

Pershore Times



A free monthly newspaper for Pershore and surrounding villages

Issue 73

July 2022

FREE



Pershore Abbey Through the Trees: © Jayne Winter FRPS, www.jaynewinterphotography.co.uk

The aftermath of the Covid pandemic, Brexit and the Ukraine war is having a great impact on the UK. Brexit was a major upset but with Covid and Ukraine, it has caused many challenges. Due to the lockdown and the length of time we had restrictions, many aspects of our lives have changed. Working from home and virtual online meetings have affected business travelling habits.

Many people had to find new jobs and careers: airport staff, restaurant chefs, to name just a few. Restaurants and pubs have been hit by people changing their daily routines and spending habits. Costs have increased and many are being very careful in these uncertain times. We shall have to see what is going to happen and carry on as best we can. These are very complex matters with no quick solutions. Life goes on, summer is here and local events restarting after two

and sometimes three years of closure is good to see. The weather has been good and the countryside glorious. Gardening, the favourite pastime, is looking very promising, due to the weather. Many gardens have reopened to the public which has given a lot of pleasure. We have some outstanding sporting events to come with Wimbledon, The Open at St Andrews, The Commonwealth Games and Test Cricket with its new exciting approach.

As well as village fetes, Midsummer Brass, Bands in the Park and River Festival, there are many more events to look forward to! The Plum Festival will return shortly and this is always a great draw for the town. Time flies and we are producing our 73rd edition of the Pershore Times; our family business is in its 50th year. My father and I set up the business in 1973 and we are four generations of printers. In addition to our newspapers, general printing and publishing, we design and produce fine art books which are sold all over the world. We also provide a comprehensive range of print related services for our customers. The old saying 'Time flies when you are enjoying yourself' is very true!



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Armed Forces Day ceremony



Cllr Alex Sinton, Chairman of Wychavon District Council, has raised the Armed Forces Day flag in support of Britain's servicemen and women.

Wychavon has paid tribute to Britain's servicemen and women by proudly flying the Armed Forces Flag.

The flag was raised during a short ceremony at the Civic Centre in Pershore on Monday (20 June) in celebration of Armed Forces Day which took place on Saturday, 25 June. Cllr Alex Sinton, Chairman of Wychavon District Council, led the tributes to Britain's Armed Forces including those on active service as well as reservists and cadets. He also thanked the families of Armed Forces personnel for their dedication to supporting their loved ones who served and praised the work of the Royal British Legion.

Rev Laura Handy, the Chairman's Chaplain, then led those gathered in prayers for peace and the safe return of those currently on active service. There was also a two-minute silence before the flag was raised to remember those who sacrificed their lives in service to their country.

Armed Forces Day is an opportunity for communities across the UK to show their support, and provide a morale boost for Britain's service personnel, their families, reservists and cadets.

Visit www.armedforcesday.org.uk for more information about Armed Forces Day.

Defford Platinum Jubilee Celebration



"Defford Platinum Jubilee Celebration at the village hall, Sunday 5th June.

Congratulations to Queen Elizabeth II for seventy glorious years !! Long may she reign."

40th Anniversary - End of Falkland Islands Conflict



On the 14th June the 40th Anniversary of the end of the Falkland Islands Conflict, a short service of Remembrance and Commemoration was held in Pershore Abbey led by Canon Claire Lording with Members of the Pershore & District Branches of the Royal British Legion and Royal Naval Association.

At the beginning of the service, a wreath was laid on the War Memorial by Roger Sainsbury, Falkland Conflict Naval Veteran. Speaking after the service, Canon Lording said: "I found this simple Commemoration deeply moving, more so as a wreath was laid by a Veteran who was on active Naval service

during the conflict. Today is a day of both Remembrance and Reflection as we pause to contemplate the suffering of so many due to political aggression. We remember in our prayers all those living with both mental and physical scars of War and the families of those who lost their lives thousands of miles from their loved ones." Elsewhere in the town, wreaths were laid on the Cross of Sacrifice in Pershore Cemetery and at Pershore Commemorative Garden. A poignant tribute has been created at St Andrew's with the Weeping Window of Poppies which will remain on display until Armed Forces Day.

Chance to win £50 with active travel survey

The chance to win a £50 cash prize is on offer to residents who complete Wychavon's active travel survey.

The survey is trying to identify how people currently move around the district as part of their daily lives. It also asks what are the things that prevent people from walking or cycling more in their personal and work life.

It lists several schemes Wychavon is looking at introducing to make walking and cycling easier and asks people to indicate which ones they would be interested in.

This includes a 'try before you buy' e-bike scheme, an e-bike work rental or hire scheme and family or women only bikeability sessions – to improve the confidence and cycling skills of adults and children.

Cllr Tony Rowley, Executive Board Member for Climate Change, Environmental Policy and Regulatory Services on Wychavon District Council, said: "We're committed to helping people get about in a more sustainable way. The survey takes just a couple of minutes to complete and by doing so you are not only helping us understand how we can support you to walk and cycle more, but you have a chance of winning £50 as well."

To complete the survey visit www.wychavon.gov.uk/active-travel

Everyone who fully completes the questionnaire can choose to take part in a prize draw to win £50. The winner will be drawn at random after the survey closes on Sunday 17th July 2022.

Small change can make a big difference



A new campaign has been launched to encourage residents to support people sleeping rough in a way that will have the most impact. Wychavon works in partnership with many organisations to help prevent people from sleeping rough in the first place, and to make the long-term changes needed to get them off the streets for good if they do find themselves in that situation.

The Small Change Big Difference campaign aims to highlight this work and encourage people to donate to projects already working to improve the lives of those on the streets or at risk of ending up there.

It also encourages people to tell us when they see someone sleeping rough using the Street Link service, so our outreach team can find those people and begin supporting them.

Projects involved in the campaign include the Evesham youth homelessness project run by the charity St Basils in partnership with Wychavon. The project supports young people aged 16 to 25 at risk of being made homeless and works with them to build independence and skills that will allow them to go on to successfully rent and sustain their own home. Maggs is a charity that runs day centres in Worcester and Malvern. People sleeping rough on the streets of Wychavon are also often referred to one of these day centres for help.

They provide homeless people somewhere warm and dry to go as well as access to the basics we all take for granted – a safe place to be, toilets, showers, a hot drink and someone to talk to.

They also provide hot meals, clothing and mentoring and support for those ready to make changes to get off the streets and back into mainstream community life.

Caring Hands in the Vale supports people who are homeless, and at risk of homelessness, by offering a range of support including food parcels, toiletry packs, bedding, clothing and blankets for free, depending on their circumstances.

They are also developing a new project – The Lighthouse – which will become a drop-in centre. As well as offering everything they already do, this will allow them to provide advice and support sessions including access to IT facilities, a health hub, shower, laundry, lockers for the homeless, haircuts, and provide a ‘care of address’.

People can find out more about the projects and how to donate by visiting www.wychavon.gov.uk/small-change. To tell us about someone sleeping rough visit www.streetlink.org.uk. Money donated will go direct to the charities themselves apart from a small fee taken by the donation platform they use. The council will not receive anything. It is hoped more projects will be involved with the campaign in the future.



Princess Royal visits Spring Festival



The Princess Royal speaking with Pershore College staff at the RHS Malvern Spring Festival.

The Princess Royal stopped by to speak with staff and students from a local college as they showcased their Commonwealth and environmental themed garden at a major show.

The Princess visited the garden created by supported learning students from Pershore College during the RHS Malvern Spring Festival. Princess Anne spent time at the garden to find out about its inspiration, environmental credentials and the work the students had put in to create it.

A group of 90 students created the garden, which was entered into the School Garden Challenge at the event, and came away as highly commended. The four-metre squared plot included themed bunting made by the students and a model of the Queen’s royal train, which travelled around the edge of the raised beds. The garden was also carbon-negative.

Catering students created a special cream tea for the unveiling of the garden including homebaked scones and jam made using fruits grown at the college.

Louise Badham, Head of Department for Supported

Learning, Re-Engagement and Schools (Worcestershire) at WCG, said:

“We were actually on-air giving a live radio interview at the time, and then we noticed that Her Royal Highness was approaching our garden! The Princess Royal showed a real interest in the garden and asked us about the Commonwealth link, the plants in it and then we also spoke with her about the work the students had done in the creation process. It was a fantastic day and we had some tremendous feedback on the garden. To be awarded highly commended was wonderful; the RHS judges said they really liked it because it was the kind of garden that could be at anyone’s home. We had between five and ten students join us each day to talk about the garden and the public loved it. It was great to see all of the students’ hard work come together and to be recognised by Royalty was the cherry on the top.”

To find out more about supported learning courses at Pershore College visit www.wcg.ac.uk/study



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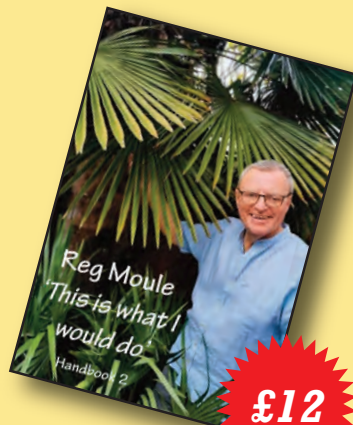
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A few words from... Harriett Baldwin MP



Update on A&E Delays

Harriett Baldwin MP met with the local ambulance service chief following constituents telling her about serious delays attending incidents and handing over patients at the main county hospital.

West Midlands Ambulance Service chief executive Anthony Marsh confirmed that although ambulance handovers are supposed to take just fifteen minutes, the average waiting time at Worcestershire Royal Hospital is over two hours, with many patients waiting much longer. Professor Marsh advised patients who don't need urgent care to seek expert advice by dialling 111 before turning up at the over-stretched A&E departments. Worcestershire Royal Hospital will open up a brand-new £15 million Emergency Department later in the year to add extra capacity and speed up handovers of patients arriving in ambulances. But patients are also encouraged to ring 111 to get expert advice

and Minor Injuries Units are available at the county's community hospitals to help people access care for less serious injuries. GP surgeries are also returning to normal operation, seeing patients as they did before the pandemic, allowing people to get advice and treatment locally to them. Harriett said: "I've heard some terrible stories in recent weeks about intolerable delays of people waiting for ambulances and I discussed my concerns with the chief executive of the West Midlands Ambulance Trust last week. I also get regular updates from the Worcestershire Royal Hospital managers and it is clear that there are serious systemic delays for both patients getting into A&E and discharging patients safely to create bed capacity. The new Emergency Department can't come soon enough but while we are waiting, it is essential that we get the message out that there are other options for people who don't need urgent care. I have been reassured by the Clinical Commissioning Group that GP practices are now back to normal operations and there is always plenty of daytime capacity at the Minor Injuries Units at our community hospitals. Local people can do their bit by helping out too and this is an important message to share. Please only attend A&E if it is an emergency and help to take the pressure off a very busy Emergency Department and a very stretched ambulance service."

£2m investment in Railway Station



Wychavon has agreed to invest £2 m to help boost the number of people using Pershore Railway Station. Members of the Executive Board have agreed to put £500,000 towards the building of a new £1.5 m 'flow footbridge' linking the station to council owned land at Dawes Way in Pinvin. Flow crossings are a recent innovation from Network Rail that reflect their modern flowing design. They are made from Fibre-Reinforced Polymer, so are lighter and cheaper than steel bridges. It is hoped the bridge could be completed during summer 2023, once funding from other partners has been found to carry out the work. Wychavon has also agreed to invest another £1.5m into

developing a car park with more than 300 spaces at Dawes Way once the bridge is finished. This would either be leased to the train operator – currently Great Western Railway – to deliver a return for Council Taxpayers or run by Wychavon. Improving parking provision at Pershore Railway Station is one of the promises in Wychavon's corporate strategy. A lack of parking is one of the major deterrents to people using Pershore Railway Station to travel by train. Improving parking and walking and cycling links to the station is also crucial to support the development of 2,000 new homes at Throckmorton. It also supports Wychavon's ambition to encourage people to travel more sustainably.

MP Urges come back to buses - use it or lose it!

Bus companies across Worcestershire have confirmed that their services are contracting owing to lower passenger numbers as people change behaviour after the pandemic. And following a meeting with Harriett, Worcestershire County Councillor Mike Rouse confirmed that almost every service is now being run at a loss including every route in West Worcestershire. Councillor Rouse who has taken over responsibility for bus service provision is carrying out a full review to look at innovative solutions to fix the money-losing bus services across Worcestershire.

Dozens of constituents have contacted their local MP about the reduction of bus services and Harriett has urged the county council to look at ways to underpin the network. Harriett commented:

"The bus service operators are clearly struggling but I have been disappointed by the way some of the companies just want to cherry pick the high-performing routes. Many bus services, particularly in rural areas, offer a lifeline for people who aren't able to travel for study, shopping or work under their own steam. Nevertheless, the numbers don't lie and people still aren't choosing to use the bus to get to and from work, college and the shops in sufficient numbers to make the routes profitable. But my message to passengers is, as is always has been. Use it, or lose it. The bus industry needs people to return to buses and I hope that the county council will be able to motivate people to choose buses rather than car journeys as they look to deliver on the county's, and the planet's, net zero ambitions."

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Crophthorne Walkabout



Crophthorne Walkabout has been established for almost fifty years and is a popular annual event for families and gardeners who enjoy the charm and history of a beautiful rural English village.

Crophthorne's ancient orchards sweep down to Shakespeare's River Avon and offer clear, unbroken views across the vale to the Malvern Hills in the distance. It is featured in the Domesday Book and its church dates back to the 12th century. It has many unique examples of timber-framed thatched cottages unchanged since the 16th and 17th centuries.

Crophthorne welcomed visitors for two days in May to view fifteen of the most spectacular and striking private gardens in the village. Attractions included a beautiful floral display in the church with tombola, bric a brac and ice cream stalls in the churchyard. On the village

green there was live music and further stalls including plants, local fresh produce, arts and crafts as well as beverages and hot food.

There were classic motorbikes on display and a book stall in one garden and a wide variety of classic cars in another. Delicious cream teas and homemade cakes were served in a tranquil garden setting while the miniature steam railway provided families with an exciting excursion across a farmland field with stunning countryside views. Local school children also danced round the maypole and Morris Men performed their dances in the churchyard.

Crophthorne Walkabout is already set to take place again in 2023 on Sunday 30th April and Monday 1st May - o come and join us.
www.crophthornewalkabout.co.uk

Jubilee Illuminations



The tower of Pershore Abbey, which can be seen for miles across the District, is now illuminated in multi-colour. Jubilee Eve saw the switch on and a display of Red, White and Blue has shone out to celebrate Her Majesty The Queen's Platinum Jubilee.

The Abbey often gets requests to light up the tower in different colours for awareness campaigns and events which it has had to decline because only white light was available. Now thanks to the generosity of The Friends of Pershore Abbey, new lighting has just been installed offering a

range of colour. The Vicar , Canon Claire Lording, said: "We have had this project ready to go for some time but it has been held up due to Covid.. The materials only arrived a few weeks ago. How appropriate that Jubilee was the first use. We will not be in colour every week but hopefully in Purple for Plum Fair. Our grateful thanks go to the Friends of Pershore Abbey who funded the long awaited project and to our contractors A J Smith (Stonehouse) who worked late into the evening, returning to fine tune the installation."



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Town choir sings at flower festival



Choir in full song at the Flower Festival in Church Lench church

Pershore Town Choir performed its first concert since 2019 last Friday, 24th June. Singing in Church Lench church, the choir gave a rousing start to the annual Flower Festival in the Lenches – celebrating the Queen's Jubilee. Conducted by Musical Director David Barclay, the choir sang old favourite songs like "Cherry Ripe" and "Down by the Sally Gardens" and modern classics like Leonard Cohen's "Hallelujah" and "The Lord is my Shepherd" made famous by the TV series "The Vicar of Dibley". The choir had to disband for 18 months during the pandemic and was unable to get together to rehearse until twelve months ago. Now back in full voice and based in Pershore Abbey, they are looking forward to contributing again to the musical scene in

Pershore and villages around. David Barclay said, "It's just great that the choir can sing again - it has been a part of Pershore for more than fifteen years Recovering from the pandemic has been a long haul but now we're ready to perform again for the town." The choir rehearses in Pershore Abbey on Wednesday evenings at 7.30pm and welcomes new members. *For more information visit:*
www.pershoretownchoir.co.uk

For the Lenches Flower Festival the churches at Church Lench, Rous Lench and Abbots Morton were filled with flowers. The Festival also included a craft fair, open gardens - and an impressive number of scarecrows around the villages.

Foodbank Week

Pershore Foodbank Week will be taking place between Sunday the 10th and Sunday the 17th of July 2022. In addition to our regular appeal for donations, we are hoping to raise the profile of our work within the community during these challenging times. This Foodbank was set up by Churches Together in Pershore and works under the supervision of the Trussell Trust to supply parcels of nutritionally balanced, emergency foodstuffs and hygiene products to families in need. A key component of the work of the Foodbank is helping people towards longer term solutions to their current crisis and volunteers provide a listening ear as well as making informal introductions to partner agencies such as Citizen's Advice. A very important part of the Foodbank mission is to provide a caring and sympathetic approach with the minimum of officialdom; understanding how hard it can be for some people just to set foot through the door is key to providing a compassionate and non-judgemental service. Some of the local churches and village organisations that did

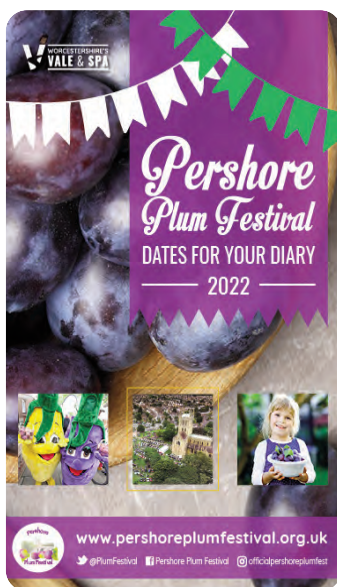
such a stalwart job of supporting the Foodbank during the pandemic will be holding events to support our work and, since it is so close to the end of the academic year, we are hoping for some involvement from several local junior schools. Unfortunately, Pershore College will have already broken up by that week but staff have promised to redouble their efforts in time for Harvest Festival instead. It's too early to give exact details but we may also have some support from local seniors and local slimmers. The week will finish with an informal get together where volunteers will be able to raise a glass and enjoy some of Pershore's celebrated summer fruits. Collection points are situated in local villages and in Asda, the Co-op and Cost Cutter in town. Pershore Foodbank can only accept non-perishable items such as canned or packet food, long-life milk, toiletries and cleaning products.

Nicola Ainsworth, Project Leader
Pershore Food Bank
07985 448694
01386-555347 (message)

Post: The Abbey Office Broad Street,
Pershore WR10 1BB



One of our volunteers sorts donations at the St Andrew's Centre



Sunday 3rd July

Plum Blossom Sunday at The Angel Inn Hotel
Crowning of the 2022 Plum Princess and her attendants.

Tuesday 26th July

Pershore Plum Festival Evening Races at Worcester Racecourse
Paint Pitchcroft purple at this popular annual race evening, where local racing history is resurrected in style.
www.worcester-racecourse.co.uk

Saturday 6th, 13th, 20th & 27th August

Plum Alley, Chapman Court, outside Asda

Saturday 6th August

Street Food Festival at The Angel Inn Hotel. Brand new street festival celebrating plums, welcoming local vendors and live music performances all day.
www.angelpershore.co.uk

Sunday 7th August

Pershore Plum Festival Quiz Night at Claude Choules
Quiz night, raising funds for Plum Festival and supporting local businesses.
www.claudespershore.co.uk
Plums, entertainment, festival merchandise.

Thursday 11th August

Plum Coach Tour. A guided coach tour celebrating the fruit that made Pershore famous.
www.royalmotorways.co.uk

Saturday 20th August

Plum Day at Walsgrove Farm
Visit a traditional plum orchard.
www.walsgrove.co.uk

Saturday 20th August

Shop Window Competition. Decorate your shop windows in the designated theme and you could be in for the chance to win best shop window.

Thursday 25th August

Pershore Plum Festival Bike Nite in Broad Street. All bikes welcome at this evening of fun, live music, plum food and drink.

Friday 26th August

Pershore Plum Festival Quiz Night at the Angel Inn Hotel courtyard garden. Quiz night raising funds for Plum Festival and supporting local businesses.
www.angelpershore.co.uk

Saturday 27th August

Pershore Plum Weekend at the Angel Inn Hotel. A fun filled family weekend with a wide range of music and entertainment for everyone.
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August Bank Holiday Weekend Extravaganza 27th-29th August 2022

Saturday 27th August &

Monday 29th August
Plum Alley Plums, entertainment and merchandise

Sunday 28th August

Family Fun Day in Abbey Park
• Plum Plodders 10K race
• Plum Pooches in the park dog show
• Plum Praise Service

Monday 29th August

Plum Fayre Day in Abbey Park
• Classic cars
• Teddy Bear Parachute Drop
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For more information call:
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Both days

- Art Trail in the Abbey
- Plum Fun Zone
- Entertainment
- Food Village
- South Worcestershire Lifeguards



The Queen's baton relay!

The baton is set to travel the length and breadth of England for a total of 29 days, before the Opening Ceremony for Birmingham 2022 on 28th July 2022. The relay started on Thursday 2nd June, the Baton will spend four days in London, coinciding with the Queen's Platinum Jubilee Weekend. The Baton then resumes the international journey, returning to England on Monday 4th July to commence a 25-day tour of the regions. Wychavon will officially welcome the Baton on the afternoon of Friday, 22nd July. During its time in the district, the Queen's Baton Relay will travel through the heart of Broadway, before being received at Broadway Tower. It will then make its way through Bridge Street and High Street in

Pershire, before heading off towards Upton-upon-Severn. Community events and activities are also planned on the day. Members of the public are encouraged to get involved with the celebrations and embrace the arrival of the Baton. Thousands of Baton bearers, each with inspiring backgrounds and stories, will have the honour of carrying the Baton during the journey through England, including those nominated in recognition of their contributions to their local community. Between 40 and 130 Baton bearers will carry the Baton each day. Four Batonbearers will be included in Pershire. One of which, we know, in Pershire, will be Mr Michael Amies, which is a well deserved honour for him.

Singers to give £1000 for Prostate Cancer



Vale Harmony The A Cappella Fellas are donating £1,000 to a cancer charity following their successful Spring Sing Concert at Pershore Abbey. The concert was the third time the Pershire-based chorus had performed alongside the ten times UK champion barbershop chorus, The Great Western Chorus of Bristol. Chris Franey, the chairman of Vale Harmony The A Cappella Fellas, said afterwards: "It was a tremendous evening of male voices singing a cappella. The audience loved it and we loved it. The concert had been delayed for two years because of Covid 19 but it was great to be back on stage in front of a live audience and particularly good to be able to make some money for Prostate Cancer UK, our chosen charity for the year." Nicola Tallett, Director of Fundraising & Supporter Engagement at Prostate Cancer UK, said: "Prostate cancer is

now the most commonly diagnosed cancer in the UK and the pandemic has made living with a diagnosis only harder. Thankfully, the support of the Vale Harmony and so many other wonderfully generous people has allowed us to continue funding research into better tests and treatments to stop prostate cancer being a killer. We thank Vale Harmony for going that extra mile." The chorus's donation included money they raised last October when they entertained the Rotary Club's caravanning section at their annual festival at Malvern. *For more information on their activities visit www.valeharmony.co.uk Vale Harmony's next concert is at Christ Church in Avenue Road, Malvern on Saturday 9th July. Tickets are £12 available on the door or via [Ticketsource](https://www.ticketsource.com). Picture caption: Vale Harmony The A Cappella Fellas at their Spring Sing at Pershore Abbey*

Wychavon Oil Engine & Preservation Society.



Working steam engines, diesel generators, pumps and other assorted agricultural, industrial and domestic machinery regularly appear at our local shows and fetes. They delight spectators who are intrigued by the sight, sounds and smells of these fascinating machines. At this year's Jubilee Weekend in Abbey Park the WOE&PS displayed several working examples that captivated both old and young, transfixed by the hissing bubbling, tapping and chugging of these veteran machines.

The WOE&PS was formed in 1974 by a small group of enthusiasts interested in preserving stationary engines. There are now over 100 members (of all ages) and they are keen to enlist more. The society members have a wide range of interests. Several have classic cars and motorcycles, cycles, tractors, oil lamps, models, plus war-time and other interesting memorabilia.

Meetings of the society happen every second Thursday of the month at Drakes Broughton Village Hall. Meetings start at 8pm, doors open at 7.30. The meeting often includes a film show, talk or just a friendly 'noggin and a natter'. Dates for future local show where WOE&PS will be

display their machines include: July 23rd & 24th Much Marcle Steam Rally, July 29th -31st at Welland Steam Rally, September 3rd Peopleton Village show, September 10th & 11th Northleach Vintage Show September 23rd -25th Malvern Autumn Show. There are more distant venues where the society displays and demonstrates its collections. These details, can be found on the club Website www.wychavonoilengineclub.co.uk or by contacting Sally Skilling, WOE&PS secretary on 07989 170203 or 01905 840109. Sally will also give details of the membership fee - which is very modest! Alternatively, just turn up at the next meeting at Drakes Broughton Village Hall on 8th September or speak to one of the club member at one on the local events.

Richard Catford



'HORIZONS' EXHIBITION at NUMBER 8
by professional artists Susan Birth & Dan Holden

Exhibition Dates:
30th June to 20th July

July Events at community run Queen Elizabeth Inn



Here's a small taste of what is going on over the next few weeks
.....who knew that a rural community pub could be so exciting !!

FISH & CHIP QUIZ NIGHTS

Join our Quizmaster at 19.30 on **Tuesday 12th July & Tuesday 9th August**
£10 per head entry fee including Fish & Chips. Max 6 per team

INDIAN FOOD NIGHT

Experience the spices & vibrancy of this cuisine on **Thursday 28th July**
One sitting at 19.30 – early booking recommended

LATIN AMERICAN FOOD NIGHT

A kaleidoscope of cultural cuisines from Mexico to the tip of South America !
on **Thursday 25th August**
One sitting at 19.30 – early booking recommended

Booking advisable via www.elmleycastle.com or by calling **01386 710251**



We are a multiple award winning, community-run, 16th Century Inn. We aim to provide a sustainable 'heart' for Elmley Castle and the surrounding villages, and a friendly destination venue for visitors & tourists alike.
Thank you for your support



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Flower Club News

On Wednesday, the 15th June, members of Pershore Flower Club were delighted to welcome Christine Ramsey, now living in Icomb near Stow-on-the-Wold, in person to Bishampton Villages Hall. Christine had done very well giving us our first demonstration on Zoom back in November 2020. Her demonstration was entitled "Past and Present" and we were the 'guinea pigs'. She started with the Tudor times when people carried a tussie-mussie to compensate for the smells in the streets. For this hand-tied posy she used lavender, sage, bay and rosemary. The Tudors then went on to flowers such as Valerian, rosemary, carnations, mint, etc. – this was learnt from pictures such as those found at Hardwick Hall in Derbyshire. In the Georgian period, flowers from the countryside would have been used. These hand-tied arrangements were inserted into various jam jars with water. The Victorian posies were used to send a message. Collars were created as we saw with a recent demonstration of the royal Maundy nosegay and Christine had made a wire collar into

which she inserted Alchemilla Mollis, small white Sweet Williams, white Astartia and then tall stems of pink Larkspur and peach coloured Roses. Christine then talked about not using floral foam (oasis) and for her next design she used a large container into which she placed some tall woody sprigs and leaves of the globe artichoke from her allotment and stems of Portuguese laurel. To this foliage, she added stems of white snapdragon, stems of Ammi Majus together with white spray Chrysanthemums and finally tall stems of Pussy Willow. For her Victorian/Edwardian design, she had filled an ice-cream carton with wet sand inside a small wooden trug. She used sprigs of ivy, Aucuba Japonica and the spiny leaves of Yew to cover the base. She added bright yellow Achillea, sprigs of Limonian and yellow roses which had been inserted into plastic phials as roses could not be inserted directly into the sand. Another Victorian interest was 'Pot et fleurs', for which she used a wicker basket into which she inserted a pot of lilies and two jam jars. She used pine cones to



prevent the jars moving about. She added stems of Sedum and Leylandii to the jam jars, one of which contained shells. She added leaves of Fatsia, Hosta and Heuchera and blooms of pink carnations and tall stems of Allium. For the only design using floral foam and inspired by the table decorations at Chastleton House where she is a volunteer, Christine used a very tall glass lily vase with a small block of oasis on top into which she put sprigs of fern, leatherleaf and eucalyptus with pink carnations and pink roses. This was a very

dramatic arrangement and one which she accompanied with two half-moon designs using the same foliage and flowers placed at the base of the vase. We all much enjoyed Christine's use of plants and foliage from her own garden and allotment which, created natural-looking designs and for her helpful tips about preserving and drying material. *Our next meeting is on Wednesday, the 20th July at 7.30 p.m. at Bishampton Village Hall and guests are always welcome. For further information, telephone 01905 936477*

George Cadbury and the Bournville Village Trust

Pershore and District u3a (University of the Third Age) welcomed local resident Duncan Cadbury to speak about the Bournville Village and its Trust. We were privileged to hear about this from a former chairman and trustee. In the late 19th century the idea of a chocolate factory in a green environment surrounded by a village community to enhance the working and living conditions of workers, was a social vision far beyond its time from brothers Richard and George Cadbury. George Cadbury encountered some of the very poorest in Birmingham through his teaching work with the Quaker movement and decided to locate the factory outside the city on a green field site and develop housing with gardens to improve the quality of life of the employees. They had access to a doctor, dentist, continuing education, and a pension plan for example. In Bournville there were shops, schools, places of worship, sports and recreation facilities. We saw many photos of public buildings built in the village to enhance life, including a

residence for single professional women, again ahead of the trend- and Selly Manor, a 15 century building saved from destruction, relocated and rebuilt by George Cadbury as a museum for the community. The whole village site is protected through a Trust, separate from the Cadbury company (now owned by Mondelez), to preserve the original ethos and is still today improving housing conditions and building social projects in Bournville and Telford.

*Sally Whyte
Speaker Coordinator*



How to join

We would love to welcome you into Pershore & District u3a. To join us: Go to the 'Join us' page of our website, where you will find details of our membership categories and membership fees. www.u3asites.org.uk/pershore



Next Monthly Meeting Talk

Tuesday July 19th 2022

at Number 8, High Street Pershore at 2pm

All welcome to hear

**Chris O'Grady speak about
"Walking to Rome"**

The true uplifting story of one man, four pairs of underpants, the 2,000 kilometres between Pershore and Rome, and the extraordinary kindness of strangers.

For more details contact

Sally Whyte, Speaker Coordinator: u3apershoresally@gmail.com

Elt Shoes - 150 years in the trade

This year marks an iconic milestone for Robin Elt Shoes, 150 years and five generations of the Elt Family running shoe shops which serve the local community, from its eight branches and website.

The Elt Family first started in the shoe trade in 1872 when Albert Edward Elt took over small shop on Worcester's High Street. His son Albert, married to wife Ada, expanded the business into a larger unit in The Shambles in 1934.

After the Second World War Albert's son Roy assumed full control of the family business with a clear vision to be a retailer that sold quality products linked with timeless classic styling. Along with this vision he also desired to grow the business into more local towns. He started this by opening the Malvern shop in 1948. The Church Street premises now also holds the Head Office for Robin Elt Shoes. Son Robin came into the business in 1964, he spent the start of his career learning the art of shoe making in Northampton. In 1969, after a period of ill health, Roy merged his shops with the retail arm of Church's Famous English Shoes, Jones Bootmaker. Robin continued to run the group in the "hands on" Elt tradition and eventually became branded Buying Director

for the whole group of 90 shops. In 1991 Robin decided to resume independent retailing as Robin Elt Shoes and took back two of the stores, in Malvern and Leominster. From there he continued to grow the business adding Hereford, Ludlow, Pershore, Torquay, Totnes and Worcester and a website. At the same time Robin formed a partnership with Gardiner Brothers, Wholesalers of footwear.

Daughter Jenny, the fifth generation, joined the business in 1991, learning the ropes in store as a Saturday Sales Assistant progressing to Manageress as well as learning all about the buying and the Head Office side of the business in the Malvern office.

Jump forward to 2022, Jenny is now at the helm of the family business maintaining the Elt family ethos of providing customers with great quality footwear with both classic and modern styling. Jenny and her staff pride themselves on offering the best customer service possible either in store or online. As Great Grandfather Elt said five generations ago, "Never stint on your bed or your shoes – when you're not in one, you're probably in the other." Comment from Jenny Elt, Managing Director 'As the fifth



generation of the Elt family in the shoe trade, I am very proud for our company to achieve this amazing milestone.

To mark this occasion, we will be celebrating in all of our shops from *Thursday the 30th of June – Saturday the 2nd of July.*

To thank our loyal customers and mark the occasion, we will be holding our BIGGEST EVER give away competition, where we will be giving away some great prizes - free shoes from top brands like Rieker, Remonte, Gabor and Orca Bay to name a few as well as a weekend break, luxury hampers, shoe care gift sets, handbags and much more. It would be amazing to see as many of our lovely customers in store over the three days to help us celebrate this special occasion.



What you need to know as a first-time landlord

1) Contact a local agent

Before you market your property, you'll want to know how much rent you can get. While it's handy to check similar properties in the area on Rightmove or other sites, the most accurate estimate will come from an agent. They'll be able to advise on how to make the property more tenant friendly, and who it may appeal to.

2) Check with your lender

Most landlords take advantage of buy-to-let mortgages when renting out properties. If you're buying a property with the specific aim of renting it out, speak to a mortgage broker to get the best terms. However, if you're only renting out a property on a temporary basis and plan to move back in, you may be able to continue with a normal residential mortgage. However, for this you will need to get 'consent to let' from your lender.

3) Prepare your property

Whether it needs a coat of paint or full renovation, you want a rental property to look fresh and clean to attract tenants. If you're renting out a furnished property, make sure the furniture is in good condition. Most importantly, ensure all gas and electrical appliances are safely installed. Small electrical appliances need to be PAT tested if you're leaving them in the property. You will also need to supply an Energy Performance Certificate.

4) Health and safety

You have legal obligations to keep your tenants safe, including:

- Installing and testing smoke alarms and carbon monoxide detectors
- Providing an Annual Gas Safety Certificate
- Following fire regulations for your property
- Checking for potential hazards, such as uneven stairs, broken windows and fire risks

5) Insurance

As a landlord, you're responsible for maintaining the property and taking care of repairs. Buildings' insurance is essential to protect you and your finances. You may also find landlord insurance useful.

If you are a first-time landlord, get in touch with our friendly Johnsons lettings team. We can find you tenants and help with your responsibilities; minimising the risks and maximise your returns.

Tom Tarver BSc Est. Man. MNAEA MARLA
01386 761515
tom.tarver@johnsonsproperty.co.uk



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PROPERTY CONSULTANTS

Gerry Anderson: *A Life Uncharted*

For many the name of Gerry Anderson will be familiar, associated with the children's programmes such as Thunderbirds, Stingray, Captain Scarlet and many more from their childhood. These were popular programmes using puppets to tell futuristic adventure stories. Torchy the Battery Boy appeared in the late fifties and was followed by Supercar and Fireball XL5. A new system of Supermarionation was developed which synchronised actors' voices with solenoids in the puppets heads making their lips move realistically. Fascinating to children were the many imaginative, futuristic vehicles, special effects and exciting story lines. They were also enjoyed by adults!! A whole range of toys were marketed too. Gerry didn't particularly like working with puppets but his ambition was to produce live-action films and T.V. drama. His next projects used the special effects expertise, combined with live action. A new T.V. series

UFO appeared in 1969 followed by The Protectors. Later, Space:1999 had two very successful series, again a science fiction adventure. There are many aspects of Gerry Anderson's life which are unknown, including the ups and downs in his career and personal life. The documentary 'A Life Uncharted', released a decade after his death, records his life based on personal interviews, recordings and in his own words. He was a pioneer in the use of special effects and paved the way for those who followed. For those who grew up with his programmes, he created an exciting, futuristic world of adventure which could be easily accessed on small screen. The film is appearing at Number 8, on Saturday July 23rd. It will be followed by a Q & A session with film Director Benjamin Field and Producer Jamie Anderson (Gerry's son). This will be a fascinating evening for fans of his work and a discovery for the generations with whom it may not yet be familiar.



Rotary News



“Carbon Zero Pershore?”

To emphasise Pershore Rotary's environmental awareness, the Club recently hosted a talk by Cllr Dan Boatright titled 'Can Pershore get to Carbon Zero?' This was an opportunity for Rotary and Pershore residents to get together to discuss the issues the town faces as it attempts to reduce its carbon footprint. The wide-ranging talk, in the new Banking Hall, considered the practical approaches needed to balance our living standards' expectations with the reality of achieving meaningful changes. Cllr Dan Boatright said: "It is great that people are now taking such an interest in the environment, and we need to harness that positivity into meaningful change. The technology to get to carbon zero is already here. The problem is we need to make these technologies more efficient and reduce the pressure on our planet. As an example, there are 62 metals in a mobile phone alone and increasingly difficult to source, and these need to be mined safely and ethically with minimum impact on wildlife and

the environment. We can all make positive changes by walking, cycling, repairing items rather than buying new and by making our houses more efficient. We also need to address efficient use and logistics of goods and services. Moving to Carbon Zero therefore needs behaviour changes as well as technological solutions." Event organiser, Graham Avison, added: "Dan's talk really helped us think about the problems we all face if we are to help save our precious environment. We have made important strides in CO2 reduction and more energy efficient solutions have become available. We need to reduce waste including plastics, dealing with food dating, focus on local production and seasonal food, and alternatives to red meats. There's lots to do, but we can work together to make it happen." 'Supporting the Environment' is one of Rotary's 7 Areas of Focus. For more information on Pershore Rotary, go to www.pershorerotary.club.

Queen's award for Enterprise

We are thrilled to announce that Pharma Packaging Systems Ltd have been recognised with the prestigious Queen's award for enterprise in the International Trade Category. The Queen's Awards for enterprise are the most coveted business awards in the UK and are globally recognised as a royal seal of approval for UK businesses. Now in its 56th year, the Queen's Award celebrates outstanding businesses in four categories: Innovation, International Trade, Sustainable Development and Promoting Opportunity. Winners are approved by Her Majesty The Queen upon recommendation from the Prime Minister so it is an enormous honour to have achieved the accolade in the Platinum Jubilee year, and also in our 20th year in business! This year, there are 141 winners in the international trade category which recognises excellence and achievement in overseas sales. Overseas sales have been a key part of operations since 2002 and to receive this in recognition of



substantial growth over the past three years in what have been for everyone, unprecedented and challenging times. The team whose hard work and dedication to both the business and our customers enables them to excel globally, serving some of the biggest names in the pharmaceutical industry. Pharma Packaging Systems will be heading to Buckingham Palace in the summer to collect the award at a reception hosted by HRH The Prince of Wales and Her Majesty's Lord Lieutenants will be presenting the Awards to businesses locally throughout the year.



Women's Hour!

Susan Catford

Half full or half empty??



Do you leap out of bed in the morning, throw back the curtains and greet the day with a sense of excitement and anticipation? Or do you retreat under the covers, avoiding the daylight, reluctant to leave the warmth and security of your bed, dreading what the day might bring?

Half full or half empty – the glass is both but how do you view it? I can't leap out of bed these days – crotchety knees – but I do always have that feeling of being glad to be alive. In the past there have been challenging, difficult times but like a race horse in the

Gold Cup, the hurdles may have been there but determination, energy and a lot of tactics have got me to the winning post (not necessarily in first place but still in the saddle!).

Life is like that. Threats and opportunities, good times and bad times but meet them as 'half full' and you will have more chance of succeeding and surviving I have found. The 'half empty' approach means you may give up before you start, accepting defeat as inevitable. Life isn't really 'a box of chocolates', rather a pic'n mix with choosing and selecting being part of what we make of it. Take this morning for example, a disturbed night with poor sleep but it is beautiful morning, full of promise. The sky is blue, the birds are singing, the garden is looking good even if the daisies are taking over the lawn! There is the prospect of a sunny day with hopefully more to come. There will be long days with plenty of opportunity to make the most of this time. Holidays, outings, barbecues, summer clothes and seeing friends and family are all on the agenda. After the difficulties of the past two years it does feel as if there is a return to normality and we deserve it!



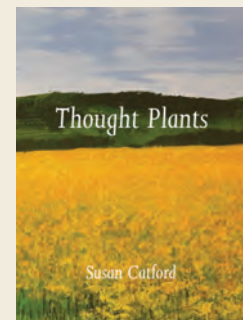
This is not to say that I am unaware or indifferent to the trials and tribulations that exist in the world. It is almost impossible to believe that while we are enjoying our Summer, others are enduring tremendous hardships and lives are being lost. But it is amazing to see the determination, strength and hope that human beings are capable of too and that will, hopefully, bring them to a better situation eventually. Feeling positive can be hard when the odds seem to be against you and the glass does appear half empty. But really it is half full and has the potential to be filled.

So I will do my best to continue to leap out of bed, coax my reluctant other half to do the same and make the most of every day. According to the tale of Pandora's Box, the last thing to emerge was 'hope' and that was to be an antidote to all the bad things released into the world. My glass may be half full or half empty but, as they say, there is always room for more wine!

70th Jubilee – Our Queen

A Jubilee we celebrate
Remembering on this special date
That our young Queen began
her reign,
Not knowing that it would sustain
For such a time, so many years.
There have been good times and
some tears
But through it all with
style and grace,
A ready smile upon her face,
She's seen so many come and go.
Prime Ministers she got to know
And shared her wisdom with
them all
Watching their rise and
sometimes fall.
But family first has always been
Important to this caring Queen.
A parent to our future King,

She's taught him what this role
will bring.
A fine example, steadfast too,
Determined that she'd always do
What was right to make sure
that we
Would live our lives quite
peacefully.
Sometimes things haven't gone
so well
But messages would always tell
How strong her will and spirit are,
They've helped her cope and
brought her far.
Deserving of our great respect,
We know that we can all expect,
That she will always do her best
But maybe soon she'll take a rest.
A fine example she has been,
Our lady and our special Queen.



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

from: Hughes & Company 8 Church Street Pershore

Tel: 01386 803803

hughescompany@btconnect.com

susanatford@gmail.com

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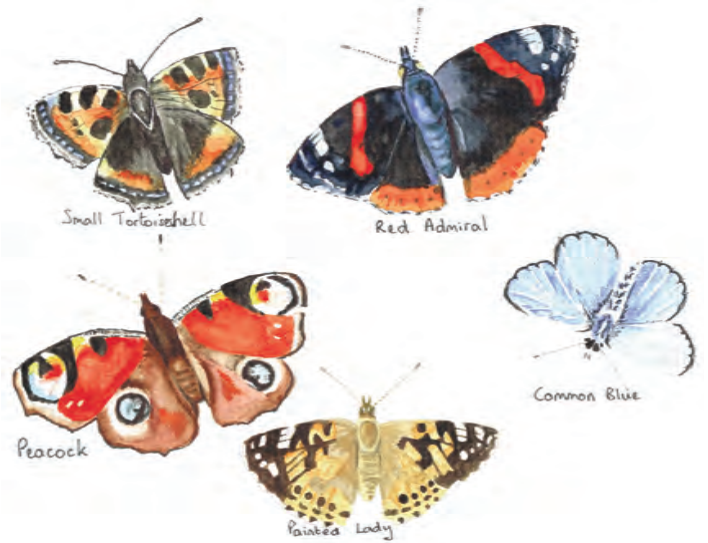
Garden Watch



There are advantages and disadvantages to observing the garden!! On the plus side, I notice and appreciate the flowers, birds, insects, trees and even grasses. On the negative side, I am also aware of the weeds which appear to be taking over in many areas of the garden. There is a need for some strong action to be taken there. It seems that lots of things have come and gone over the past month as they do. The peonies were beautiful with their big, blousy blooms as were the poppies but both have gone now. The alliums remain only as tall sticks with skeletal heads. The ceanothus didn't last long and was not as full as previous years. The lavender too has fewer flower heads, but is still attractive to the bees. The climbing rose and clematis on the garage wall are beautiful again. So many flowers on the rose that it can hardly bear their weight and needs some supports. Foxgloves seem to be popping up quite randomly around the garden and the alstromerias are doing well. The hostas have been kept in their Winter pots on the patio and have lovely foliage. The slugs love them but are being kept at bay with copper tape around the pots. This means that the ferns have taken over in the bed where they were and are growing profusely. Our lovely patio rose did not survive the Winter even in the greenhouse. A new addition, however, is a pretty, scented, yellow climbing rose under the kitchen window. Roses are all

beautiful but I particularly like the scented ones. The mock orange is also giving off a wonderful scent which wafts on the breeze. The lemon tree is back outside bearing one lemon. It is a talking point for visitors! The birds seem to visit the garden in shifts now. Big birds arrive in the morning as if they own the place- jackdaws, magpies, pigeons- smaller birds appear throughout the day and in the evening. The woodpeckers love the peanuts and are regular visitors, both spotted and green ones. I think the cuckoo may have left as I haven't heard it this week. The mole made a sudden appearance two weeks ago and we woke to a trail of molehills heading towards the house. All has gone quiet again but they will be lurking somewhere! We have had a reasonable crop of cherries but, again, the birds got there first! The top of the tree is bare but I have managed to find some fruit on the lower branches which we are enjoying. The pear tree had a major 'drop' last month so there will not be so much fruit this year. We are racing through June and not had much opportunity to sit outside yet. I bought a gazebo rather rashly to provide some shade when we had a few days of good weather. Needless to say it has not been used yet as the weather changed. My husband says I have probably ruined the prospect of a good Summer in doing so. I, however, live in hope and anyway it is waterproof!!

Country file - Butterflies



Our countryside and gardens are enhanced by the presence of beautiful butterflies but there is a real danger that we are at risk of losing a significant number of species. The Red List compiled by Butterfly Conservation shows that there are four species now extinct in Britain, with 41% classed as Threatened and 5% Near Threatened. However, it is still possible to see many butterflies still around and by planting butterfly-friendly flowers and shrubs, we can encourage them to thrive. They particularly like the

buddleia plant. Some species are easy to identify but others can be easily confused because of similarities. There are also variations as to which ones you may see depending on your whereabouts in the country. Some of those you may spot in Worcestershire are the Red Admiral, the Common Blue, the Peacock, the Painted Lady and the Small Tortoiseshell. These are all common species at the moment but there are others to look out for too.

Gifts for Gardeners

The home of unique gardening gifts for every occasion
www.borderinabox.com

Amber "The End of an Era"
 Due to Lynn's retirement (after 53 years in hairdressing)
The Salon will be closing on
Saturday 2nd July 2022
A special thank you to all our lovely, loyal clients, that have been with us, over these past 14 years.
If you would like Colette to continue to do your hair at home, or you can visit her at her home.
 Please telephone Collete on 07855 491993
Thank you, once again for your support!
 Lynn & Colette at Amber

Pershore Times today! Do you enjoy Jigsaw puzzles? visit www.pershoreline.co.uk/coffeebreak Play online for FREE

Cooking for fun!

Ailsa Craddock

We are very lucky to live in the Vale of Evesham, surely one of the great allotments of England with its many fruit and vegetable growers. PLEASE try and avoid eating strawberries out of season – and definitely not from abroad! The sweetness and juiciness of a just picked fruit cannot be equalled and now is the time to make the best of them!

Strawberry and Elderflower Sorbet

You won't find a more summery dish than this. The perfect refreshing treat to cool down on a hot day.

550g strawberries, hulled and halved
200 ml elderflower cordial (see June edition for recipe)
Juice of ½ lemon

Put the strawberries, cordial, 200ml cold water and the lemon juice into a blender and whizz for 2 – 3 minutes till smooth. Pour the mixture through a fine sieve into a bowl, using the back of a spoon to push through any thicker puree.

Press down to extract as much as possible then discard pips and any fibres left in the sieve.

Cover and chill for two hours. Pour into a container and freeze. Taking it out every hour or so to mash with a fork to limit ice crystals for 2 – 3 times. Remove from the freezer at least 5 minutes before serving.

Strawberry Gazpacho

330g vine-ripened tomatoes chopped
700g ripe strawberries, hulled and chopped
1 roasted red pepper
1 small shallot, finely chopped
1 garlic clove, crushed
1 tablespoon sherry vinegar
75ml extra-virgin olive oil, plus extra for frying and drizzling
Basil leaves to garnish

Put the tomatoes, strawberries, red pepper, shallot, garlic and vinegar in a large bowl and leave overnight. The next day, add the olive oil and whizz together until smooth, adding a splash of water if too thick. Season to taste. Fry some little pieces of bread in olive oil, drain and sprinkle with sea salt and serve with the soup, torn basil leaves and a drizzle of olive oil.



Strawberry and Mascarpone Gelato

Strawberry and mascarpone is a classic mix and this is also one of the easiest ice cream recipes you could possibly make!

300g strawberries, hulled and chopped
2 tsp elderflower cordial
150g golden caster sugar
500g mascarpone
100g white chocolate, roughly chopped

200g strawberries, hulled and quartered
1 tsp elderflower cordial
2 tsp golden caster sugar

Put the chopped strawberries in a bowl. Add the cordial and sprinkle over the sugar. Set aside to macerate for up to 1 hour. Beat the mascarpone and white chocolate together, then fold through the strawberry mixture. Put in a cling film-lined, straight-sided freezer-proof box (about 1 litre), freeze overnight. For the soft strawberries, put the berries and cordial in a bowl and sprinkle with sugar. Set aside for 15 minutes. Slice the ice cream and spoon over the strawberries to serve.



Jazz News Peter Farrall



Ferdinand Joseph LaMothe seems more like a European aristocrat than a jazz musician which is why Jelly Roll Morton adopted and changed his stepfather's name, Mouton and gave himself the Jelly Roll nickname. Jelly Roll was a slang expression with racy and sexual connotations best not expanded on in a respectable magazine but it was very appropriate for someone who, at the age of fifteen was playing piano and singing bawdy lyrics in the

“sporting houses” of the notorious Storyville red light district of New Orleans in the early 1900s. Morton toured Louisiana with various minstrel and vaudeville shows playing ragtime, blues, popular music of the day and even some classical pieces. Whilst sidelining as a gambler, pool hall hustler and, it is alleged, pimp. During this period he was building a folio of compositions and, importantly, committing them to paper arrangements. In fact, Jelly Roll Blues was one of the first jazz compositions to be published in 1915.

After a period in Chicago where he recorded some of his own compositions, he spent time on the West Coast of USA with his increased recognition and popularity also extending to Canada. A return to Chicago

coincided with a contract with RCA Victor leading to the landmark series of recordings by the Red Hot Peppers, well arranged and rehearsed numbers but still allowing for individual brilliance by musicians such as Kid Ory, Barney Bigard and George Mitchell.

These heady days were not to last and as the Great Depression loomed, RCA did not renew his contract and a dubious signing with Melrose Brothers publishers proved a financial disaster, leaving him playing in pit bands and vaudeville shows. Ironically, it was during this period when a composition of his from years back, King Porter Stomp, became a hit for the Benny Goodman Orchestra. Morton received no royalties. He was working as a bar manager in Washington D.C. when folklorist Alan Lomax conducted an extensive interview and recording for the Library of

Congress, and it was during this time that Morton claimed to have invented jazz in 1902!

After a stabbing at the bar leading to ongoing health problems Morton decided to return to Los Angeles in an attempt to rejuvenate his career. He died after only a few months there. Many people found it difficult to like Morton because of his flashy, arrogant personality but nevertheless he left a lasting musical legacy some of which we will hear at this month's club session.

Nick Ward's Jelly Roll Quartet
Wednesday, July 27th in the
Function Room, Pershore
Football Club
Doors open at 7pm, music at 8pm
Admission £10 to include a raffle
ticket. Book in advance and pay
on arrival
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Mind the gap

Nikki Hollier - Border In A Box

At this time of year, we are all spending more time in our garden, so, we can easily spot a gap. However, finding the right plant for the right spot can be tricky with so many gorgeous plants to choose from. Here are some ideas for you... Seasonal bedding plants - provide loads of colour and can easily fill any gaps along the front edge or between shrubs. These are usually annuals which means they will die back in the autumn. But are great to fill gaps whilst other shrubs are maturing. Try Cosmos which are my favourite as they flower until first frosts so long as you dead-head them regularly. Flowering perennials - such as Echinacea, Penstemons and Salvia's will flower for ages. There are lots of colours to choose from too, so there will be something for everyone's colour scheme. If you're planning ahead for late summer / early Autumn, try Japanese anemone 'Honorine



Jobert' with gorgeous white flowers that bloom from August to October. These purple flowers are Penstemon 'Czar' and have a bright outer flower with a gorgeous white inner and I think these are stunning when planted in a swathe. They grow to around 60cm tall and are perennial so will come back year after year. I find them really easy to look after too. Alternatively try adding a big pot of plants - use the usual mantra of Thriller, Filler and Spiller to create a full container. This doesn't have to be filled with seasonal bedding, you can use perennials and shrubs too (or use a mixture) along with some bulbs. As a side note, bigger pots retain more moisture during the summer as smaller pots dry out more quickly and so need more watering. Add decorative gravel to the surface which also helps with moisture retention by reducing evaporation. Other plant suggestions include: Verbena bonariensis - I love this for its height as it has slender stems with a purple bobble flower on the top, which makes it ideal for any width of border. It grows to around 1.2m tall and will self seed too and we all love free



plants! Carex grass - there are so many variations to choose from. I used Everest in my show garden at Chelsea and it has a beautiful white stripe leaf. However, the one in the photo above is Testacea with its orange tips. It's ideal for the front of a border to let it trail over the edge of paths. Echinacea - again there are many colours to choose from. This vivid orange one is called 'Moodz Sympathy' and is great for the middle of a border as it grows to around 60cm tall and loves the sunshine. All of these plants should be easily purchased from your local



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



July gardening tips

Reg Moule BBC Hereford & Worcester

Early July

When sowing seeds water the bottom of the drill, sow seeds and cover with dry soil. This maintains moisture levels around the seeds for a longer period. Cut back straggly violas to encourage new shoots. Use trimmings for cuttings. Water and ventilate the greenhouse regularly. Take clematis cuttings. Conventionally these are taken by cutting the stems into sections between the leaf joints but I find that they also root when cuttings are taken at the leaf joints too. Prune plums, fruiting and ornamental cherries now. Treat large cuts with wound paint but do it straightaway or it will not be effective. Prune and shape bay trees. They will tolerate fairly severe cutting back now.

Mid July

Keep camellias and magnolias moist at all times from now until early October. This is an essential aid to the setting of next year's blooms. Giving them a couple of

handfuls of sulphate of potash now helps as well. Trim hedges including conifer and other evergreen hedges. Be careful with water - early morning and late evening are the best watering times. If you have slug problems morning is better. There is no need to water the lawn. Take particular care of planted containers. Keep them fed, watered and dead headed. I find using a more potash orientated fertiliser like Phostrogen is good. Cut down herbaceous geraniums and poppies as they stop blooming to encourage new shoots. Give roses a boost with a dressing of rose fertiliser. If greenfly attack water lily foliage, just sink the leaves under the water for a few hours. Keep feeding and training tomatoes and other greenhouse fruiting plants. Try growing oriental vegetables, like Chinese cabbage, this is the best month for sowing. Sow beetroot, Florence fennel, Swiss chard,

raddichio, and turnips in the veg. garden. Spray potato foliage with Vitax Copper Mixture or one of the plant invigorators if attacks of potato blight are likely. You could also try using soluble aspirin 2 tablets per gallon of water sprayed over the foliage for two weeks. Prune summer fruiting raspberries after harvest by removing old, fruited canes. Air layer straggly houseplants, usually near the top, to create a new plant. Pinch out the tips of unwanted grape shoots after one leaf, to concentrate the plant's energy on fruiting. Take conifer cuttings from stems that are characteristic of the variety.

Late July

Thin out oxygenating plants in pools as they can cause problems if over abundant. Pinch out the tops of outdoor tomato plants once four trusses of fruit have formed. Sow parsley for winter use. Onions, garlic and shallots are



ready to harvest when foliage turns yellow and bends over. Sow autumn / winter salads, e.g. claytonia, salad rocket, corn salad, land cress, and winter hardy white Lisbon onions. Cut the old foliage off strawberry plants after harvest. New growth soon appears. Give them some sulphate of potash too. Take fuchsia cuttings to be trained as standards. Lantana, golden privet and elaeagnus are also suitable for training in this fashion. Take semi - ripe cuttings from most shrubs - they will root easily now.

You are not broken!

Karen Harris

Last month I ended my 'what truly causes pain' article, by saying...although pain manifests in the physical body, we must also treat the brain.

Whatever you have 'learnt' from past experiences, whatever issues/trauma may have come your way, the brain's response acts as a protective mechanism. The more often a certain type of pain is triggered, the easier it becomes for the brain to replicate it. It's often necessary to retrain the brain that the sensations that are being interpreted as dangerous are safe. An example of this is phantom limb pain. Amputees report pain in a limb that's not there. There is obviously no physical damage triggering the pain, and we can't apply physical treatments to a limb that's not present; however, in many cases, with mirror therapy and visualisation we are able to trick the brain and reduce the pain. If, for example, a person is emotionally shamed, they may shift into a restricted posture, or repress emotions, which will cause a state of tension in the nervous system. An overactive nervous system may respond by producing physical symptoms such as headaches, stomach issues, muscle tension, back pain etc. At any point the nervous system can hit a tipping point and begin a cycle of chronic pain. The brain then becomes more protective, detecting danger and triggering a pain response even when no danger is present. So how do we retrain the brain/nervous system to feel safe again once the initial physical or emotional issue has been removed? There are many ways, but the most important aspect is to treat the "whole" person. Provided the modality being used is NOT focusing on the symptom, but is



addressing the root dysfunction, we can generate healthy movement to get the energy flowing and the muscular and nervous system to relax. It is imperative for the person to become an active participant in their healing process. In an expert driven society this is often not the case.

Whatever, 'fix' approach is used, it must begin with the understanding that you are not broken. We must take the focus off the pain and the symptom and focus on what the body and mind can do to heal together. Education and empowerment is fundamental to my system of working, giving people a say in their own healing process. Using approaches like this in conjunction with re-educating the mind to understand the biological processes of pain is very successful in reducing chronic pain symptoms. Just as Chinese Medicine has maintained since ancient times, it's the integration of the physical, emotional, mind, and spirit that creates a balanced body. Nutrition, sleep, stress, physical and emotional trauma, internal and external factors can all influence posture and pain. You may find you need to address all these aspects to fully heal chronic pain symptoms.

Next month:

Rewiring to release pain.

Fight with all your might?

Angela Johns

I do feel there is too much "positivity" in our culture. There is too much onus on being strong, fighting and surviving tough times. Of course we want to come out of it the other side, and we want to end up more resilient but we also want to be comforted and accepted in just the state we are in. We can't do that with the barriers up and the armour on (that's for special occasions!). When, instead, we feel through our emotions, we often need support to do this and there should be no shame in that. To be truly listened to is an incredible experience. When we open up to someone with truth and authenticity it awakens something in the other person and a deeper emotional (and spiritual) connection is made. Maybe there is a sharing of common experience and a recognition – "yes, me too" – but just as important is to hear someone simply say, "that sounds so painful." Plus, it just feels good to help another. Thanks to our amygdala our brains are wired that way. My personal journey through life has taught me that there is more healing in sharing the load than there is in staying strong. I get it wrong so many times but I was able to put this lesson into practice when one of my son's had a painful experience. My default as a mum is to want to take the pain away, to take it on myself instead. But that takes



away my son's experience, invalidating it. Instead, I tried to feel his pain with him. I listened, and had no answers for the questions he hadn't even asked. We didn't fight it or try to put a positive spin on it, we felt it together until he reached the other side.

It's a privilege to be shown someone's vulnerability, to be given that trust. I know this because I have found it scary when I have lifted my own mask. There is no beauty in fierce independence, just a long hard struggle to maintain it. If you fight with all your might, there is no energy left for anything else.

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 www.angelajohns.co.uk

"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success"

James Cameron



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In addition to his award winning media work
Reg is also available
to speak at
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regularly since 1972.

*If you would like Reg to visit your group
please email reg.moule@gmail.com
for further details and to check availability.*

Understanding dietary fats



Healthy Heart Tip:

A small quantity of fat is an important part of a healthy diet, but not all fats are the same. Saturated and trans fats can raise 'bad' cholesterol in your blood, increasing your risk of heart disease. Here are some tips to help you manage the amount and type of fat in your diet.

Choose products with a lower total fat content. All fats are high in energy and too much can lead to weight gain. By reading the fat content on food labels you can choose products that are lower in fat. For example, you could switch from cheddar cheese (34g fat per 100g) to low-fat cheese spread (11g fat per 100g) or cottage cheese (5g per 100g).

Switch from saturated and trans fats to unsaturated fat. Foods high in saturated fat include fatty meats, hard cheeses, coconut oil, palm oil, butter, ghee, lard and cream. Trans fat is present in hard margarine, fried food, biscuits, cakes and pastries. Saturated and trans fats can increase the 'bad' cholesterol in your body, increasing your risk of heart disease. Look after your heart by switching to unsaturated fats, such as oily fish (e.g. salmon, mackerel and sardines), rapeseed oil, sunflower oil, olive oil,

unsalted nuts, seeds and avocados. Find healthier cooking methods. If you fry your food, why not try baking, grilling, boiling or steaming instead? Rather than roasting potatoes in fat, switch to boiled new potatoes or a baked potato. Cut away visible fat from fatty meats, such as bacon and lamb. Use a small amount of unsaturated oil for cooking, such as rapeseed oil, rather than butter, ghee, lard or goose fat. By cutting down on the amount of fat in your diet and switching from saturated or trans fats to unsaturated fats, you will take an important step towards reducing your risk of heart disease.

For more tips on how to stay healthy, sign up for our weekly healthy tips at www.heartresearch.org.uk/healthy-tips. To help keep your heart healthy, why not try out some of our Healthy Heart recipes from our website: <https://heartresearch.org.uk/heart-research-uk-recipes-2/> or have a look through our Healthy Heart cookbook filled with recipes from top chefs, celebrities and food bloggers: <https://heartresearch.org.uk/heart-research-uk-cookbook>



A Journey through perspective.

Emily Papirnik



Me: Do you need help with your perspective?

My client: *My perspective is the Truth!*

Me: Do you find yourself constantly playing the same story over and over in your head?

My client: *I remember it so well and I can still see it so clearly.*

Me: Are you fed up by this story?

My client: *Yes but it comes to me all the time and I can't stop remembering it, I have no control over when I think about it.*

Me: Would you like to choose to change it?

My client: *It will be a lie, I know the truth...*

Me: Shall we have a go at looking at it another way?

My client: *If it can help me stop feeling so angry I'm willing to try.*

This was very similar to a conversation with a client. They now fully understand that all they can control is how they react and respond and they can probably never fully understand why someone else behaved in a certain way. Many times people are unaware of the hurt they have caused another. They may know exactly what harm they have caused but time has passed and they are unable to apologise or even acknowledge what they have done.

I can help you see your story from another perspective, a

perspective that can also be True. A perspective that no longer will make you frustrated, angry or sad but will enable a fuller understanding and a broader perspective, a way of seeing that you can let this go and move on, if you choose to. I have helped people move forward from a story they have relived as a child or as an adult.

"You are important" and whether or not you are able to accept that True statement let me tell you something... It is time to allow yourself to STOP that continuation of hurt from another by reliving it. Why would you choose to let that story affect your life moving forward? I am not saying it is easy but isn't it worth a try? Start to live your best life, without the rubbish feelings and thoughts that have kept you stuck in the past. Life is for Living.....Let me help you step into that freedom.



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1st Anniversary

Pershore Wellbeing Hub



On June 23rd Hub volunteers celebrated 12 months of being open on the High Street in Pershore by having a garden party. Luckily the rain stayed away, and a good time was had by all. Gill Perks (Chair) thanked the volunteers for their invaluable contribution to the success of the venture. "When we started last year, we felt that we were trialling the concept which had emerged from the Town Plan i.e. to have premises on the High St where people could speak to a trained volunteer over a hot drink and also be a signposting centre for things going on in and around

Pershore. Completely free and confidential."

So, how has it gone?

"We are helping over a 100 people per month over the three days we are open (Wednesday, Thursday and Fridays 10-3pm). Also, many people access us online at: pershorewellbeinghub.co.uk and follow us on Facebook. This certainly seems to be a much-needed facility. We want to emphasise that the Hub welcomes everybody, and I hope we can help you get the best from our wonderful community."

Club accounts

Carol Draper



If you are a member of a club or society then you will be all too familiar with the annual AGM, the battle to recruit committee members and the accounts that no one seems to understand.

One of the primary reasons for an AGM is to approve the financial statements for the past year and if you are the treasurer, it is your job to produce them.

There is no defined way of keeping financial records but ideally you should have a record of all the income that has been received to include when, who from and what it was for. In the same way you should have a record of all the expenditure detailing when payments were made, how and what they were for. If your club is small, then a simple cash book or spreadsheet could be enough. More complicated organisations may benefit from an accounting package.

At their most simple, a set of financial statements should show the income received and the expenditure made during the year with the resultant surfeit (profit) or deficit (loss) in funds. If your club just has a bank account, then the balance in the bank account last year plus or minus the profit or loss from this year should equal the balance in the bank this year.

If, in addition to the bank balance, your financial statements include details at the year-end of money owed to the society (debtors) and money owed to others (creditors) the following is true.

Cash at bank plus debtors less creditors will equal the reserves in the accounts last year plus or minus the profit or loss from this year. If it doesn't something is wrong.

If you are in the position where the accounts don't balance, there is always a reason. If your accounts don't balance by a number that divides by nine it is likely you have transposed figures, for example written 69 instead of 96. Check entries are in the right columns and check for duplications.

Finally take a break or it will end up as my mum used to say that 'you can't see for looking!'

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd

"All mankind is divided into three classes. Those that are immovable, those that are movable, and those that move"

Arabian Proverb

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- find filling forms difficult?
- Have a problem that would help to talk through?
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French for the family.....

Brian Johnson-Thomas

Sometimes it can be difficult to find a holiday which caters adequately for all the members of the family, but perhaps Eurocamp offers a solution. They provide self catering holidays in caravans and other holiday homes across Europe and especially in the territory of our near neighbours, France.

We recently sampled three of their sites, one near Calais, one right in the far South of the country and one near Compiègne, within striking distance of Paris.

All three sites offer an impressive range of facilities and, perhaps as important, are situated in areas with a wealth of local attractions thus offering the chance of some extra-curricular stimulation. Taking our own car meant that packing wasn't particularly an issue – plenty of room for our clothes and holiday kit – but it did mean that I had to bone upon the driving requirements post-Brexit, since things have changed a little for us.

Little niggles – we now have to display a 'UK' plate on the car and not a 'GB' one, for example. There's also quite a list of kit you have to take in the car, just in case, including spare light bulbs, breath testing kits to check your blood alcohol level, high visibility jackets and so on. Both the AA and the RAC will sell you the complete kit, but you can also buy it in Halfords at Evesham.

One of my better buys, though, was to acquire an electronic tag system which, automatically recorded my French motorway tolls and sent them to my bank account to be paid monthly. (See www.emovis-tag.co.uk). You just drive up to the barrier, the tag beeps, the barrier lifts and away you go. Saves oh-so-much hassle (not to mention the 'domestic' caused by having to pay on the (for us) wrong side of the car.....) We also chose to cross the Channel by Eurotunnel, which is the shortest route as well as the easiest – just a short queue onto the car carrying train, a short half hour or so and a quick drive off – and this had the advantage also that our first stop was just twenty minutes' drive away. The caravan site at La Bien Assize in Guines is just down the road from the site of the Field of the Cloth of Gold where King

Henry the Eighth went head to head with his French counterpart back in 1520, at a time when the English still ruled that part of France.

Of more contemporary note is the fact that there's a rather fine restaurant on the site as well as shops, a takeaway and a range of activities including swimming, tennis, basketball, volleyball and crazy golf. Shopaholics will also like to note that the splendid shopping centre at Cite Europe, on the edge of Calais, is just ten minutes or so away by car.

Alas, it's over a thousand kilometres to our next destination, on the limpid shores of the Mediterranean and the only good thing is that the French motorway network is a lot better than ours in terms of facilities – and, indeed, traffic densities. We chose not to make the run in one mammoth leap but to break the journey overnight and also to make a point of going off the main route to take lunch (and a promenade) in various 'undiscovered' small towns near the motorway network. Adds to the journey time but helps with your sanity.....

The site at La Chapelle, minutes from the beach in Argeles sur Mer, south of Perpignan is just minutes away from the Spanish border across the foothills of the Pyrenees. Again it's got everything you want for a family break, including this time also a Boules court and trampolining, but it's also in the centre of the bustling resort that is Argeles Plage. There's everything you can think of in that resort and with the added benefit of the hot southern sun and plenty of sandy beach to lie out on. The promenade is just over a mile long and runs parallel to the beach from the small port to the pine forest with thousands of shady trees.

I should add that all the holiday homes we sampled came with gas barbecues, sun beds, tables and chairs on the decking and all the other little extras you might expect.

Although Brexit has meant that we no longer enjoy quite the same cheap deals on our wine purchases we still get good duty-free concessions, so we did as the locals do and went over the border into Spain, where prices are around a third cheaper than



in France. The cumulative effect was that a bottle of Rioja, costing around £7 in the UK, cost me just under £3 in a Spanish supermarket. So a few bottles have come home with me....

All too soon it was time to start the long trek back up north – and perhaps I should also mention Campanile Hotels here because we used them for our overnights and found them value for money, quiet, clean and efficient. (See www.campanile.com for details). Choosing slightly off motorway locations in Valence and Dijon we found a warm welcome and a good night's sleep.

And so to La Croix du Vieux Pont, our final Eurocamp site situated between Compiègne and Soissons. Again, it's got everything a family might need right there on site – and, what a site with tree lined boulevards between the little streets of holiday homes, each surrounded by a neat privet hedge. The site is also so near the Champagne country and a local producer family were selling their wares (with free tastings, of course) all day on the Sunday. Yes, I bought the odd bottle, but purely in the interests of research, you understand.....

From here it's less than three hours back to the Eurotunnel along the motorway and then there's just the slog back along our more crowded roads.

As a matter of record it took us exactly twelve hours from leaving our caravan at La Croix to putting the key in the lock of our front door back home. It was admittedly a lot of driving, but we were in charge of the timings, chose when and how often to stop and didn't have the hassle of crowded airports and long queues for security and all the rest of it. Also we enjoyed

the freedom that comes with self catering, we chose to take our main meals out at midday, for example, thus benefitting from the ubiquitous 'set menus' of so many restaurants. For families, particularly, Eurocamp offers a good holiday at a good price. I've seen their recent offers online at around the thousand pounds a week mark for a family of six for the peak Summer holidays in a range of French destinations, looking at the competition that's quite good value.

See www.eurocamp.com for details and current offers.

Right, having offered you ways to spend your hard-earned, let's end with something completely free: in Stratford upon Avon the Royal Shakespeare Company is operating an outdoor theatre in The Dell from now until the end of August. Situated on the river banks in Avonbank Gardens near Holy Trinity Church the Dell is offering free theatre for all, with no booking required.

You can access full details at www.rsc.org.uk/thedell and the season starts this weekend with Twelfth Night, followed by The Tempest, Hamlet, Macbeth, the Merchant of Venice, Romeo and Juliet, and a plethora of other favourites performed by a variety of actors, both amateur and professional. Performances start at 12 noon or 1pm and the second house it at either 3 or 4pm. So, it seems to me that some of the plays will have been somewhat shortened – but not, perhaps, to the extent of my favourite (apocryphal) rendering of Romeo and Juliet, viz: 'I love you....I love you too....I'm dead....so am I.... actually I'm not....Oops! Summer's finally here! Enjoy!

Heritage & History Society



Pershore Heritage and History Society has been around since the mid- 1990's starting at Belle House as a Heritage Centre before moving to its present home in 2003 over the Town Hall . It then progressed to holding monthly meetings mainly at Wulstan Hall in Priest Lane but occasionally at other venues in the town.

We have talks on a variety of topics but try to keep them local if possible although some topics are of a more general nature. We were able to re-commence our monthly meetings in February of this year after being in 'hibernation' for over two years quickly followed by a Dinner at The Angel before a few volunteers turned their thoughts and actions to providing a suitable display in time for our Queen's momentous Jubilee. The Heritage Centre was officially opened by our Mayor at that time, Mr. Julian Palfrey, who is also very involved with the Society and has been since its beginning in Belle House.

Coming Events 2022/2023
July 7th - My Life Behind Bars by Heather Greenhalgh
Aug (TBA) - Afternoon Tea at

Holland House, Cropthorne
Sept 1st - Isambard Kingdom Brunel: Victorian Genius by Ray Sturdy
Oct 6th - To be confirmed
Nov 3rd - The History and Work of the Avon Navigation Trust by Clive Matthews
Dec 1st - Christmas Quiz and Social Evening
2023

Jan - (TBA) New Year Dinner
Feb 2nd - Lord Nelson, Britain's Greatest Naval Hero by Max Keen
Mar 2nd - AGM followed by Footnotes in History - Our Forgotten Leaders by Julian Palfrey and Matthew Winfield

All Monthly Meetings to be held 7.30pm on the First Thursday in the month at Wulstan Hall, Priest Lane. Outings being arranged to Hellens at Much Marcle and Witley Court or Glos/Warks Railway. Please feel free to visit us at Pershore Heritage Centre (Open 12-3 Tuesday to Friday inclusive each week - free admission, donations welcome) or join us at one of the monthly meetings £2.50 visitors or £12.00 annual membership plus £1.00 per meeting.

The Arts Society lectures & visits resumed



We have embraced the return to near normality after the pandemic and have been successfully running our monthly Lectures live at the Henrician Theatre in Evesham since September 2021. We have also resumed our visits programme and have just returned from a visit to Boughton House and Gardens, the magnificent home of the Duke of Buccleuch in Northamptonshire. Boughton has

some of the best preserved State Rooms in the British Isles and a magnificent decorative and fine arts collection. We also enjoyed a fine June day in the Gardens and lunch laid on by Boughton. We shall shortly be publishing our 2022/2023 Lecture and Visits programme and would welcome returning and new members.

For more information please visit our Website at www.theartsocietyeandp.org.uk



VETERINARY ADVICE ESPECIALLY FOR YOU!



Summer Fun with your Dog - There is nothing better as a dog owner than seeing the end of the dark days and the start of the summer sun. Those rainy cold walks which feel like a chore soon turn in to the best parts of our days. For me exploring novel places and watching my dogs enjoying sunny summer walks is one of my favourite things to do. However, whether it is on the beach, in woods or just having fun in the local park there are a few things to be aware of to ensure your furry friends have a fun filled and safe summer.

Never leave your dog alone in the car - It is amazing how quickly cars heat up. Opening windows or leaving your pet will not make a difference so even if you are only getting out the car for a brief period your pet should come with you.

Avoid heat stroke - On extremely hot days sadly walks may have to be postponed to avoid heat stroke, which can be life threatening. If the temperature allows, then early morning or late-night short strolls when the air is coolest are best. Heat stroke can affect dogs even without walking so always ensure your pet has access to shade. Frozen treats, cooling mats and paddling pools can all help keep things cool. If you are worried your dog is overheating phone your vets for advice, never throw cold water on them as sudden cooling can be dangerous.

Don't let your pet get sunburnt - Dogs and cats can get sunburnt too! Animals with white or very thin fur are most at risk. Access to shade is important and the use of pet sun cream is vital on any risky areas. If you are worried chat to your vet about whether your dog needs some protection.

Watch out for grass seeds - Grass seeds (or Awns) can be a nightmare for your pet at this time of year. They can get into ears, eyes, paws or just about anywhere! Check through your dogs coat after a walk and remove any loose seeds before they can become a problem.

Wishing you all a fun filled summer with your pets!

Best wishes

Amy

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



How the Polish nation helped us in WW2

Tim Hickson

Nearly 80 years after the end of World War 2 it is easy to be unaware of many of the things that happened during that conflict. Even for those of us born before that time, memories can fade. However, whilst I was a child, living in Plymouth, I can remember that there were many people from other nations, then living with us, who had been forced out of their countries and had come to help to fight the Nazis. We very much admired the Polish soldiers, sailors and airmen. They were formidable allies. I have just read the obituary of a Polish Brigade Paratrooper, Kazimerz Szmid, who was part of the fourth largest Allied army during WW2. (It is shocking to note that the then new Labour Government succumbed to pressure from Stalin and did not invite the Poles to the Victory Parade in London on June the 8th, 1946.)

Even before the British went to war, the Polish nation helped us. You will have heard of Bletchley Park and the work done there cracking the German's Enigma codes. If you visit that fascinating place, you can see the memorial to the Polish mathematicians who showed us the work that they had done to crack those codes. Whilst these mathematicians could not cope with the daily changes of the Enigma machine settings which the Germans did once the War had begun, what they did do was to show that what the Nazis believed to be unbreakable was capable of being broken. That started Bletchley's work and the people there, eventually, found a way to deal with the daily changes. At the beginning of that conflict, our young airmen had no



experience of real combat whereas the Germans had fought in Spain which gave them an advantage. The Polish aircrew did have experience as they had, albeit briefly, fought the invading Germans. So, coming here, they were potentially very effective - but they did not speak English, or not very clearly, so it was difficult to put them into existing RAF squadrons. Eventually there were enough to form sixteen all-Polish squadrons. Two fought in the Battle of Britain and one of those, flying Hawker Hurricanes claimed the largest number of aircraft shot down of the 66 Allied fighter squadrons engaged in the Battle even though it joined the fray two months after the battle had begun.

"Had it not been for the magnificent material contributed by the Polish squadrons and their unsurpassed gallantry" wrote Air Chief Marshal Sir Hugh Dowding, head of RAF Fighter Command, "I hesitate to say that the outcome of the Battle would have been the same."

In an article for this paper I wrote about the twin-jet fighter, the Gloster Meteor, and the part it



played in tackling the menace of the flying bombs, the V1s. That writing produced a contact with a Defford man, Konrad Szymanski, whose father was the first to show how the missile could be made to crash by tipping its wing. That pilot was Tadeusz Szymanski, a Polish fighter ace in the RAF.

On July the 12th, 1944, Tadeusz had been on a combat mission with his Polish 316 Squadron and was over the English Channel near Dungeness when he spotted a V1 heading for

London. What happened next is described in his own words. I started shooting and saw strikes before my ammunition was finished but the bomb kept on a dead-level course. Over the town of Hastings I moved into close formation to get a close look at it. ... I decided to try and tip the doodlebug up with my wing tip. The flight was controlled by gyroscopes and if you turn a gyroscope more than 90 degrees it goes haywire. As soon as I put my port wing under the doodlebug's wing, it started lifting and I banked to starboard. I repeated this manoeuvre eleven times but each time it went over so far and then came back. By now the barrage balloons protecting London were in sight and I was becoming rather anxious, I tried a different manoeuvre, hitting it very hard with my wing tip as I went up into a loop. When I recovered my position I found, to my dismay, that the doodlebug was flying perfectly safe and level - but upside down! Suddenly it dived out of control and crashed in open countryside.



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Seeking New Members



RBL Pershore & District Branch are Seeking New Members!

We are celebrating our Centenary this year. The objects for which the Legion has been established and incorporated

- To relieve need, suffering and distress of Beneficiaries and their Dependants.

- To relieve need and protect mental and emotional health of the Dependants.

- To relieve suffering, hardship and distress to Dependants.

- To promote support schemes of Beneficiaries and their Dependants.

- To promote Commemoration.

We are a very active branch and are looking to strengthen our support in the area and as usual are involved in a number of local activities that you could support. Pershore Carnival, Pershore Plum Festival, Poppy Appeal and other activities in planning stage (Eg:-Concert to celebrate our Centenary). There is no requirement to having served in the Armed Forces, anyone may join this proud organisation. The cost is minimal compared to the benefits that can be used. We also have a facebook page to share information.

If you wish to join please contact the Branch Membership Secretary Gerald Gregory 07802 897088 Email: geraldgregory@icloud.com

Thoughts from the Snug . . .

Honesty

"I've a complaint!" said one of our party in the Snug to the barmaid. "You've undercharged me." She took a step back and apologised and said, "Thank you for your honesty." She was slightly embarrassed and immediately recalculated the bill. Notes and coins were exchanged and what followed was a discussion on honesty within the group.

"Quite right." said one.

"Well done." said another.

"You will go to heaven." said the barmaid

"I doubt it." He replied, adding, "Expecting the world to treat you fairly because you have done good in your life is like expecting a bull not to attack you because you are a vegetarian."

Richard Catford



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Gregory's world!

Gregory Sidaway (18)

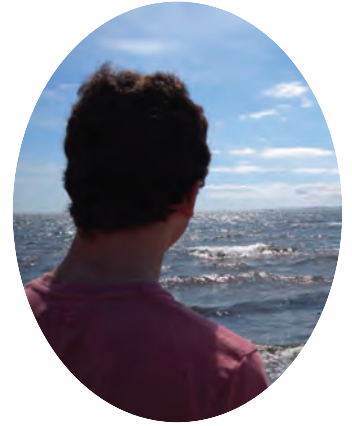
End of an Era

There is light at the end of the tunnel, fellow reader! Exams are over, finished, out of our control. No more early morning alarms, cramming revision notes over a hasty bowlful of Cheerios and praying you haven't missed anything out. I can sleep again. On exam nights, I would find myself just lying there, my heart pounding and my body emitting enough heat to power a small steam engine. With each exam, I could come home and put a great big line through that day's section of my timetable.

Apparently, every exam paper is planned and designed years before it ever arrives on our desk; it's weird to think that when I was acting out Star Wars in the playground and going to bed at 8:30, those future papers might've been sitting in a vault somewhere, waiting patiently for June 2022. My personal experience of the month-long exam period was that it was okay; I wouldn't want to go through it again – who would? – but the gaps in between exams meant a stepping-stone, island-hopping strategy could be

implemented. That way I didn't completely short-circuit, instead focusing on each one as it came before moving onto the next. This meant I had time to grab a slice of Vegan chocolate cake at a Platinum Jubilee party. What a celebration! Seventy years of Her Majesty, the Queen; already the longest reigning female monarch in world history, she shortly became the second longest reigning monarch in world history after King Louis XIV of France, who inherited the throne when he was four years old. (Some kids get a Lego set, others get a kingdom!) Indeed, the four day long celebration was marked by Trooping the Colour down The Mall, a Platinum Party at the Palace of twenty-two thousand people, Prince Louis' agonised expression as he covered his ears to the flypast, and the Queen herself following up her mission with James Bond during the 2012 Olympics by eating marmalade sandwiches with another icon of British popular culture, Paddington Bear. After the difficulties of the last few years, it was great to see so many

people focusing on something positive – even if it was only for several hours between revision sessions for those my age. I was asked a few times how it felt now that exams were over, but only now is it really starting to kick in. Some withdrawal symptoms from no longer revising have begun to affect me: wanting to take another look at my notes, occupy a spare minute with flashcards, something in the back of my head telling me I'm not doing enough – but that's not the case any more. Freedom feels great. As you may remember, last month's article covered my bumpy clubbing experience. Well, on the evening after my last exam, I honed my skills and decided to face the bone-shaking music again. Yes, I got to 2:30 in the morning incredibly tired and dehydrated, and I had an icy drink thrown over my back, but you can't have everything, can you? When the DJ leaned over the microphone and yelled: "Make some noise if you've just finished your A-Levels!" I felt a cathartic sense of victory that made the whole night worth it.



I'm on holiday at the moment, finishing a coffee and thinking back on the last two years of A Levels with a feeling of completion. Time to move on. Uni is on the horizon, after all. But for now, I'm exploring Port Eynon in Wales. (I highly recommend a coastal walk around the peninsula, by the way, just be prepared for some steep stairs and try to avoid the temptation to slip and fall into a hedge like I did). One thing is for certain: relaxing strolls along the beach, catching up with you, fellow reader, and sipping a cold glass of cloudy apple cider outside The Ship Inn beats studying any day.

Pershore Riverside Youth Centre River Festival Returns!

Pershore's FREE River Festival will take place on Saturday July 16th, at Pershore Riverside Youth Centre and King George's Playing Fields. Returning after three years, the Festival will feature water and land based events and amusements throughout the day, from 1030 to 1530.

The Festival is returning 3 years after the last River Festival, held in 2019, before Covid put a stop to public events. The Organisers are working closely with Pershore Riverside Youth Centre, the Bell Boat Regatta and Pershore Football Club to bring this event to the town once more. The Bell Boat Regatta is organised by Fladbury Paddle Club, supported by Pershore Town Football Club and is open to all ages and abilities. In the morning, events will include the Wychavon Parish Games bell-boating along with an inter-schools competition. In the afternoon all are invited - sports clubs, community groups, scouts and guides, businesses, pub

teams or groups of friends and family. Racing takes place over a distance of 200m and every team is guaranteed 3 races throughout the afternoon. Age categories are for under 11's, under 15's and 15 years plus. It's hoped that many will take part to make this an inclusive and enjoyable event after the challenges of the last couple of years.

Further details and entry forms can be obtained from Andy Train, Fladbury Paddle Club Chair - atrain1@btinternet.com

NOTE The bell-boat is a twin-hulled canoe making it very stable. It is propelled by teams of between 8 and 10 people using single-bladed canoe paddles. The Regatta has proved a very successful and enjoyable event over several years.

Also on the water will be "Try It" activities, organised by Wychavon Kayak and Canoe Club and Bonkers Activities. This includes the ever popular "stand-up paddleboards".



Activities in the Riverside Centre will include wildlife displays and talks, organised by Wychavon and The Friends of Avon Meadows. In addition, on King George's Field will be a wide selection of stalls, representing local organisations and serving hot and cold food.

Liz Tucker, Chair of Riverside Youth Centre said "It's great to be holding this fun day at Riverside once again. This year's event will start small but we hope to build it back up again to be a major attraction in Pershore's calendar. Anyone able to help please contact me on ltucker2021@btinternet.com"

Coffee Break

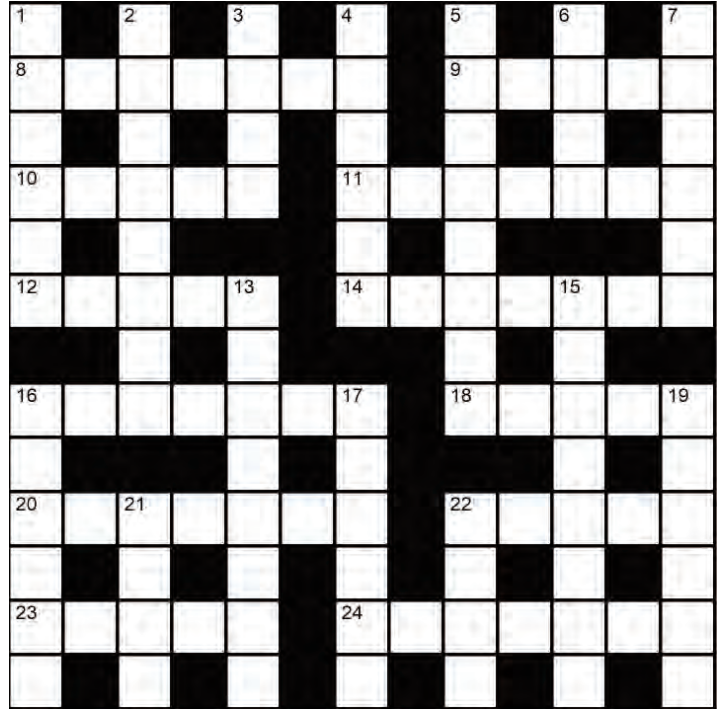
Pershore Times today! Do you enjoy Jigsaw puzzles? Play online for FREE, visit: www.pershoreline.co.uk/coffeebreak

Across

- 8 Where to scrub Skodas or mop Mazdas (3,4)
- 9 Runs moderately fast (5)
- 10 Tiny particles (5)
- 11 Defiant remark (2,5)
- 12 Disgrace (5)
- 14 Tire out (7)
- 16 Willingly obedient (7)
- 18 Lebanese city and ancient Phoenician port (5)
- 20 Tympanic membrane (7)
- 22 Thick sweet liquid (5)
- 23 Sudden forward thrust (5)
- 24 Of little consequence (7)

Down

- 1 Orts (6)
- 2 Disdainful (8)
- 3 It's said on Sunday (4)
- 4 Virginal (6)
- 5 Sudden side pains (8)
- 6 Completed (4)
- 7 Give the green light (6)
- 13 Carried out badly fed crone (8)
- 15 Be beneath (8)
- 16 Makes a home (6)
- 17 Bounds (6)
- 19 Incendiary gel (6)
- 21 South African money (4)
- 22 Dirty (4)



Sudoku

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

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

June Answers

1	E	R	A	S	E	4		5	U	N	T	R	7	U	E					
	E	C	O	N																
8	O	V	E	R	L	O	A	D			9	M	A	I	N					
	O	U	M	E	P															
10	C	L	A	N					11	Y	A	R	M	O	U	T	H			
	U	C								G							E			
12	I	T	C	H				13	A	G	O			14	N	I	L	E		
	I								U						U	L				
15	L	O	P	S	I	D	E	D						18	C	H	I	N		
	N	C																		
19	K	I	W	I					20	T	E	T	H	E	R	E	D			
	Z	F								O					E	A	N			
21	S	E	N	I	O	R								22	R	A	R	I	T	Y

Fun Wordsearch

- | | | |
|--------|--------|-------|
| ACHE | GIANT | RATS |
| APR | ISM | SNUB |
| BINGE | LAN | SOME |
| BOTHER | LET | SORT |
| CNN | MHZ | SPAN |
| DRIP | MOLD | SPOOF |
| ELBA | OBSESS | SWAM |
| ELSE | OCT | STONE |
| EVA | OEDEMA | WMD |
| FROWN | O'HARA | WINE |
| GEL | OPS | ZESTY |
| GHETTO | ORAL | |

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

Poets' Corner

A Shropshire Lad 1:

From Clee to heaven the beacon burns

From Clee to heaven the beacon burns,
 The shires have seen it plain,
 From north and south the sign returns
 And beacons burn again.
 Look left, look right, the hills are bright,
 The dales are light between,
 Because 'tis fifty years to-night
 That God has saved the Queen.
 Now, when the flame they watch not towers
 About the soil they trod,
 Lads, we'll remember friends of ours
 Who shared the work with God.
 To skies that knit their heartstrings right,
 To fields that bred them brave,
 The saviours come not home to-night:
 Themselves they could not save.
 It dawns in Asia, tombstones show
 And Shropshire names are read;
 And the Nile spills his overflow
 Beside the Severn's dead.
 We pledge in peace by farm and town
 The Queen they served in war,
 And fire the beacons up and down
 The land they perished for.
 "God save the Queen" we living sing,
 From height to height 'tis heard;
 And with the rest your voices ring,
 Lads of the Fifty-third.
 Oh, God will save her, fear you not:
 Be you the men you've been,
 Get you the sons your fathers got,
 And God will save the Queen.

A. E. Housman 1859-1936

A E Housman was born at Valley House in Fockbury, near Bromsgrove in Worcestershire. Housman was educated at King Edward's, Birmingham and later Bromsgrove School. Where he revealed his academic promise and won prizes for his poems. In 1877 he won an open scholarship to St John's College, Oxford.

Housman completed 'A Shropshire Lad', a cycle of 63 poems. After publishers turned it down, he subsidised its publication. At first selling slowly, it rapidly became a lasting success. the book has been in print continuously since May 1896. Housman died, aged 77, in Cambridge. He was buried at St Laurence's Church, Ludlow, Shropshire.

Spot & Shop - June Winners

- 1) Rosemary Prosser
- 2) Margaret Newell
- 3) Pam Rayner
- 4) Hilda Richards
- 5) Alan Stevenson
- 6) Angela Hudson

Last month's answer: Leonard Olive Interiors

Fun Quiz!



1. The oldest pub in Britain, Ye Olde Trip to Jerusalem, is situated in which English city?
2. What is the largest totally freshwater lake in the world?
3. Kevin Rowlands was the lead singer and founding member of which group?
4. What is the name for the tough fibrous flexible connective tissue that links bones together?
5. Which composer's principal works were the opera 'Porgy and Bess' and Rhapsody in Blue for piano?
6. In German this musical instrument is called a Dudelsack, but what is it called in English?
7. Which film was 'Raindrops keep falling on my head' written for?
8. In mythology who was the principal god of the greeks?
9. Which soldier and statesman had a horse named Copenhagen?
10. What type of animal is a Mandrill?
11. In which English county are the hills Whernside, Ingleborough and Great Shunner Fell situated?
12. The TV series Only Fools and Horses first aired in which decade?
13. 'Balloon Girl' and 'Love is in the Bin' are works by which street artist?
14. Winston Smith is a member of the Outer Party in which George Orwell novel?
15. Which American company made the RAZR V3 mobile phone?
16. Which England football manager was born in Torsby, Sweden in 1948?
17. A 'Quadrennium' is a period of how many years?
18. Which English author wrote the novel 'Jane Eyre'?
19. The film 'One Flew Over the Cuckoo's Nest' was released in which decade?
20. Leo Tolstoy's novel 'War and Peace' chronicles the French invasion of which country?

Answers: 1. Nottingham 2. Lake Superior 3. Dexty's Midnight Runners 4. Ligament 5. George Gershwin 6. Bagpipes 7. Birch Cassidy and the Sandance Kid 8. Zeus 9. Duke of Wellington 10. Baboon 11. Yorkshire 12. 1980s 13. Banksy 14. 1984 15. Motorola 16. Sven-Göran Eriksson 17. Four 18. Charlotte Bronte 19. 1970s 20. Russia



COMPETITION TIME!

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 - 6th - Pat's Pantry - Jar of home-made marmalade

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In memoriam

Griffin, Andrew Theodore "Andy"

Passed away on 9th June 2022, in Worcester Royal Hospital, aged 90 years. Beloved husband of Marie and a much loved father of Hazel, Carol and son in laws Nigel and Rob, devoted grandad to Alan, Lee, Pol and Lorna, great grandad to Luke, Millie and Thomas. Andy will be sadly missed by his family and friends. Funeral service took place at the Vale Crematorium, Fladbury on Thursday 30th June. Donations, if desired, to the British Lung Foundation (for COPD) may be sent to E Hill & Son Funeral Directors.

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July Issue - 20th July 2022

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Letters to the Editor

Dear Editor,
Thank you so much for your donation of a lovely golf book for the ladies AM AM at the Vale, it would be difficult to raise any charity funds without your much appreciated generosity.
We have managed to raise £800 for Myeloma UK from the raffle alone, after we finalise the accounts for this event we will have raised over £1000 which is wonderful. Our 2 members who

are currently undergoing treatment for Myeloma have both requested that any monies that we raise this year go towards research in an effort to find a cure for future patients. Once again many thanks we couldn't do anything without support from local businesses giving to charity events
Grateful thanks from all at Vale

*Jan Ledbury, Lady Captain
Vale Golf & Country Club*

Dear Editor,
My name is Jordan Durnall, I'm 28 years old, a Foodhall Trading Manager for ASDA, and I am trying to raise awareness for Motor Neurons Disease along with fundraise for the Motor Neuron Disease Association. On the 26th March this year (The day before Mothers day), my amazing mother Annmarie Thornhill from Upton on Severn, sadly lost her battle against this cruel and unforgiving disease, leaving behind a family who loved her dearly, and leaving a hole in all of our lives that can never be replaced. Broken and lost though we may be, I made my Mom a promise that I would find a way to help others who are suffering the same fate, and do everything I could to help MNDA eventually find a cure, so that no one ever has to go through the pain, heartbreak and suffering like we did.

It is with this promise in mind, along with moms legacy of love, hope and happiness, that I have created a cover version of 'You Are The Reason' by Callum Scott, and have recorded a slightly tweaked version in an attempt to help raise awareness and funds. The link to which is here - https://youtu.be/SDVLRclL_zA
I have also set up a Just Giving page - www.JustGiving.com/AnnmarieMND
My aim is to raise as much awareness as possible, and I'm reaching out to see if there is any way you would help me, and become part of the incredible journey that I'm currently on.
I really really appreciate the time you've taken to read this E-mail, and I really hope to hear back from you.
Many thanks, and much love.

Jordan Durnall

Dear Editor
Reading the article in the June issue about the Radar Scientists at Malvern and Defford brought back memories of the war. As a family, we moved from Birmingham to Defford to escape the Blitz. The Ministry of Defence put telegraph poles all over Defford Common to prevent the enemy landing on the open land. There was great excitement one day when we all

ran up to the common to see a young British airman, who had successfully landed his plane, when he got into trouble, by somehow steering his plane safely between all the obstacles. We often used to find strips of tin foil in the garden and knew they were connected with experiments at Malvern.
Yours sincerely

Helen Wilson

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Fri 1 & Sat 2 Jul - 7.30pm
Directed by Tom Gormican,
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Benediction (12A)

Mon 4 Jul - 11.00am;
Thu 7 Jul - 7.30pm
Directed by Terence Davies,
2hrs 17 mins
Tickets: £8.50 Daytime £7.00

The Drover's Wife (15)

Fri 8 & Sat 9 Jul - 7.30pm
Directed by Leah Purcell
1hr 49 mins
Tickets: £8.50 Daytime £7.00

Top Gun: Maverick (12A)

Fri 15 & Sat 16 Jul - 7.30pm
Directed by Joseph Kosinski,
2hrs 11 mins
Tickets: £8.50

Good Luck to You, Leo

Grande (15)
Mon 18 Jul - 11.00am & 7.30pm;
Tue 19 Jul - 7.30pm
Directed by Sophie Hyde
1hr 38 mins
Tickets: £8.50 Daytime £7.00

Men (15)

Fri 22 Jul - 7.30pm
Directed by Alex Garland
1hr 40 mins
Tickets: £8.50

The Railway Children (U)

Mon 25 Jul - 11.00am,
Tue 26 Jul 7.30pm
Directed by Lionel Jeffries
1hr 48 mins, 1970
Tickets just £6!

Sonic the Hedgehog 2 (PG)

Wed 27 Jul - 11.00am
Directed by Jeff Fowler, 2hrs
Special offer - tickets just £2!

Lightyear (PG)

Fri 29 Jul - 2.00pm,
Tue 2 Aug - 11.00am,
Thu 4 Aug - 2.00pm (RS)
Directed by Angus MacLane,
1hr 45mins
Tickets: £7.00

Elvis (15)

Fri 29 & Sat 30 Jul - 7.30pm;
Mon 1 Aug - 11.00am &
7.30pm; Tue 2 Aug - 7.30pm
Directed by Baz Luhrmann,
2hrs 40mins
Tickets: £8.50 Daytime £7.00

Between Two Worlds (12A)

Thu 4 Aug - 7.30pm
Directed by Emmanuel
Carrère, 1hr 46 mins,
French with subtitles
Tickets: £8.50

The Phantom of the Open (12A)

Fri 5 Aug - 7.30pm
Directed by Craig Roberts
1hr 42mins Tickets: £8.50

Double Bill:

Dr. Who & the Daleks & Daleks Invasion Earth 2150 A.D (U)

Sat 6 Aug - 7.00pm
Directed by Gordon Flemyng,
2hrs 50 mins, 1965 & 1966
Tickets: £8.50

The Quiet Girl (12A)

Mon 8 Aug - 11.00am,
Tue 9 Aug - 7.30pm
Directed by Colm Bairéad, 1hr
35mins, Gaelic with subtitles
Tickets: £8.50 Daytime £7.00

Events Listings

Foyer Folk: Julie July Trio

Sat 16 Jul - 8.00pm
Tickets: £8

National Theatre Live:

Prima Facie

Thu 21 Jul - 7.00pm 2hrs
Tickets: £15, Students £10

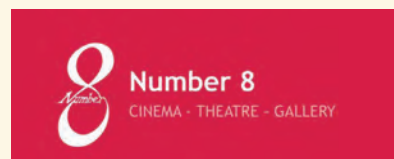
Foyer Folk: Dik Cadbury &

Carole Lee Sampson

Sat 20 Aug
Tickets: £8

André Rieu 2022 Maastricht Concert - Happy Days are Here Again!

Sat 27 Aug - 7.00pm,
Sun 28 Aug - 3.00pm,
Fri 23 Sep - 7.00pm
Tickets: £18 Friends £17



High Street Pershore Worcestershire WR10 1BG

Box Office: 01386 555488 www.number8.org

Email: enquiries@number8.org

Box Office Opening Hours - Telephone Bookings:

In Person Bookings: Mon - Sat 10am - 4pm &
from 6pm on performance evenings

Telephone Bookings: Mon - Sat 4pm - 6pm

100+ Ladies play touch in UK's biggest ladies league



Picture captions:

Congratulations to Pershore Ladies: Runners up at the second MLTL Super Sunday tournament at Pershore at which 12 ladies team competed:

Back Row L-R: Becky Milborrow; Amelia Milborrow; Emilie Germaney; Jess Sargent; Karus Robinson; Clare Kinahan; Anny James.

Front row L-R: Poppy Riddleston; Izzy Wyllie; Nat Bewley; Emmie Bewley; Emma Field and Mollie Dale (cpt)

More than 100 ladies, from twelve teams from across the Midlands and southwest, competed in the UK's largest non-contact Touch league today (Sunday 12 June) at Pershore Rugby.

It was the Midlands Ladies Touch League's second Super Sunday of the 2022 season, at which teams competed for a Cup, Plate, Ball and Vase, with ladies of all ages from 13 upwards enjoying playing Touch together. Teams competing were:

Pershore, Berry Hill, Stratford, Redditch, two teams from Bredon, Five Ways, Ross, Woodrush, Camp Hill, Ledbury and Rugby SA.

It was a tight contest with the final, overall winners, Bredon, lifting the Cup. Runners up were Pershore. Matches from the tournament's four pools decided who would play off against each other. Winners of the pool second-place team play-offs, for the Plate, were Stratford. Winning the play-off between



pool third-place teams, for the Ball were Woodrush; and the fourth-place team competition was won by FiveWays, who lifted the Vase.

A high standard of Touch is played by all the teams in the MLTL, using Federation of International Touch rules and the matches at league tournaments are officiated by trained Touch referees.

Fizz Bewley, Administrator of the Midlands Ladies Touch League and chair of Pershore Touch said: "It has been a wonderful day of ladies Touch and it is really heartening to see

that as many ladies now enjoy this sport as before Covid. It is a fast and open form of rugby, which involves teamwork, fitness and great ball handling skills and it can be enjoyed at so many levels, from grassroots complete beginners, right up to elite, international competition."

Pershore Rugby's Touch section, for women and also men, train on Wednesday evenings from 7.30pm until 9pm and welcomes any new players, whatever level of experience. Telephone Fizz on 07791 546541 for further information.



Worcester RFC are 6th in the World!



On Saturday 11th June, Worcester RFC's Mixed Ability team returned from Cork and the 3rd IMART (International Mixed Ability Rugby Tournament) having competed alongside 23 other mixed ability teams from across the globe. After six games in five days, the

team came a creditable 6th after going out to Swansea at the Quarter Final stage. Worcester topped their group after three wins against Chivasso (ITA), Sud America XV (South America Barbarians) and Club de Rugby El Salvador (SPA) before losing a narrow game to Swansea

in the quarter finals. They then beat Chivasso again in a ranking game before losing by a solitary point to the defending Champions Los Pumpas from Argentina to end up 6th out of 24 teams and the top ranked side in England.

The team were hampered by one player suffering an MCL injury in game one and two players ending up in hospital due to a bowel infection and suspected appendicitis after games three and four but rallied well to push a large Pumpas squad all the way.

The competition welcomed Mixed Ability teams from Scotland, Wales, England Ireland, Spain, Italy, Canada, Belgium, Argentina, Chile and Ecuador and is a different format of rugby for all abilities and disabilities.

Head Coach Tom Reeves, "We return home bruised and exhausted having put everything

into a brilliant, fun week of rugby. I'm so proud of every single member of the squad with even those with injuries rallying around, helping out and keeping the squad going. So many exceeded expectations, achieving things many thought they were incapable of. An incredible week of memories and stories that will bond us forever!"

You can contact the team on social media @WorcesterRFCMA and join the journey Tuesday evenings 6:00pm -7:30pm at Worcester RFC.



Ladies' Golf Open



A very successful Open Golf Day was held by The Vale Golf and Country Club's ladies' section with 34 home members playing and 53 visitors. The winning team of Julie Morris, Alison Shergold and Lesley Buck from Cotswold Hills came in with 70 points with the runners up from Ombersley Golf Club on 68.

The winner of the longest drive Silver Division was the Vale's Sally Smith, and bronze Division Eve Blundell from Minchinhampton. Nearest the pin Silver was Jane Brinsford from Raven Meadow and bronze was Beryl Van from Witney Lakes. The raffle raised over £400 for the Captains' charity Myeloma UK.

Charity Am-Am



Lady Captain Jan Ledbury and Simon Thomas congratulating the winning team.

The Lady Captain's Charity Am-Am, in aid of her charity Myeloma UK, was held recently at the Vale Golf and Country Club, kindly sponsored as usual by Messrs Thomas Brothers, Funeral Directors. The successful day resulted in a win for the team of Clare Bunn,

Shelagh Inglis, Shona Rollins and Sally Smith coming in with 75 points.



Vale Golf Club seniors - Second Open of the season



Seniors Captain Brian Bunn and Opens Secretary Nigel Smith announce the Winners

The Vale Golf and Country Club Seniors Section held their second Open of the season attracting 148 players from 35 different clubs. It was a four ball am/am with two scores to count and a maximum handicap of 28. There were separate prizes for visitors and home players with the scores being very close. The winning visitors were from The Warwickshire GC made up of Derek Spencer Brian Newman, Mel Turner and Gerry Harvey with 88 points. In second place with 87 points representing three different clubs were Steve Wood and Steve Ross from Ludlow GC, Bob Brochlehurst Bigbury GC and David Bradshaw Broadstone GC Dorsey. First place for The Vale members with a score of 87 points was the team of Mike Collier, Brian Trace, Karl Murcott and Neil Thompson with 86 points. Second were Mick Heard, David Hudson, Mick Lewis & Martin Westwood. Congratulations go to Clare Bunn for overseeing a very successful raffle which raised £615 to go towards the three captains' charity which this year is Myeloma UK.

Congratulations also go to Nigel Smith and his team for organising such a successful day. There are two more opens this year, a mixed open on the 13th July and a team open on the 14th September which can be entered via The Senior Section Web page or Golf Empire. Two other competitions were held first on the 6th June attracting 57 seniors playing an Individual Stableford. First was Peter Richards with 41 points, Second, Roger Hawes with 38 points, Third, Brian Summers 35 points. Nearest the pin was Duilio Perla. The second was a 1. 2. 3. Stableford team competition played on a beautiful summer morning. The results were First the team of Michael Collier, Bernie Lieberman and Alan Warburton with 83 points, Second, John Eastoe, David Alesbury and Carlo Martinelli with 82 points, Third, Mick Lewis, Steve Hampton and Keith Nichols with 81 points. Nearest the pin was Keith Round.



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Pershore Times



Pershore umpire ready for Commonwealth Games

Table tennis:

Lynda Reid is relishing the chance to officiate at a home Commonwealth Games after being selected as an umpire for the table tennis and para table tennis events at Birmingham 2022 this summer.

The 78-year-old from Pershore will be one of 18 English and 18 international officials working under the direction of English referee Karen Tonge MBE at the Games, which get under way on 28th July. Reid is one of the most experienced umpires in England and officiated at the Glasgow 2014 Commonwealths, but she still says she is "really excited" to be selected.

She said: "I was a volunteer at Manchester 2002 and an umpire in Glasgow and I thought I'd never have another chance to have the honour of umpiring at the Commonwealth Games.



"I played in the women's divisions of the Birmingham League in the 1960s before I moved to Worcestershire, so it's a sort of homecoming."

Reid is the oldest of the English umpiring team, which also includes two officials who will be just 18 at Games-time. She added: "It's really good to be

working with these younger umpires. We'll have two who are 60 years younger than me, so it proves table tennis is a sport for all ages."

Situations vacant!

Friendly, reliable team members required in Pershore

Recent challenges have taught us that nothing is more important than the rewards and self-fulfilment of caring for others. Would you like to work for a company that values and invests in its employees in a role that's worth getting out of bed for? Recognised as one of the top twenty Home Care Providers in the West Midlands for the second year in a row we are now coming to Pershore.

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