border; season with salt and pepper. Dividing evenly, top chicken with garlic, tomatoes, artichokes, olives, capers and feta. Sprinkle with oregano and oil. Fold parchment over ingredients, and crimp edges to seal. Place packet on baking sheet. Bake until chicken is opaque throughout, 20 to 22 minutes and serve, as above with new potatoes, rice or noodles.

Shiitake Mushrooms and Brown Rice

*1/2 cup cooked brown rice 1 cup thinly sliced shiitake mushrooms 2 sprigs fresh thyme Coarse salt and pepper
olive oil to drizzle, fresh greens
Lemon wedges*

Heat oven to 425 degrees. Cut a piece of parchment paper, 12in square. Lay in rice and top with mushrooms and thyme. Season with salt and pepper and drizzle with olive oil. Bake on a baking sheet until packet is puffed and mushrooms are cooked through, 20 to 25 minutes. Serve with greens divided among plates and squeezed with lemon wedges.



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February Events at community run The Queen Elizabeth Inn



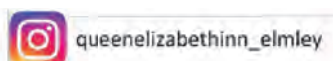
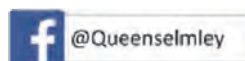
Here's a small taste of what is going on in February !!
Who knew that a rural community pub could be so exciting !!



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Automatic landings *Tim Hickson*



The passenger airliner

In 1945 a remarkable event took place at RAF Defford. Without the pilot touching the controls, a small Boeing airliner found the airfield, lined up with a runway and then landed gently and safely. To keep his hands away from the controls took some courage from that pilot, Wing Commander Frank Griffiths. Now, that procedure is commonplace. Commercial airliners do this all the time in the dark and in fog. If passengers are aware of this, they are not concerned but tend just to think about the next stage of their journey. So how did it start?

In 1940, France had fallen and Britain was expecting a German

invasion. Winston Churchill had become Prime Minister and to gain industrial help from the neutral U.S.A., we offered to share our scientific secrets.

When this was agreed, a party of our scientists crossed the Atlantic.

This delegation, led by Sir Henry Tizard, included Dr Taffy Bowen who took with him one of the first resonant cavity magnetrons, developed at Birmingham University. An American historian called that 'the most valuable cargo ever to reach our shores'. *(Among many other things were details of Frank Whittle's jet engine and a report on British progress in producing an atom bomb.)*

The Tizard mission made a great contribution to technical developments both in the U.S. and in the other partner, Canada. It also established the wartime 'special relationship' between these nations.

The Americans rapidly developed their own version of magnetron-based radar and this was, eventually, installed, in Canada, in an elderly Boeing passenger plane that had been converted to a flying laboratory. Generously, the Canadians gave this to Britain. It was dismantled and travelled across the Atlantic, as deck cargo, to Liverpool in July 1940.

That aircraft then allowed us to compare the British radar kit with that of the Americans; not surprisingly it was found that a combination of the two worked best.

As the Boeing was so docile to fly and to land, and the scientists were comfortably seated in a heated cabin as well as having a work bench down one side, it was a far more popular aircraft than any of the British ones available.

When the move from the South Coast to Malvern and RAF Defford took place, the Boeing came too. It was involved in developing all the major radar applications and, in November 1942, it helped to set up a vital homing system in which an aircraft could find a beacon situated at its own airfield. Then, in late 1943, the new Commanding Officer, Group Captain John MacDonald, arrived to find that producing a complete Automatic Landing System had become a priority. Operational RAF Stations were struggling to cope with large numbers of tired, recently-frightened pilots, often in

damaged aircraft and short of fuel all trying to get priority for landing. Also, when the American Air Force arrived, they found the British climate dreadful to fly in.

Early in 1944, a team came from the U.S. to demonstrate their Instrument Landing System (ILS). This helped a pilot line up with the runway and to find the best angle of descent. However, it needed a well-trained, skilful pilot and good visibility near the runway. Eventually, working together, the British and the Americans found how to connect the ILS signals to the aircraft controls. Then, adding the beacon-finding kit, a complete system was produced. The Boeing pilot, in the sky over Wales, switched on the auto-approach and sat back. The aircraft turned gently round and set a course over the Malverns to RAF Defford. Arriving, it turned to face the runway and descended gently to land. Thus, on the 16th of January, 1945, RAF Defford witnessed the world's first completely automatic landing.

For a full account of this piece of our history, read Bob Shaw's Top Secret Boeing



Automatic landing at RAF Defford



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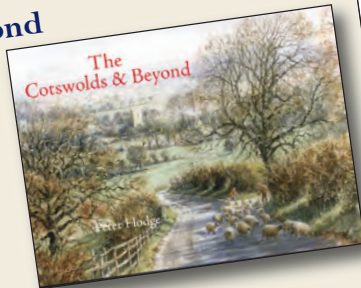
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The Cotswolds & Beyond

Peter Hodge

This book contains not only a fine collection of Cotswold landscape paintings by Peter Hodge, for which he is best known, but also images and insights from his many and diverse forays into graphics, surrealism, ceramic and textile design. Told with down to earth honesty and humour, he comments on paradoxical quirks of creating art; balancing integrity and enthusiasm with the demands of making a living in the precarious world of artistic endeavour. A trip to my local printer Hughes & Co., and a meeting with proprietor Alan Hughes, who had been printing some of my prints and cards, led to an unexpected revelation; they had also printed several art books. I mentioned my shelved book project and Alan expressed interest, culminating in me looking out my images and words and Alan concluding that "something could be done" with them. In fact he was quite enthusiastic and that in turn re-ignited my own enthusiasm. One of the main blocks to the original publisher was that the painting images were mostly in the old, but in my opinion, superior 5" x 4" transparency format, when all things modern demanded digital images. This did not deter Alan and his team who painstakingly transferred all my images to digital format, thus belatedly resolving the issue and finally releasing the little tome you now hold.

Published by Hughes & Company



£19.95

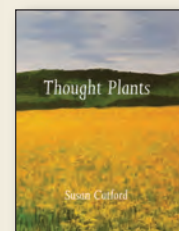
Beat your fear of Flying

Captain Chris

Statistically there are one in five of us that have some flight phobia, from mild concern to total avoidance and panic attacks. This book was written by me, Captain Chris expressly to help those with a degree of anxiety of flying. In it you will find the inside knowledge about your flight, your fear and how to help you overcome it. This is a simple step by step guide for both the nervous passenger and also the veteran flyer that wants to know more about the workings of aviation. There are sections on air traffic control, your aircrew, engineers, weather and staying healthy during your flight.



£11.99



'Thought Plants'

Susan Catford

Susan's first book and is a new collection of writing and poems exploring ideas, events and everyday life.

At times serious and thoughtful, at others enjoying the whimsical, lighter side of things.

It has grown surprisingly well from early seeds and a fertile imagination.

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Willie's War (1914 – 1919)

Robert Maude

This book provides a valuable insight into the life of a soldier who fought on the front line in France and who amazingly survived the First World War.

He was William (Willie) Henry Barry and his story is told by his nephew Robert Maude. This account is written using Willie's own words taken from letters and postcards sent home to his mother

Sarah Barry in Dublin, Ireland between 1914 and 1919. Many of the images from the postcards have been added to the text to support and illustrate his story.

Published by Hughes & Company



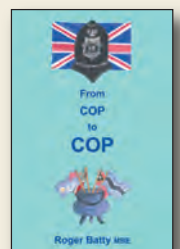
£11.95

From COP to COP

Roger Batty MBE

This is an autobiography with a difference. Roger Batty who started out as a Metropolitan Police Detective (cop) sends messages to people he met during his career fighting corruption in London, Hong Kong, Botswana, South Africa and Timor Leste where he was Chief of Party (CoP) of a company rebuilding that country's justice institutions. He has met Royalty, Presidents, Prime Ministers, good cops, bad cops, villains and heroes. You will find Roger's subtle Yorkshire humour, easy writing style and stories make this an interesting, sometimes amazing read which will make you laugh, cry and occasionally take sharp intakes of breath.

Produced by Hughes & Company



£20.00

Swing Time

Written by Dr. Rand Jerris and Peter Lewis
 A Celebration of Golf and Music 1870-1939
 Grant Books recently published for the United States Golf Association Foundation Swing Time: A Celebration of Golf and Music 1870-1939. The authors are two well-known and highly-respected golf historians, Dr. Rand Jerris and Peter Lewis, who also are excellent collaborators. This unique and important new entry in the Library of Golf is 324 pages, which includes a comprehensive Bibliography and Index, together with profuse colour illustrations. The book is printed on acid-free paper with an illustrated dust jacket in a limited edition of 1500 copies. Produced by Hughes & Company



£40.00

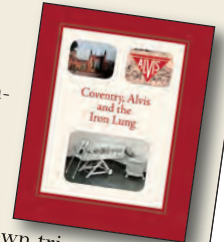
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Coventry, Alvis and the Iron Lung

by Adrian Padfield

A biography of Captain George Thomas Smith-Clarke (1884-1960) An unrecognised hero of Coventry George Thomas Smith-Clarke was born in Bewdley at the end of 1884. He was twelve when his father died and he went to work in a chemist's shop. In 1900 he made his own tri-car. Joining the GWR at Swindon in 1902. He was recruited to the Royal Aircraft Factory in 1915 (marrying the same year) and, posted to Coventry, was responsible for inspecting all the aero engines made there. In 1922 he was appointed chief engineer of The Alvis Car and Engineering Company where he remained until his retirement in 1950. He became chairman of the Coventry and Warwickshire Hospital in 1935. When the Luftwaffe raids of 1940 and 1941 devastated Coventry, destroying much of the Alvis works and the Hospital, Smith-Clarke headed the emergency committee for restoring the hospital. He returned to the chair of the NHS Coventry Hospital Group after retiring from Alvis. During the 1950s polio epidemics, he was co-opted to the Birmingham Regional committee on breathing machines. He led a team in Coventry to modify the wooden 'Iron Lungs' resulting in orders from the Ministry of Health for kits to modify all the machines in Britain. A remarkable man; he was a great engineer, with a complete knowledge of manufacturing processes. His modest and retiring manner endeared him to his friends but may account for the fact that he received no national recognition for his major contributions to innovative engineering designs in both world wars and the automobile and inventions that extended and enriched the lives of thousands.



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Reg Moule

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"The Miracle Man"

Father Rodney Annis

This name was given me by the doctors and nurses who treated me in hospital. When I arrived I was told, "You are dying, there is nothing we can do to save your life", but here I am, alive and well, and living to tell the tale. Why did I survive when many do not? The fact that I am called the miracle man is evidence enough that the doctors did not expect me to live. This book is my answer to these questions and to others which are of a more profound nature and have implications for us all. This book is my personal testimony in response to these important questions, in which the answer becomes a resounding "Yes".

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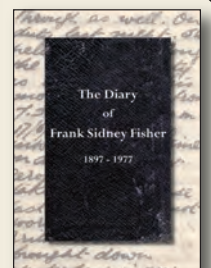


The Diary of

Frank Sidney Fisher 1897 - 1977

Charles Dieppe

This is a true record of the early adulthood of the youngest son of an ordinary London family, who fought for his country in World War 1. It has been written and compiled by Charles Dieppe and obviously Frank Fisher. Charles is married to Frank's daughter, Christine.



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Women's Hour!

The Rhythm of Life

Susan Catford



So many aspects of our life respond to rhythms, whether they are of the musical variety or the rhythms of life which are part of our existence. Different music appeals to different people but there seems to be in most of us an irresistible urge that music can inspire. From the simple toe-tapping and body swaying to the complicated footwork of a tango or a foxtrot, we move instinctively with the rhythm and the beat (but not always in time!). Most of us are not destined to be great dancers but can still enjoy the energy of a good fling around the dance

floor. From disco dancing to classical ballet it seems it is in our nature and part of our lives to appreciate how our bodies move.

Having recently enjoyed watching the musical 'Anything goes', I was reminded of my own ambition to learn to tap-dance (inspired by the musicals I watched as a child, a Ginger Rogers of the future). I came to this as a young adult when a friend and I decided that 'hoofing'; might be fun. We invested in some shiny patent tap shoes and set off eagerly. Alas, it turned out to be much harder

than we thought. Perhaps I didn't have rhythm after all! This was soon curtailed anyway when first my friend, then I became pregnant. My ambition to be a great tap-dancer was not to be but my tap shoes sat in my wardrobe for several years where I regarded them wistfully from time to time.

Other rhythms take over our lives and these have been severely disrupted over the past couple of Covid years. Whether it is the routine of work days, school days or just everyday life, there have been huge changes. The daily commute was replaced with working from home for many and school days also became home days. Something most of us could never have thought possible came and changed our lives and altered them forever. The rhythm which we had moved to somehow disappeared but it also offered us a new pattern, new steps, a new dance and some of it turned out to be for the better.

Many of us were able to have more time without the constant rushing and pressure of the daily grind. Time to learn new crafts and skills, develop new interests, enjoy our environment and have precious time with our families. For others though, it meant even greater pressure which we will never forget as they struggled to

save lives. Neither will we forget those who lost their lives so suddenly and tragically.

Whilst all, this has been going on, Nature has carried on regardless with its own rhythm of life. New life, growth, weather, seasons, the years passing and time moving on regardless of Covid. Somehow, some things do not change. There is reassurance in knowing that Spring will follow Winter, crops will grow, animals will give birth, plants and flowers will reappear and that there is always hope.

This year has begun with some return to normality. Christmas and New Year were once more family times and probably appreciated more than ever before. Celebrations and holidays are eagerly anticipated even though we are still going through difficult times. The future is looking brighter. So wherever you are, whoever you are, enjoy the music, listen to the rhythm of life and move with it. It is too late for tap-dancing I fear but there is still a waltz in me and even a bit of disco diva trying to get out! The rhythm of life has a powerful beat!!



Precious things

There are so many things in life
That we hold really dear.

They're not the things that we
can buy

That will become quite clear.

The wonder of a new born child
Its first breath and it's cry,
The feeling of such happiness
And love's the reason why.

The dawning of a new day
With sun and skies of blue
Which holds a host of promises
Of things to come for you.

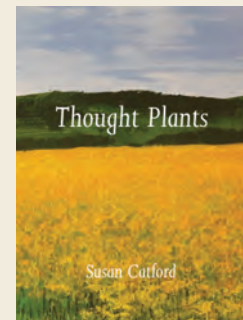
The joy of meeting someone
Who knows just how you feel
The love which grows between
you
Is wonderful and real.

The warm smile of a loved one
A caring, tender touch,
The feeling of security
That really means so much.

But all the jewels and diamonds
That people think they need
Are simply cheap accessories
A symbol of their greed.

Those things that some think
precious
Cannot really compare
With all that life can offer
The things for which we care.

While precious can mean
valuable
It really seems to me
That precious is a lovely word
For what our life should be.



120 pages A5 full colour illustrated by Susan Catford

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

Available for £9.95

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Ladders, and the recipe for success with pain.

Karen Harris

It does worry me when I see posts on social media from people with back pain asking 'what can you recommend?' or 'what did you do?' It's like asking someone for a recipe and just having the ingredients, the taste may well be similar but how it's put together is the key. How your body is working together, or not, is the key. Your back pain, for example, isn't someone else's, it's personal to you. It might hurt for a completely different reason to your neighbours or your Auntie Joans - she might have uneven hips, your neighbour might have a flat lumber spine. The pain might be similar, but not the cause.

- Take a look at this list
- Forward head position
 - Rounded shoulders
 - Uneven shoulders
 - Twisted or rotated hips
 - Uneven hips
 - Torso offset
 - Swayback (hips forward of the shoulders)
 - Exaggerated "S" curve of the spine
 - Flattened lumber curve
 - Knock-Knees
 - Bow-legs
 - External Femurs
 - Internal Femurs
 - Tibial Torsion (kneecaps pointing different directions than the feet)
 - Wide Stance
 - Flat feet
 - Everted Feet (feet pointing outward)

What do they all have in common? They are all common postural issues that can cause back pain. Flat feet can cause back pain? Yes. Head position can cause back pain? Yes! The body is a unit. Whatever happens in one part has to affect somewhere else. Think of a ladder in relation to

your joints and your body alignment. The uprights are each line of ankle - knee - hip - shoulder, and the rungs are each pair of joints. If you need to fix something at a height and get your ladder out to find that one side has bowed or one rung has dropped, you wouldn't use it; you would class it as unsafe, unbalanced, unable to support your weight. The rung that's lower will undoubtedly affect the rung underneath it and the next. If you look in the mirror and notice that one shoulder is lower than the other, or further forward of the other, inevitably the muscles that connect the shoulder, and its blade, to the ribcage, will be compromised. In turn, muscles attach to them - that attach to the spine and pelvis - will also be affected, and so on. The body is a unit. Looking at the other side of the coin, back/spine position will also cause pain in other places. It doesn't follow that excess, or lack of, curvature in the spine will cause pain, but it will kick in somewhere else. If someone comes to see me with knee pain I look elsewhere at the rungs and uprights, check the position of the pelvis and the feet, everywhere else but the knee! So you see, it's personal; there is no one-size fits all system that works. Put all the recipe ingredients together, get the right method and take a holistic approach to joint aches and pains.



Garden Watch



Sitting here on a chilly but sunny January day, it is difficult at first to see beyond the bareness of the garden. However, on closer inspection, there are beautiful, shimmering droplets of water on the blades of grass from the early morning frost. The lawn is bejewelled with these miniscule baubles. In the air, there are dancing midges which have appeared from nowhere and are performing graceful aerobatics making the most of the sun's warmth. The birds are chattering and singing their usual melodies. Diving and swooping, they take advantage of the bird feeders in relays. The robins, tits, pigeons, magpies and sparrows are our regular visitors. The garden is their domain not ours at this time! In the flower beds and under

shrubs and hedges, green shoots are poking their heads out. Some bare branches are beginning to show tiny buds. There are signs that Spring is on its way. Since the early morning mist has gone, there is a new clarity with the sunlight. Trees are elegant silhouettes against the blue sky and everything is made more three-dimensional by the strong shadows. The sun sits lower in the sky but finds its way between obstacles to illuminate and highlight the garden. The magnolia has sparkled with Christmas lights over the past weeks but now its buds are filling out with its own decorations. Some things still lie in wait but the ivy continues to grow regardless of the weather!! Perhaps the garden isn't so bare after all!

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Letters to the Editor

Repeat of November Request

Response to November Letter

Dear Editor,
I wonder if you could help me? I have two requests. I am trying to locate a book or booklet 'RAF in Pershore', no luck so far. I am wondering if anyone remembers my father. PC 122 Pete Savage from Three Springs Road. We lived in the first house facing Worcester Road. He moved to Plymouth a few years ago when my mother died. I would be so grateful for any news or memories of him.

Thank you so much.

Val Rope (Mrs) nee Savage

Dear Editor,
PC Peter Savage came to Pershore police station while my father, Charlie Milward was a police constable at the time. (My father retired in approx 1954). The Sergeant at the time was Sergeant Hemming who was replaced by Sergeant Lancelott and the Inspector was Inspector Simmons.

Wendy Griffiths nee Milward

Dear Editor,
Thank you for publishing my article in the latest edition of the Pershore Times. May I pay tribute to the excellent job you did on this issue. Best wishes,

Matthew Winfield

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What's On?

Cinema Corner!

December/January



Cinema Listings

Spencer (12A)

Monday 7 February - 11.00am & 7.30pm (ST); Tuesday 8 February 7.30pm
Directed by Pablo Larrain, 1hr 47mins, AD
Tickets: £8.50 (£8.00), Matinee £7.00 (£6.50)

Annette (15)

Thursday 10 February 7.30pm
Directed by Leos Carax, 2hrs 19mins
Tickets: £8.50 (£8.00)

West Side Story (12A)

Friday 11 - 7.30
Saturday 12 February - 2.30pm & 7.30pm;

Special Preview Screening:

Cyrano (12A)

Monday 14 February 2.30pm
No Time to Die (12A)
Tuesday 15 February 7.30pm

Licorice Pizza (cert tbc15)

Friday 18 & Saturday 19 February - 7.30pm
Written and directed by Paul Thomas Anderson, 2hrs 13mins
Tickets: £8.50 (£8.00)

Sing 2 (U)

Monday 21 February - 2.00pm (RS); Wednesday 23 February - 10.30am
Directed by Garth Jennings, 1hr 52mins.
Tickets £6

The Lost Daughter (15)

Tuesday 22 February - 7.30pm
Directed by Maggie Gyllenhaal, 2hr 2mins
Tickets: £8.50 (£8.00)

Event Listings

National Theatre Live:

Recorded at Wyndhams Theatre, London Leopoldstadt
Thursday 27 January 7.00pm
2hrs 20mins (inc interval)
£15. £10 student

Orchestra of the Swan: Labyrinths

Fri 28 Jan - 7.30pm (pre-concert talk 6.45pm)
2hrs
£15.50

Pop up Painting: Gustav Klimt's The Kiss

Thursday 10 February - 7.00pm
3hrs
Tickets: £26.50 (inc a drink/nibbles)

Romeo & Juliet

Recorded at the Royal Opera House, London
Monday 14 February - 7.15pm
3hrs 25min (inc intervals)
Tickets: £16, 16 & under £10

National Theatre Live:

Broadcast from London's Bridge Theatre.
The Book of Dust - La Belle Sauvage
Thu 17 Feb 7pm
£15, 16 & under student £10



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No door sales - Booking closes 30 mins before start time.

Covid-19 safety measures in place. Socially distanced seating.

A maximum of six individuals or two households can be seated together.

Jazz News *Peter Farrall*



What a wonderful evening at Pershore Jazz Club's January session!

The Ralph Allin Quartet gave us an outstanding performance with Ralph himself, really fired up to be playing to a live audience again, certainly on the top of his form. There were brilliantly constructed solos from all members of the band including Jadie Carey on her five string electric bass who prompted a comment from one audience member that, she makes that instrument talk.

We have indeed been blessed at Pershore Jazz with a number of talented young lady instrumentalists over the years. Amy Roberts, now Exall, first appeared here as a teenager and is now well established in the top rank of British reeds players. Amy introduced us to young saxophonist Alex Clark who made her first public appearance at the Jazz Festival and is now a band leader in her own right. We've been entertained by Kim Cypher on her "Make Believe" tour, tapped toes to the drumming of Lizzie Exell with the Old Hat Jazz Band and Liz Hepworth's bass driving Washington Whirligig along. With all these ladies gracing our stages, it's hard to believe that only an estimated five percent of

jazz instrumentalists are female. In days gone by there was apparently quite a lot of prejudice against female musicians but surely not these days, although one fairly well known jazz musician is known for his refusal to play alongside females. Fortunately, that seems to be just an isolated case. Anyway, we are going to put matters right with our show for February with the all-girl band Hotsy Totsy. Five talented ladies, twelve instruments playing good solid jazz and swing, complete with Boswell Sisters style vocal harmony.

Hotsy Totsy All Girl Band

**Wednesday, February 23rd
in the Function Room,
Pershore Football Club**

*Doors open at 7pm,
music at 8*

*Admission £10
to include a raffle ticket.*

*www.pershorejazz.org.uk
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Reflexology

Angela Johns

What do we mean when we say our hearts sing? I usually think of Julie Andrews in The Sound of Music on top of the hill, arms open wide, toothy smile and eyes sweeping round to take it all in. You can almost feel her lungs filling deeply with a breath that is going to be let out to express her joy and wonder. Is that it? Is it when our happiness, that feeling inside us, has an outlet through our bodies turning it into something corporeal?

I think it is. It's when we don't contain ourselves. Children are so good at doing that. I live near a primary school and I hear it at breaktime if I'm at home. It starts suddenly as they burst out the doors squealing and dwindles a little more slowly after the bell goes and they file back in. As adults we experience moments of happy abandonment less frequently, but each are no less potent in effect. That high feeling after a fun evening with friends or family can linger on into the next day or two. Even memories of a time spent giggling can induce a flow of those feel good hormones. I'm not one for making New Year resolutions but this year it happened to coincide with a New Moon, an event used to set goals and intentions. I don't mind sharing one of mine with you: to communicate more successfully. I'm a reticent person, happily introverted, private. I spend a lot of my time forgetting that other people can't know what I'm feeling or what's on my mind (it's all going on in there!). And I'm talking about the good stuff. When my heart is full of love and contentment, when my thoughts are full of kindness and compassion, it would be good to let my heart



sing. What would happen if I spoke a few more compliments instead of thinking them? Gossiped less to make room for more positive narratives? Less misunderstandings and more connections, I'm sure. When seeing my clients I try hard to make them at ease, get them to relax their muscles and slow their breathing so that this deep relaxation can transfer spiritually to encourage their hearts to open. We all want to be open to receive the Good Stuff but really, to feel our best, we could give it out more too. In other words, to let our hearts sing. I wish you all a 2022 with plenty of occasions when you really want to let your heart sing!

Angela is a qualified Reflexologist, Aromareflex Practitioner and Reiki Teacher/Practitioner. She is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing. You can find her at angelajohns.co.uk



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2022 | The year of Public Relations

Ruby Edwards

Ruby and the team at local PR Agency You Do Better are sending a shout-out to all businesses across the region to mind their brand by using Public Relations this year.

Looking ahead to 2022 it's time to ensure there's a budget for marketing and PR. Marketing plans are being formed and the bottom line is that there are tons of PR strategies you can use that have a greater impact on your customers than paid advertising.

These tactics are not likely to eat away at your budget. Yes, it still costs money to focus on PR, but it's less transactional. You're building trust with customers and that goes a very long way. They'll speak for your brand and that is worth its weight in gold.

Brand is the buzz word for PR22. Brand hero. Brand equity. Brand empathy. Personal brand. Brand.

What is PR?

PR predominantly involves 'free media.' The purpose is to develop a discussion and generate coverage without directly paying for it, which is distinct from advertising. Public relations is about selling a company or brand through positively managing the communication channels between a company and its stakeholders and developing a positive reputation.

"The only thing worse than being talked about is not being talked about." – Oscar Wilde.

What's the difference between marketing and public relations?

Marketing also involves communication strategies, however, it is much more heavily focused on achieving direct revenue. While return on investment (ROI) is undoubtedly important, there are more ways to measure it than just a pound for pound immediate return. For more about PR, please go to our website and read What is PR? Here: www.youdobetter.co.uk/2018/09/09/what-is-pr.

"Publicity is absolutely critical. A good PR story is infinitely more effective than a front page ad." – Richard Branson.

PR
22



Ruby Edwards

You Do Better | Outsourced Marketing Hub

Making Tax Digital for VAT phase 2

Carol Draper

Now the Self-Assessment January madness is largely over it is time to start thinking about the next challenge posed by HMRC, that being Making Tax Digital (MTD) for VAT phase 2.

This will affect all VAT registered businesses with a taxable turnover below the current VAT threshold of £85,000 who do not currently file their VAT returns using MTD compliant software – an estimated 1.1 million businesses.

If you are a VAT registered business that keeps manual records to calculate your VAT or even if you use software to record your income an expenditure but do not use this to submit VAT returns, then you will be affected. For VAT periods commencing on or after 1 April 2022, it is a legal requirement for all VAT registered businesses to maintain digital records and use third-party software to submit VAT returns to HMRC. Under the changes, those who do not already keep their records digitally will need to start doing so for their VAT obligations.

HMRC have stated the measure will improve business efficiency by reducing time spent on administration so improving productivity and allowing businesses to be more customer focussed. While MTD will not change tax liability or payment obligations it is believed that reporting accuracy will improve, which in turn will improve the tax take for the exchequer.

It is still permissible to maintain records using Excel spreadsheets but where this happens VAT returns need to be submitted to HMRC using bridging software. The alternative is to adopt digital cloud accounting software. You will have seen adverts for software such as Xero, QuickBooks or Sage although there are many other providers, some of which are free.

However easy the adverts make digital, cloud accounting software sound, like all new systems it takes time to get used to and understand so if you have not considered your options yet do not put it off but take time to research what will be best for you.

For best results, don't just rely on the bloke in the pub but speak to your accountant to see what they recommend and how they can help you.

Carol Draper FCCA
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Own the gap!

Pam Clark

Clients are often (pleasantly) surprised how little time we spend discussing food and how much time we spend discussing their hopes, health-desires, thoughts, emotions and associated actions. This is entirely purposeful because food is so much more than just fuel, it is often embedded in our social and spiritual selves. Of course, this is partly what makes it so challenging to make and sustain changes; which is why a combination of understanding the Nutritional Science along with the “head work” is so potent. Once we understand how to eat to balance our blood sugars this keep us fuller for longer and optimises our energies, thus we are so much more able to take action from a place of calm and ease. However, our lives are busy and it’s easy to have our good intentions de-railed, leaving us feeling frustrated and overwhelmed. I like to encourage my clients to think about “Owning The Gap” between the stimulus (e.g. stressor) and response (e.g. reaching for the snacks, over or underreating). If you find yourself in this situation it’s useful to break it down by:

- Creating space; pause - breath - reflect. Take time to consider what is really going on, perhaps asking yourself “What do I need in this moment?”.
- Take aligned compassionate action- such as a break, a walk, practice breath work, reach out



to a friend, have a hug or grab some hydration or nutrient dense food that will satiate. Often we are tired, over stimulated or angry/sad/lonely rather than in need of food.

- Evaluate: Take time to reflect on the set of circumstances that brought you here, considering the triggers (e.g. over tired, lack of planning, etc) so that you can build resources for the future. I often encourage clients to capture this in a journal as any healthful change is a journey, and one detour is simply another opportunity for learning, growing and moving forward in health. Pam Clark, is a Registered Nutritional Therapist, Health Coach, HeartMath and EFT Practitioner and Co-owner of The Emporium of Health.





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Walking!

Emily Papirnik



Walking is something I am lucky enough to be able to do. It is something that I have now chosen to do more of. My real change in the way I feel about walking started in the first lockdown. I remember that beautiful weather and the peacefulness of the roads and skies above. I remember the restrictions on walking only with a dog and then for our health. This time of being unable to do my ‘hands on’ work allowed me time to walk my dog, time I felt I didn’t have before, but I realise now that it was not a priority for me. If I walked it was out of getting some fitness in or needing to walk the dog because no one else was able to, almost a duty. Walking for me now feels very different, at the moment I am managing to fit in three separate dog walks around my working day but I also walk by myself some mornings, after the dogs have had their turn of course. This walk might be my focused exercise of the day but it might just be time for me to think, to notice and to feel. My walks now are filled with looking at the sky, the hedgerows, people’s front gardens, meeting other dogs and smiling at those people I see. I notice my breathing and feel so grateful for the time I am choosing to go for the walk. I appreciate that I am now at a point where my children are grown up and I can now focus on myself but I do realise that I could have taken my kids for more walks or chosen time to notice nature more but other things always took over in priority. I remember always feeling I had no time, there was always something to do or be done. However, I now understand that sometimes I chose to do those things when I could have let

them roll over to another time, I could have just gone for a walk to calm the chaos in the house. I could have changed focus for everyone when there was the need. I now understand what walking in nature really can do for me. It can settle my thoughts, it can calm my emotions, it can allow a space between me and drama or trauma around me. It enables me to understand that the tree that has been growing for hundreds of years and continues every year to wake up at this time, buds are showing themselves, the bulbs are coming up through the soil and joining the fresh new grass. The birds are singing madly and the joy of spring is coming. Nature is continuing to grow, to change and adapt, it continues to inspire and we can appreciate it rather than just walk by. Allow nature to be part of your priority, allow it to help inspire you, settle and calm you. If you are unable to get out try downloading the app Igniting Intention and look at the videos filled with images of nature to uplift you, balance you and help you feel better.



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In memoriam

Humphries. Malcolm Ralph

Sadly passed away at home on January 25th 2022, aged 87 years. Much loved husband of Ann, beloved father of Andrea and grandad of Nicole, father in law of Kevin. Funeral service will take place at The Vale Crematorium, Fladbury on Tuesday February 15th at 3pm. Family flowers only please. Donations, if desired, for Dementia UK may be sent to E Hill & Son Funeral Directors,

Rayner Paul William

Passed away peacefully at Richmond Wood Norton on January 20th 2022, aged 82 years. Beloved husband to Pam, loving father to Helen and James, grandfather to Rosie, Alex, Zach and Jake. He will be sadly missed. A service at The Vale Crematorium at 11am will be followed by a memorial service at Pershore Baptist Church on Wednesday February 9th at 12noon. Family flowers only, donations for Parkinson's UK or Pershore Baptist Church may be sent to E Hill & Son Funeral Directors

Champken. George Harry "John"

Formally of Pershore. Passed away on January 15th 2022 aged 96 years. Beloved husband of the late Sylvia, a much loved father and grandfather. John will be greatly missed by all who knew him. Funeral service at Pershore Abbey on Tuesday February 15th at 12 noon by interment in Pershore Cemetery. Flowers of donations for Cancer Research UK may be sent to E Hill & Son Funeral Directors

Howes. Clive John (Jack)

On January 11th 2022, peacefully at St Richard's Hospice, aged 74 years. Much loved husband of the late Pauline, sadly missed by family and friends. Funeral Service took place on Tuesday 1st February.

Hadley. Alan

On January 9th 2022, peacefully at his home in Pershore, aged 72 years. Much loved dad to Kate and Nick, devoted and fun gramps to two, father in law to Gavin, beloved son to Margaret, brother to Margaret and Brian and friend to many. Funeral Service took place at Vale Crematorium, Fladbury on Friday 28th January

Evans. Vic

Former manager of the Avon Valley Swimming Pool. On December 22nd, 2021, peacefully in hospital, aged 80 years. Much loved husband to Sylvia, dear father to Roger and Scott, father in law to Carole and Annemarie, brother to Isabel and the late Douglas and their families. Private funeral has taken place, but a memorial service will be held later. If you would like to donate in Vic's memory, donations are invited for Royal Life Saving Society (RLSS), may be sent to E Hill & Son Funeral Directors

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Published by

Hughes & Company

8 Church Street, Pershore WR10 1DT

email: admin@hughesprinters.co.uk

www.hughesprinters.co.uk

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March Issue - 17th February 2022

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Pantone colour of the year - 'Very Peri'

Nikki Hollier - Border in a Box



Pantone have announced the 'Colour of the Year' called 'Very Peri' which is such a beautiful shade of blue/purple and provides lots of inspiration for the garden. So if you want to simply update your borders or create a whole new garden, here's a few ideas on how to incorporate this vibrant colour into your plot regardless of the style.

When I first saw this colour, my immediate thought was a lavender path - ideal for a country cottage garden, or underplanted around lollipop trees to give a more clipped and precise style. If you're in the "no such thing as too much colour" camp and you

love a jewel themed garden how about Penstemon Czar (available locally from St Peters Garden Centre & Hayloft) with gorgeous tall spires of purple flowers with a white centre. They flower from June to October and are happy in most soils, grow to around 60-70cm tall. Plant with orange flowered Echinacea, such as Moodz Sympathy variety and Sedum 'Purple Emperor'.

All of these plants are loved by pollinators so are ideal for a wildlife garden too.

However, if you're after a more tranquil and calmer garden it's easy to combine 'Very Peri' coloured plants with monochrome colours such as Senecio 'Angel Wings' with its large silver leaves. It is an evergreen perennial with small clusters of yellow flowers in the summer. It grows to around 40cm tall, which is perfect for the front of a border in full sun with well drained soil. For a shady garden, try Hosta 'Blue Mouse Ears' which has cute blue/green neat leaves with pretty blue/purple flowers in the summer. It will die back in the winter, and they're loved by slugs and snails. The only way

to protect them is to remove the slugs and snails each evening or after it's rained when they come out to party!

Is a new patio or paving on the cards this year?

Have a look at blue slate. This will really enhance the plants I've mentioned. You could use slabs or chippings - both will create the desired style. And remember the fence - if its looking like it needs some TLC, paint it (assuming it's made of wood!). I use Cuprinol Garden Shades as I find it goes on really well and there's a great range of colours too. Try a neutral colour such as Frosted Glass which will



Nikki Hollier

Nikki@borderinabox.net

@borderinabox

www.borderinabox.com

**Royal Horticultural Society
Silver Medal Winner &
Peoples Choice Award Winner**

disappear into the background and won't compete with your flowers but will enhance the whole garden.

February gardening tips

Early in February

Continue planting trees, shrubs and perennials 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)

Look after garden birds by providing food and water.

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 to chit. (begin to shoot)

Mid - month

Cut all the foliage off Lenten roses (Helleborus orientalis) and Epimediums so that you can appreciate the flowers better and control leaf diseases. Complete 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 Buddlejas and Spireas with colourful foliage back hard.

Late February

Divide herbaceous perennials. Check wall trained plants to see if they require watering - it can be 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 by trimming back shoots that have flowered. Sow summer cauliflower in seed trays under glass.

Reg Moule BBC Hereford & Worcester

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Reg Moule's Garden Diary

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Designed to be a practical handbook for people just starting their gardening journey. A handy reminder for more experienced gardeners!

A Monthly Jobs Guide -

including: seed sowing, feeding plants, looking after roses and lawns, pruning, growing fruit, vegetables, hanging baskets and bedding plants.



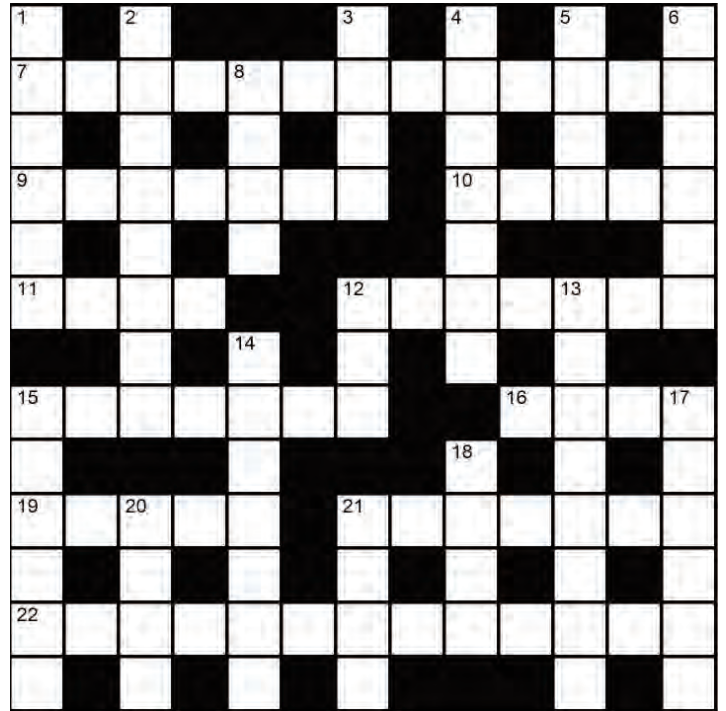
Coffee Break

Across

- 7 In solitary confinement(13)
- 9 Improve in appearance (7)
- 10 Flat circular plates (5)
- 11 Part of an ear (4)
- 12 Defame (7)
- 15 Fruit-flavoured sweet powder (7)
- 16 Skin eruption (4)
- 19 Elevate (5)
- 21 An Irish girl (7)
- 22 Resident of e.g. Pittsburgh (13)

Down

- 1 Fuel oil (6)
- 2 Clamber (8)
- 3 Oxidize (4)
- 4 Command to a horse (7)
- 5 Consumes (4)
- 6 Cat good at rodent control (6)
- 8 Chess ending (4)
- 12 Become firm (3)
- 13 Dilapidated (8)
- 14 Side by side (7)
- 15 Zebra-like (6)
- 17 Warm ocean current (2,4)
- 18 Bloodsucking insect (4)
- 20 Charged particles (4)
- 21 Young cow (4)



Sudoku

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

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

December Answers

1	S	2	W	3	N	4	S	5	L	6	G	7	P	8	S
9	O	B	E	S	E	10	A	M	A	Z	E	M	E	N	T
	P	A	W		Y	S	N	R		I					
11	R	E	L	I	C	12	I	N	T	R	I	N	S	I	C
	A	T		13	O	W	N	P	U	U		K			
14	N	A	H	U	M	15	G	L	A	S	S	W	A	R	E
	O		E				G				D		R		
		16	S	H	R	U	B	17	E	A	G	L	E		
20	G	T			A									21	R
22	A	V	A	L	A	N	C	H	E	24	F	O	R	G	O
	S	M	B	T		N	E	T		26	H				U
28	E	M	P	L	O	Y	E	E	S	29	W	R	O	N	G
	O	E		A		R		U			R	O			H
30	U	N	D	E	R	M	I	N	E	31	A	I	S	L	E
	S	E		D		A		D		P	E				N

Prime Ministers Wordsearch

Aberdeen	Canning	North
Asquith	Derby	Peel
Attlee	Eden	Pelham
Balfour	Grafton	Pitt
Blair	Grey	Russell
Brown	Heath	Wilson
Bute	Lloyd George	
Cameron	Major	

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

Poets' Corner

How Do I Love Thee? (Sonnet 43)

How do I love thee? Let me count the ways.
 I love thee to the depth and breadth and height
 My soul can reach, when feeling out of sight
 For the ends of being and ideal grace.
 I love thee to the level of every day's
 Most quiet need, by sun and candle-light.
 I love thee freely, as men strive for right.
 I love thee purely, as they turn from praise.
 I love thee with the passion put to use
 In my old griefs, and with my childhood's faith.
 I love thee with a love I seemed to lose
 With my lost saints. I love thee with the breath,
 Smiles, tears, of all my life; and, if God choose,
 I shall but love thee better after death.

Elizabeth Barrett Browning - 1806-1861

"There is only one happiness in this life,
 to love and be loved."

George Sand

Fun Quiz!



- 1) Which branch of Mathematics uses symbols or letters to represent numbers?
- 2) Which British chef is known for the Hell's Kitchen, The F Word, and Kitchen Nightmares television shows?
- 3) Medical terms beginning with 'Gastro' generally relate to which area of the body?
- 4) In the cartoon, what is the name of Tin Tin's dog?
- 5) 'The Oriole Bird' is a baseball mascot in which US city?
- 6) In the Beatles song of the same name, what was Eleanor's surname?
- 7) Beauchamp Tower is part of which London landmark?
- 8) Who wrote the 1961 novel Catch-22?
- 9) Prince William, Duke of Cambridge attended which university?
- 10) In electronics, what does 'IC' stand for?
- 11) Which Scottish comedian was given a knighthood in 2017, the year of his 75th birthday?
- 12) Englishman Richard Illingworth is an umpire in which sport?
- 13) In which part of a cow or horse would you find the hock?
- 14) In which year of the 1990s did Bill Clinton first become a US President?
- 15) Dawn French played Geraldine Granger in which successful British comedy?
- 16) The Walbrook is a tributary of which UK river?
- 17) Block & Quayle was the original trading name of which British DIY store?
- 18) Anne Hathaway was the wife of which English playwright, born in 1564?
- 19) Anthea Turner, Stuart Miles and Tim Vincent all presented which BBC children's show?
- 20) Tom Rowlands and Ed Simons make up which electronic music duo?

Answers: 1. Algebra 2. Gordon Ramsay 3. Stomach 4. Snowy 5. Baltimore 6. Rigby 7. Tower of London 8. Joseph Heller 9. St. Andrews 10. Integrated circuit 11. Billy Connolly 12. Cricket 13. Leg 14. 1993 15. The Vicar of Dibley 16. River Thames 17. B&Q 18. William Shakespeare 19. Blue Peter 20. The Chemical Brothers

COMPETITION TIME!

Take a look at the anagram

The answer is the name of a business that is in the Pershire Times this month



December Winners

- 1) Alan Stevenson
- 2) Pam Rayner
- 3) Ingrid Fox
- 4) Lynette Eves
- 5) Honor Gell
- 6) Annette Crouchman

Last month's answer:
 Katharine Gardner Hypnotherapy



This month's prizes!

1st - £25

2nd - Sunday Lunch for two at The Royal Oak, Kinnersley

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

4th - Revills £10 Voucher 5th Masons Arms £10 Guest Voucher

6th - Reg Moule's Gardening Diary

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Pershire Times closing date:
27th February 2022

Answer:

Name:

Telephone/email:

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 Worcestershire WR10 1DT

December / January Crossword Answers

1	S	U	N	S	E	T	5	O	6	O	S	7	L	O
	N	I	8	S	A	V	E	D		I				
9	P	A	E	L	L	A	E	10	D	E	B	T		
	I	E		11	R	U	R	A	L	E				
12	A	D	E	N		S		13	Y	E	L	P		
	E		14	C	R	I	M	E	A					
	16	D	U	E	T	A		17	A	S	P			
				18	B	A	L	S	A	M	A			
20	L	U	L	L		L				23	A	N	T	E
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26	E	T	O	N	A		27	P	I	G	G	E	D	
	I		28	K	E	N	Y	A		A		R		
29	L	E	V	Y	S		30	R	E	M	I	N	D	



1	K	I	R	S	C	H	5	B	E	T	R	A	Y	
	S	O	A	E	O	N								
	6	S	U	P	E	R	M	A	R	K	E	T		
	U	R	D	T	Y	A								
9	N	E	P	A	L	E	S	E	10	O	U	C	H	
		N	N	N										
11	B	E	L	O	W			13	S	T	U	D	Y	
	A			15	A		16	A		A	U			
17	C	R	O	P		19	M	A	T	T	R	E	S	S
	P	R	U	H	N	I								
21	L	O	U	D	S	P	E	A	K	E	R			
	U	N	E		N	E	E							
22	A	G	R	E	E	S		23	A	N	Y	O	N	E



1	G	A	I	N	E	D	4	O	C	E	A	N		
	R	N	D		7	B		O	M		8			
9	A	L	A	B	A	M	A		10	R	O	U	G	E
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11	N	I	P	S		12	E	T	C	E	T	E	R	A
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17	S	U	R	V	E	Y	O	R		18	S	T	A	R
	A		I	P		M		19	O		P		A	
20	L	E	A	V	E		21	E	N	G	L	A	N	D
	M		T		R		W		R		R		E	
22	M	E	S	S	Y		23	W	E	A	K	E	R	



Sudoku Answers

	1	2	3	4	5	6	7	8	9
A	9	6	4	7	5	8	1	3	2
B	5	3	1	9	4	2	6	7	8
C	2	8	7	3	6	1	5	9	4
D	6	4	9	8	2	5	3	1	7
E	8	7	5	4	1	3	2	6	9
F	3	1	2	6	9	7	8	4	5
G	4	5	3	2	7	6	9	8	1
H	1	9	8	5	3	4	7	2	6
I	7	2	6	1	8	9	4	5	3

	1	2	3	4	5	6	7	8	9
A	3	4	6	9	1	8	5	7	2
B	8	9	1	2	5	7	3	4	6
C	5	7	2	3	4	6	9	1	8
D	1	5	8	7	9	4	6	2	3
E	9	6	4	1	3	2	8	5	7
F	2	3	7	6	8	5	4	9	1
G	6	8	9	5	2	1	7	3	4
H	4	1	3	8	7	9	2	6	5
I	7	2	5	4	6	3	1	8	9

Magic Squares Answers

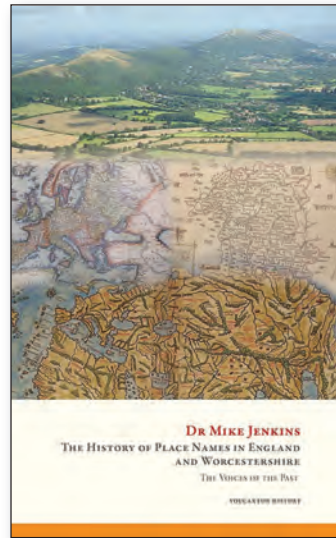
2	9	4
7	5	3
6	1	8

32	4	24
12	20	28
16	36	8

4	18	8
14	10	6
12	2	16

Book Review *Richard Catford* **The History of Place Names in England and Worcestershire** by *Dr Mike Jenkins*

The River Avon - so good they named it twice!
 The word Avon is a Celtic word meaning river. Bredon Hill translates into hill, hill, hill, in Celtic (bren), Viking (don) and Old English (hill). Pershore's name owes its origin to the combination of two words; 'perch' meaning 'osires' (willows used for basket weaving) and 'ora' meaning bank or edge.
 Worcestershire place names are explained, and their origins described in Dr. Mike Jenkins 'The History of Place Names in England and Worcestershire'. The author asserts few new settlements have emerged since the sixteenth century, but places still often reflect their Celtic, Roman Scandinavian, Norman and Old English origins. The place names include rivers, physical features like hills and valleys, the names of important land owners and some to the economic, social or religious activity of the location at some point in history.
 This is an excellent book, backed up with references indicating serious research and scholarship making an introduction toponymy (the study of place names) very easy. It is clearly structured in a chronological order. Whilst it is not a gripping page turner where the reader starts on page one and proceeds to the final chapter, the comprehensive index allows the casual reader easy access to a very wide range of local place names.
 Most locations have their earliest reference identified; often the Domesday Book, some even earlier. The original name is explained

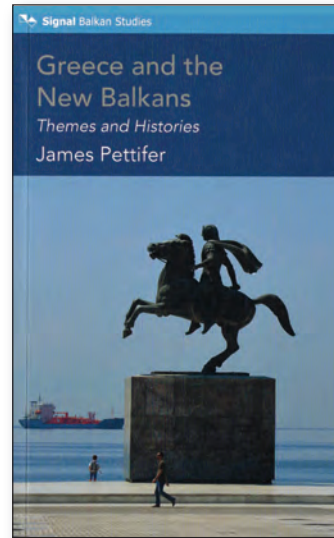


and then follows an explanation of how the name was adapted and changed to its present form. Further background information can be gleaned from the very readable chapters describing the language of the epoch and eras that shaped the place name. This is a fascinating and useful publication. I doubt I will ever read it from cover to cover again, but I will be regularly taking it off my shelf to peruse and find out interesting facts to place names not only in Worcestershire but the whole of England. It would make an excellent gift to someone who likes to get out and about and who shows even the slightest interest in history. I was certainly hooked when I received my copy.

'The History of Place Names in England and Worcestershire' by Dr Mike Jenkins. Published by Youcaxton History. Available via Amazon or www.youcaxton.co.uk

Greece and the New Balkans Themes and Histories

by *James Pettifer*



The Oxford historian and foreign correspondent James Pettifer has been an international authority on modern Greece and the Balkan neighbourhood for over thirty years. At the same time, he has been an eyewitness to many of the events that led to the ex-Yugoslav Wars. This book, bringing together some of his most important papers and reports, explores the evolution of the Macedonian crisis, the chaos and anarchy in Albania linked to the war in Kosovo, and the recent debt crisis in Greece. It also analyses the region's turbulent history with seminal papers on historiography and the evolution of British foreign policy towards Greece and the wider region in the twentieth century, the nature of Montenegrin identity at the time of independence, and the changing role of Albania in the Balkans. The key paper on the emergence of the New Macedonian Question, which has set the parameters for all later analysis, is also included in this collection.
 The end of the Cold War after 1990 was expected to herald an era of stability and liberal democratic development, but in reality, the Southern Balkans have experienced intermittent crises during these years, from the implosion of impoverished Albania and the gradual collapse of Yugoslavia into fragmentation and violent conflict, to the chain of events in Greece that led to the post-2010 financial crisis and the ensuing imposition of international control over the economy. These issues have emerged against the background

of deteriorating relations with Turkey and an alarming climate of militarization and instability throughout the Eastern Mediterranean.
 This collection, which includes material hitherto difficult to access, will be an essential tool for all students of the history, international relations, and contemporary politics of an increasingly critical region on the interface of Europe and the Middle East.
Covering the period of dramatic change in the southern Balkans since the end of the Cold War to the present, these authoritative essays and reflections remain acutely contemporary. Distinguished historian and commentator James Pettifer comes to the often closed and hermetic societies bordering Greece with concern for liberal values and egalitarianism. He views Balkan nationalism inverted, from the point of view of minorities who upset the liberal values they embody. This book is an education, a series of insights that often go unmentioned elsewhere.

John T Psaropoulos
 Independent journalist and Al Jazeera correspondent, Athens

James Pettifer

Professor James Pettifer, lives in Pershore and teaches modern Balkan history and international relations at St Cross College, Oxford. He is the author of



many books and articles on Greece, Albania, Kosovo and the Balkan region.

A SERVICE FOR ALL

**A service to celebrate
 The World day of Prayer will be held
 on Friday 4th March at 2pm.
 in Pershore Baptist Church**

*The service is ecumenical and open to all
 Written by women of England, Wales and Northern Ireland
 the title is "I know the plans I have for you"
 from the book of Jeremiah.*

*The service will first take place in Samoa moving on
 until it ends in American Samoa*

'New'yes, but not 'New, New'... *Brian Johnson - Thomas*

.....as in the New Forest, which was so-called by William the Conqueror – and that's a little while back, now. However it remains an area where many people – and not just Kings – go for their awaydays.

So did we, to Away Resorts' Sandy Balls Holiday Village situated just outside Fordingbridge down in Hampshire, (And before you get all smutty on me, the name of the resort harks back to the Tudors who first called the hillocks of sand that are dotted around the local landscape "Sandy Balls". They date back to the Ice Age apparently).

The Holiday Village, though, is nicely up-to-the-minute and offers a range of family-friendly accommodation ranging from more-than-adequate to positively luxurious with a whole range of activities on offer suitable for all ages and abilities. Some are designed for family groups such as the Alpaca Walks where you get to take one of these cuddly (?) creatures for a walk around the estate, via the hire of Segways to scoot through the forest to more age-tailored activities such as pottery painting, mad science and, what would have been my favourite some years back – a Slime Workshop.

There's also an archery range and a leisure centre with an indoor pool, Jacuzzi and gym, plus a whole range of spa treatments available in The Retreat, including aromatherapy massages, hot-stone massage plus facials, manicures and make-up packages.

All the accommodation options

are, as you might expect, self-catering but there are also two rather nice spots to eat out on the campus: the informal setting of Aubrey's Forest Kitchen which offers meals such as Italian gourmet pizzas and pasta with dishes like a king prawn pizza for £12.75 and a plain margherita for just £9.50, or there's the more traditional pub grub on offer at the Woodside Inn. Dishes ranged from sirloin steak with all the trimmings for £18.85 via fish and chips for £14.25 to a nice smoked salmon and prawn linguine for £12.25. If you'd rather cook for yourselves, then we found that the Village Store on site was also well stocked with a good range of food on offer. There are also several off-site local pubs within both walking distance and a short car ride away. For more details on all their offers see www.awayresorts.co.uk

There's also a lot to see in the nearby area, ranging from Boris Johnson's apparent favourite of Peppa Pig World via the National Motor Museum at Beaulieu and the Bournemouth Oceanarium - and discounted tickets for all these are available on the site if you're staying there.

We chose to use our National Trust membership and visit nearby Mottisfont, a house created from a priory dating back to 1201, which offers a magnificent series of vistas across the well manicured grounds, an eclectic mix of stone, tinkling streams, old yews and cedars and trim lawns, many dating back to the Georgians. The huge London Plane tree is



thought to be the largest of its kind in Britain.

On our outward journey to Sandy Balls we took lunch at Salisbury, a pleasant market town with many spots worthy of a mooch and plenty of eating options (and fortunately no sign of nerve gas toting Russian spies!). So we, took a different route home and visited another National Trust property, Lacock Abbey which is sort of between Melksham and the M4 motorway. It's main claim to fame is as the home of the pioneer of photography one William Henry Fox Talbot, the man who produced the first ever photographic negative way back in 1835. The Abbey itself is, of course, much older and started life as a nunnery back in the 13th century. Come King Henry's bargain sale of monasteries and suchlike, it made some grateful subject a very nice home, thank you so much. As it happens the

Trust also now owns the adjoining village of Lacock. When you go there you'll be instantly reminded of the many period films that have set scenes in its bucolic streets –but that does make it quite a nice place to stop for a snack and a spot of retail therapy.

Talking of which, I really ought to end by saying that the Three Counties Agricultural Society expect to be back to normal this coming year and have recently announced their show dates, which include:

The RHS Malvern Spring Festival from 5th to 8th of May

The Royal Three Counties Show from the 17th to the 19th of June. Tickets are now on sale.

See www.threecounties.co.uk for details and prices.

Look forward to seeing you there!

New Captain drive in



2022 Captain Brian Bunn completing his Drive In

The Vale Golf Club Senior Section 2021, Captain Brian Bunn, successfully completed his drive witnessed by over 60 members, after which they contested a Tex Am competition.

The winners were:

1st. With 114 points Duilio Perla, Brian Leggett and John Whale
2nd. With 106 points Ian Macrae, Martin Holland and Tony Loizo
3rd. With 104 points Mick Lewis, Richard Browning, Kevin Clifton and Geoff Wilson. Nearest the pin was Keith Round.

£163 was raised for this year's charity, Myeloma UK, by way of a raffle predicting the distance of the Captain's drive.

Thanks go to Clair Bunn who organised the mid round refreshments which were much needed due to the poor weather conditions. This was followed by an excellent Christmas Lunch and the 2021 presentations of trophies, medals etc.

The following week, an individual



The 2021 competition winners and retiring Captain Graham Whitehead and 2022 Captain Brian Bunn

Stableford competition attracted 55 players in much better weather conditions. The results being Division 1

1st Steve Hampton 44 points
2nd Richard Browning 41 points
3rd John Eastoe 41 points

Division 2

1st. Tony Perryman 42 points
2nd Rob Brownsdon 42 points
3rd. David Bradford 42 points
all on countback

Angling: *A reflection* John Craddock

I reflected back over the past twelve months about all the fish species I've written about each month, and thought, Blimey!..... I've run out of fish. Then realised there are bream, chub, and zander which need to be addressed, oh and maybe minnows....,and then that's about it. The alternative is to move to the coast and write about kippers and smoked haddock. And how the French and Spanish have captured most of our coastal fishing rights and nicked our fish. All that would happen then is I'd get angry, get my soapbox out and try to start another war. It's true though that all the langoustines caught on the west coast of Scotland end up on top of your paella in Majorca. It's an illusion that they were caught in the Med. Next time you see one sitting on top of the dish, remember it was flown a day or two before from Inverness. Carbon footprint and all that? Virtually all the cuttlefish caught off the Dorset coast go to Italy. Most of the other sea fish species end up in France. The days of the bushy bearded heroic trawlerman battling the waves in true Cap'n

Birdseye tradition, have long gone. It's a scientific slaughter these days using state of the art technology, and one of the prime reasons we've denuded our seas. World War II was actually helpful for our fish stocks, and our seas had plentiful supplies of cod, plaice and haddock. They were able to breed freely, unhindered by nets. Our focus of course was on dodging Hitler's torpedoes. Nowadays most of the cod in our chip shops come from Norway. Or Iceland. Not the supermarket, the country. Both countries stay resolutely outside the EU so there's no interference from the Brussels lot. They conserve their fish stocks, not annihilate them, as we've allowed to happen in the North Sea. If you add pollution into the mix, which ultimately ends up in the sea, microplastics and all, it becomes clear, to me anyway, that we can't continue to treat our seas as both a dustbin and a larder. It's incompatible. I'm in danger here of getting higher and higher up on my soapbox, so I'll stop. I'm not sure how all this has come to be, but my gut feeling is that it's our fault. The average UK



consumer's horizons seem to be limited when it comes to fish choice. Convenience fish. Fish fingers, frozen cod steaks, and of course the chip shop. The French and Spanish by comparison seem to embrace a much wider choice of fish consumption and aren't afraid to experiment with more adventurous dishes. I get the feeling though that attitudes are, albeit slowly, beginning to change here in the UK. Maybe it's the cookery programmes like Masterchef which are opening our eyes to other possibilities for fish

cookery. I was in Whitstable last weekend, and some of the fish restaurants were packed, and huge varieties of fish dishes were on offer. As well as oysters of course. Next month I'll write about chub, and I'll even give you a recipe for them. This is my attempt to compete with my wife's cookery column elsewhere in this publication. In the meantime, see if you can find a recipe for squid, octopus and whelk soufflé. I bet you can't 'cos I just invented it. Tempting though isn't it?

The winter walking tennis tournament



Pershore Tennis Centre hosted the Hereford & Worcester winter walking tennis tournament on their indoor courts earlier this week. Eighteen players from local Tennis clubs came together for a great afternoon of play, with Steve and Jane from Boughton coming out on top. Neil Bates, from H&W LTA, says: "I've had some great messages from the players who absolutely loved it!" Walking tennis is one of the fastest growing parts of the sport

and is ideal for players who need a less intense version of the sport for their own personal reasons. Please sign up by emailing: reception@pershoretennis.co.uk. For more information head to: <https://clubspark.lta.org.uk/pershoretenniscentre/News/adfdb81f-bd69-4e36-94ae-410ba52c8a3b> or go to: www.lta.org.uk/workforce-venues/coach-teach/programme-development/walking-tennis



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Pershore Times



Pershore 72 v 27 Rugby Welsh

Pershore found their mojo in style on Saturday 22 January, comprehensively beating mid table Rugby Welsh and lifting themselves off the bottom of the table.

Pershore started the brighter team, neutralising Welsh's larger pack by moving the ball around and doing it at a pace.

Early inroads from youngsters Stef Staveley and Harry Westby should have brought scores, but for some scrambling defence, although centres Chris Steele and Stef Ellis soon got over the line to set the tone for the afternoon. Pershore scored two further tries, using the same approach, with the visitors profiting from some Pershore indiscretions to score three drive over touchdowns, to keep themselves in touch with the hosts.

The Piddle Park men finished the half as they started, finishing off a swift move to lead 27-17 at the break.

After the interval, the Pershore pack stamped their authority on the game, snuffing out and Welsh fightback, gaining ascendancy at the set piece and making large gains in the loose, with skipper Luke Hardiman, Martin Hope and Rich Smith to the fore, once again allowing the superior Pershore backline to shine. With veteran's Rob Haines and Tommy Hayes steering the ship, Pershore comfortably eased away from their opponents, scoring forty five second half points, with two spilled passes accounting for the visitors consolation scores late on. Olly Pike and Steele were the pick of the scorers, sharing the man of the match with a hat trick



Photo by Evie Woodfield

apiece, with further notable performances from Ellis and Greg Hitchcock late on. It was left to the forwards to have the last say, with Damo May barrelling over to finish the

scoring to the delight of the home faithful. Pershore travel to Harbury next and will hope for another good performance against their higher rated opponents.



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