

Kempsey Times



A free monthly newspaper for Kempsey, Norton, Severn Stoke and surrounding villages

Issue 3

April 2024

FREE



An aerial view of Kempsey

‘April showers bring May flowers’ is the old saying. Well, I think we have had April showers already this year! Pershore has apparently had twice as much rain in March as last year! We certainly need some dry weather to enable the fields to dry out. Everywhere is so wet and boggy! This time of the year is still lovely in many ways; the hedgerows turning green, the flowers and bushes in bud and some in flower. With summer on its way, we have so much to look forward to with village fetes, carnivals, open gardens. As well as gardening and outdoor sporting events, cricket, golf, bowls, fishing and so it goes on. A great time of the year!

Unfortunately, we got the awful news that His Majesty the King is suffering from cancer. Shortly afterwards the Princess of Wales

announced that she had also been diagnosed with cancer which was a ‘huge shock’ to her. They are receiving

treatment, but it is a major blow to both of them. We join the millions of people from around the world wishing them a full and speedy recovery. We have published an article in this month’s newspaper, which was written before the Royal family announcements. Susan Catford, one of our editorial contributors, writes about her recent experience with cancer. This is written with the specific intention of helping people diagnosed with this disease. Medical science has made incredible progress and you will see that these days all is not lost!

Late News!

Many congratulations to **Harriet Baldwin MP** who has been made a **Dame in the Easter Honours.**

To receive the
Kempsey Times

by e-mail visit
www.kempseytimes.com
enter your name and email address

Royal Oak
FREE HOUSE

Now Showing



Food now being served!

Thursday & Friday –
12pm – 2pm & 6pm – 9pm

Saturday - 12pm – 8pm

Roast Dinners Sunday
Sundays 12 noon - 6pm

*A choice of three meats and a vegetarian option
Served with roast potatoes, fresh vegetables, stuffing, cauliflower
cheese, Yorkshire pudding and gravy*

Only £10.95 Medium £8.95 Child £5.95

Booking is advisable

The Royal Oak Kinnersley WR8 9JR
01905 371482 theroyaloakkinnersley@gmail.com
www.theroyaloakkinnersley.co.uk



County & District Report

Doesn't the time just seem to rush by? Here we are in April, and plans for the summer break are in hand. Talking of breaks and trips, I have been utilising the Worcestershire On Demand bus, which runs in my division of Croome. With day trips to Malvern and Tewkesbury under my belt, I can seriously recommend you give it a go. Lunch in Malvern with a glass of something nice and no car to worry about has been lovely.

Upton school trips boost

Talking of day trips, I am delighted to have given funding to help Upton's school children have special days out. I was lucky enough to be invited by the headteacher, Mrs Wills, to meet some of the children from the reception class, who were now going to benefit from a school trip. Mrs Wills kindly said: "Upton upon Severn Primary and pre-school wanted to say thank you to Councillor Allen for the generous donation that he has recently given to us. This is for support with travel costs associated with trips and has enabled us to plan trips and keep the costs down. The reception class were the first to benefit recently when they had a trip to a local farm, and we have plans for other trips

during the next term."

I still remember my school trips when I was at school. They stay with you forever and I fully understand and appreciate their importance in a child's development. I know this will make a difference and I hope to be able to offer more support in the next financial year.

New Upton Youth Club

There is a brand-new Youth Club in Upton, which has been running for a few weeks now. It runs every Monday during term time only, from 6:00pm to 7:30pm at Upton Rugby Club. It is aimed at 11-16-year-olds and I wish it every success.

Upton Library Trust needs new blood

Our local library is run by a Charitable Trust and headed by the dedicated Chris Mair. Like any charity it needs enough people to sit on the board to ensure that it can function. I know that Chris is keen to find new volunteers to ensure the charity can continue. If you feel you could give a little time, could I ask that you contact Chris to offer your valuable assistance? You don't need to live in Upton to volunteer. He can be contacted via email

Councillor Martin Allen

chrisjmair@hotmail.co.uk

The dreaded council tax increase has arrived

As we know, each year everything goes up and, unfortunately, our Council Tax has increased. Worcestershire County Council are increasing their Council Tax by £73.14 for a band D property, which is the highest increase at 4.99%. MHDC is raising its part of the Council Tax by £5.00 for a band D property (2.82%). Hereford and Worcester Fire Authority increase is £2.82 (2.99%). West Mercia Police Authority increase is £13.00 (4.91%).

D-Day is coming to Severn Stoke & Kempsey

During the Second World War, the sounds "Dit, Dit, Dit, Dah", which is Morse code for V for Victory, was played on the radio. As a submariner in the Royal Navy, I was lucky enough to learn Morse code. Sometimes even today I find myself converting words into dots and dashes – which brings me to a very important event. Jointly, Severn Stoke and Kempsey are holding a very special D-Day celebration on the 6th of June, commencing at 7:00pm on Kempsey Common.



I felt it was so important that we remember this special time that I provided just over £1,000 from my Divisional Funds to support the endeavour. I want to personally pay tribute to all those people who have given up their time for free to ensure that Severn Stoke and Kempsey remembers. It's free, so please save the date and come along and support it.

Finally

We are almost at your local annual parish or town meetings, which come round each year. Could I please urge you to come along and hear what your parish council have been doing on your behalf? They have been working hard for you. I will be there, and it will be great to see you. Enjoy the sun, dodge the rain and have a lovely month.

*Warmest regards
Martin Allen*



Save the Children

Every Child has the right to learn

Millions of children never see inside a classroom. Others drop out due to overcrowding, conflict, or simply because they're a girl. Here in the UK, the poorest children do less well than wealthier classmates - and low literacy is linked to low pay and unemployment. A lot can get in the way of education. But, a love of learning is universal and children know it's key to a world of possibilities. Save the Children, ensures children keep learning no matter what. Whether recovering from natural disasters, facing violence, or at

risk of child marriage.

Here's a few of the things Save the Children is doing:

Child refugees:

Working with the UNCHR and Pearson to shine a light on efforts to provide education.

UK Families Connect:

Building on feedback from parents looking for support in literacy/language development, numeracy and emotional development

Girls' education:

Giving thousands of girls the support they need to stay in education in Afghanistan, Ethiopia, Mozambique and the DRC.

Philippines:



Giving parents the knowledge, skills and resources they need to support their child's early learning and development.

Rwanda:

Increasing the number of quality children's books, starting reading clubs and supporting parents and teachers.

Syria:

Keeping children safe by helping them return to learning

Spring/Summer 2024

We will be holding our plant sale in early summer and we would be very grateful for any donations of cuttings, bulbs, seeds and herbs.

If you would like to make a donation to Save the Children, please contact Julia on 01905 820138 or Heather 01905 821040

or to donate online visit www.savethechildren.org.uk/donate

Plant Sale

Where can I obtain a Kempsey Times magazine?

The Kempsey Times is available at all these pubs in Kempsey:

The Anchor, The Crown, The Talbot, the Seaborne, plus the Rose and Crown in Severn Stoke and the Manor Farm in Lower Wick. It is also available at Kempsey's Morrisons, the Co-op in Canada Way Lower Wick and at St. Peter's Garden Centre in Broomhall .

Plus 1000 copies delivered by K.Links volunteers

Funds to provide lunches in Malvern



Volunteers Neil Andrews & Ruth Smith helping out at Zest4Life's lunch club

Residents in a Worcestershire town look set to benefit from lunch gatherings, thanks to funds awarded to purchase new kitchen equipment. Malvern based volunteer group Zest4Life Conversation and Laughter has been awarded a grant to purchase a new catering trolley and catering workbench as well as food supplies.

The group – which has been running since 2014 – regularly attracts more than 30 people each week for lunch at its base in The Octagon Community Centre, but with ageing equipment, the group's founder Martin Lawrence applied to Platform's Community Chest, a funding pot for Platform customers and local charities,

clubs and other not-for-profit organisations to apply for if their work or project directly benefits Platform customers; all applications are assessed against specific eligibility criteria by customers who sit on its Customer Experience Panel. Marion Duffy, Chief Operations Officer at Platform Housing Group said : "Zest4Life is such a worthwhile cause and we are so glad we have been able to support it with much needed funds to continue its invaluable work within the local community. Bringing people together to enjoy a hearty meal and a good conversation is so beneficial." Zest4Life is open to everyone and there is no need to book.

Sail away for the holiday of your dreams

Whether you're a solo traveller, a couple, a family with children or a group of friends, there's a cruise out there for you. From adults-only sailings, to ships where you can go-kart or rock climb on-board; the choices are endless.

But what are the benefits of this type of holiday? Firstly, they can offer great value because most fares include everything – food, accommodation, entertainment, tips and sometimes excursions too. Many ships boast a variety of onboard activities, amazing spas and impressive dining options... some of the largest ships are like floating cities! Secondly, you get to discover multiple destinations but only need to unpack your suitcase once!

This means you get to relax more, and some cruises even offer overnight docks at destinations or private island visits. Thirdly, there are many cruises to choose from, depending on what type of holiday you wish for. You can have peace and quiet on a river cruise, or family excitement on the world's largest ocean cruise ship. You can also choose from many grades of cabins and suites, from economy to luxury (with a butler service on some ships too!) With so much to choose from, it can be a bit daunting finding the best cruise for you, even if you've been on a few before! This is where Sarah at Travel Counsellors can help, from finding your perfect cruise to booking it.

The Friends of Croome



Photographs courtesy of the National Trust

The Friends of Croome helps support and promote the work of the National Trust at Croome. Funds raised through our programme of entertaining and informative talks, walks and visits goes towards supporting restoration projects at Croome.

Over the years we have supported many projects at Croome, including:

- Repair and restoration of historically important statues and monuments;
- Repair of dry-stone estate boundary walls;
- Replanting of trees, as part of the restoration of 'Capability' Brown's landscape design;
- Reacquisition of important artworks; and
- Refitting of wartime buildings.

Become a Friend of Croome and be part of one of the National Trust's most ambitious restoration projects.

Membership provides opportunities to:

- Join talks and guided tours about Croome to learn more about present work and future plans;
 - Enjoy social events;
 - Visit other National Trust and historically significant properties; and
 - Receive regular newsletters with interesting articles and the latest on projects at Croome.
- Members include those who love Croome, families whose ancestors worked on the Croome Estate and volunteers involved in the everyday running of Croome and with planning for its future.

Membership is open to everyone at just £10.00 per year.

To join go to friendsofcroome.org.uk click on 'Join Us' and fill in a simple application form.

We look forward to welcoming you...

Chris Wynne-Davies

Ready for a holiday?



Speak to me about creating your perfect getaway, with unique financial protection and exceptional service, I will be your Travel PA who genuinely cares what YOU want from your travels.

Sarah x



☎ 01905 560050

✉ sarah.loyd-rumens@travelcounsellors.com

🌐 www.travelcounsellors.co.uk/sarah.loyd-rumens

👤 Sarah Lloyd-Rumens Travel Counsellor



Stepping Stones

Join us with your children ages 0-5
for play, friendly chat and shared support!

Crafts and a sensory around a theme!

Monday 10:30am

St James Church Norton

Tuesday 10:00am

St Mary's Church-Kempsey

Thursday 1:00pm

St Mary's Church-Kempsey

£3 per family

Snacks and refreshments provided!

All Welcome!

For more information

Please contact Libbirty at libbirty.holt@motov8.org.uk

KEMPSEY PACT Village Litter Pick

Sunday 21st. April

Starting from the Parish Hall,
Main Road at 2:00 p.m.

*Grabbers, sacks and
hi-viz vests provided*

*Adults accompanied by
children will be especially welcome*

ALL WELCOME

Love where you live!

Next meeting of PACT -
Tuesday 14th. May, 7:30p.m.
at The Community Centre



Fun, games, community and a little talk or thought!

We have pool, table tennis, craft and lots of games!

Free of charge to come

A tuck shop - for those who want sweets!

Wednesday 6:30pm - 8:00pm at St Mary's Kempsey

Year 6 - Year 13 Term time only!

For more information

Please contact Libbirty email: libbirty.holt@motov8.org.uk

TOOLS WITH A MISSION

This charity collects and
refurbishes gardening,
carpentry, building tools,
sewing machines and
bicycles for distribution in
Africa. We collect them here
in Kempsey and send them
to a national centre to be
shipped to needy families.

Please telephone
Joy Clee
01905 820317

Art Ministry Relaxation & Mindfulness

**Mindful Colouring - Bible Journaling - Sketching
Poetry - Creative writing - Painting
Prayer Doodling - Collage**

Friday

9:30am - 12:00 noon

Refreshments & Breakfast Pastries 9.30am

Create 10am - 12pm

Term time only!

Sanctuary Arts Community

The Beechhill Room, St James Church, Norton

Car Park on Hatfield Lane WR5 2PY

There is no charge but we ask for a suggested donation of £5 for on-going material

All Welcome!

For more information

Please contact Kay Mason

01905 356216 / 07921 122802 Email: kay.mason@motov8.org.uk



Spring Walk

Sunday 21 April, 12 noon
Red Deer Farm, Earl's Croome, WR8 9DF

Join us for a guided walk (under an hour)
through the wild flowers, followed by
Ploughman's Lunch at Red Deer Farm
£12 (£6 children)

Suitable for all ages - stout shoes or boots advisable
Dogs welcome on leads
More information from Margaret Herbert, 01386 751196
Raising funds for Earl's Croome Church



Wild Flowers Walk



The Gift of Now

I can't believe it's April already and maybe, like me, you're wondering how that came around so fast! As I write, there are signs of spring all around me – the bright lime green of new leaves in the hedgerow, daffodils everywhere - fluttering and dancing in the breeze (to quote Wordsworth!) and popping up through the very wet soil are shoots a-plenty, ready to burst into life. After what has been a somewhat wet and miserable winter, I can feel myself a little relieved that we are entering a lighter, brighter season, and already I am beginning to think about where we might go for our summer holidays, what we could plant in our flowerbeds for a splash of colour, and how we will celebrate my parents' 80th birthdays in July.

Time is a funny old concept! Whatever the season, time ticks on regardless, and it's struck me recently that we don't always make the most of the moment we find ourselves in. We unconsciously and religiously chop up our time into days, weeks, months, and years, and are sometimes so impatient, rushing to get on to the next thing - whatever that might be - that time, it seems, can just slip through our

fingers. We find ourselves thinking, 'Where has today gone?' Or 'How did you grow up so fast?' Or 'I don't know where the time went!' Since childhood, we'll probably be familiar with this sense of seemingly wishing our lives away – 'counting down' to the next birthday or holiday, or Christmas as if the intervening days were not full of potential, opportunity and wonder in themselves. In our constant looking towards the future, we can often forget to appreciate the present.

Whilst sometimes time really does fly, I wonder if at points it's actually down to our own attitude. In our culture, we are subjected to a constant barrage of information, interactions, opportunities and commitments, of living life at a pace, which can, all too easily, distract us from really enjoying and savouring the moment. In rushing on to the next thing we miss opportunities for real connection with our environment and with one another and we can find it difficult to really observe what is going on around us, to attend to it, and enjoy it because we are not fully present to the moment.

And of course, for some of us, anxiety and fear sadly add to this inability to enjoy the

moment we are given right now. For anyone trying to eke out their finances across a month, or facing illness or relationship difficulties, the anxiety about how next week will be navigated can, understandably, spoil our enjoyment of this week. So, what can we do?

In the Bible, we read that Jesus understands our human predisposition to become concerned. Whilst we may fret about the future, the advice he gave to his disciples was, 'Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.' Or in other words – today's trouble is enough for today – so deal with living today and leave tomorrow until then.

Thomas Chisholm, a little-known Methodist minister from Kentucky, who wrote the wonderful hymn, 'Great Is Thy Faithfulness,' asked God for 'strength for today and bright hope for tomorrow,' a mantra that similarly recognises that we just need enough resources for the day ahead, and a sense that, no matter what challenges we may face today, there is always hope for a better tomorrow.

And as for those of us whose inclination is to rush ahead and make plans galore, perhaps we should heed the advice of the spiritual writer Richard Rohr who issues the following invitation: 'Let's try to be here now - the place where everything happens, but the

place that never seems like it's enough. We always think the future's going to be better, but all that is needed, for wholeness, for freedom, is in the now.'

I wonder what is in your 'now,' what your 'today' looks and feels like. Are you able to sit down, with this magazine and a mug of tea, look out of your kitchen window and just 'be'? Can you, just for a moment, in the midst of all that is going on in your life and all the concerns you may have, allow yourself to take a breath, and be thankful for your present reality?

As Christians, these moments of stillness and being present are often doorways into prayers of thankfulness to God, for all he has given to us, for his love and his presence with us. But whether we have a faith or not – this practice of stilling ourselves, or mindfully engaging in the present moment is good for us - and is scientifically-proven to reduce our stress and anxiety. There's no doubt that for most of us, managing to truly be 'in the moment' will take a lot of intentional practice - but, in the long run, it will certainly be worth the perseverance.

I do hope that, whatever today holds for you, whatever your 'now' looks like, you are able to 'be' in it, to relish it, and to enjoy exploring its wonders - the gift of a brand new day, indeed the gift of life itself, which is yours to discover.

*Rachel Colthurst, Curate,
Severnside Parishes*

Cornflower Club

Our meetings for April are Wednesday the 10th and 24th. We meet in the Parish Hall every fortnight at 2-30 on a Wednesday. In March we had a talk with slides about Bredon Hill, Roger Umpleby showed us beautiful

pictures of flowers and butterflies which grow and inhabit the hills.

Ray Mytton entertained us with his guitar playing; we always enjoy listening to Ray. Ladies and gentlemen over 60 years of age would be most

welcome to join us, have a chat with friends over a cup of tea and biscuits, come and see what we do.

Sally Linsey 01905 820476

Julia Grant 01905 820138

Teddies for Tragedies

During the winter months a lot of people step up their knitting. We need teddies, sets of hat, scarf and mittens, baby/toddler

cardigans and blankets. Thank you to all our dedicated knitters who send us garments regularly.

If you would like to start knitting something for this charity and would like patterns, contact me, Julia on: 01905 820138 I will be happy to let you have some.

Save the Children

We had a wonderful morning on January 27th when we had our first coffee morning of the year. Lots of people came and enjoyed a coffee and a piece of homemade cake while looking through the half price Christmas cards, buying raffle tickets and chatting with friends. We are pleased to say we raised £390.00 for our emergency

fund appeal. Thank you to everyone who supported us in raising such a brilliant amount.

Julia Grant 01905 820138

Heather Davies 01905 821040



Contact Information

Curate in Charge: Rachel Colthurst -
email: rachel.colthurst@motov8.org.uk

Baptisms: email: libbirty.holt@motov8.org.uk

Funerals: email: rachel.colthurst@motov8.org.uk

Weddings:
email: weddings@severnsideparishes.co.uk

Please see social media and notice boards for more information.

District Councillors' April Report



David Harrison

Here I try to give you a brief update on District Council and other items that we have been involved in, within the Ward of Kempsey. Produced on 18th March 2024. The contents of this report is provided by David Harrison who is the sole person responsible for the contents including all photographs.

Severn Stoke Flood Defence – Latest report from the EA was on 6th February but I can confirm that various EA staff have been down where the Flood defence is due to go and further trees are being removed on the date of writing this report. Some repairs have been carried out to the “newt catching fencing” but unfortunately I have no start date or who is to construct the bund yet.

Kempsey Flood Defence – following the scare last month with emergency pumps being brought in to assist with the running of this vital facility. I can confirm that the articulated vehicles could not gain access

so all the equipment was off-loaded to ordinary flatbed lorries and transported to the defence site. This equipment was removed from the brook and the defence itself on Tuesday 12th of March. The old fences around this Kempsey flood defence, together with the bramble hedges, are being replaced over the next few months. The existing hedges and brambles were removed with an environmental officer checking for any nesting birds and none were found. Besides the replacement of the fencing at this site, there will be further work undertaken to de-silt both the brook and also the pumping station itself so please do not get alarmed if you see further work being undertaken. A temporary “welfare cabin” will be installed near this defence.

Fly Tipping – The cases of Fly-tipping within Kempsey and Severn Stoke have increased yet again over the last month. If you spot anything, then please make a note and report it as soon as you can.

Kempsey and Severn Stoke “On Demand” Buses – concessionary passes can be used after 9.30am and all day Saturdays. Trips must be pre-booked by calling 01905 846180 or use the app. You need to book your return trip at the time of booking the outward trip. Please note that the telephone line is only open 9am to 4.30pm Monday to Friday so book the day before or Friday for also a Monday

trip. The minibus operates Monday to Saturday 7am to 7pm and if you are disabled, then just tell them as there is a minibus available with a tail-lift. Let us know how you get on – good or bad – thanks. This is for all people within the villages and hamlets for Kempsey and Severn Stoke. Use it or lose it!

Daffodils – The daffodils in Kinnersley and Kempsey look great – some of these were provided by ward budgets over the last four years and some provided personally by myself and Jan and some via donations. Grateful thanks to the residents who telephone us with positive comments and also Ray and his band of helpers for the planting in Kinnersley this season. Wonderful!!!

Ward Budgets – We are allocated £500 each to allocate to community projects. Please note that as my wife is a member of the Come-on-in Club then this £150-00 could only be supported solely by JM.

Cllr John Michael Report – This month I thought I’d mention my involvement as a nominated District Council representative on the Malvern Hills Trust formerly known as the Malvern Hills Conservators. The Trust is responsible for keeping all the land in its ownership free from unwanted development and open to all to enjoy both the Malvern Hills and the surrounding areas. The Trust is governed by five Acts of Parliament, the first dating



John Michael

back to 1884 and the last in 1995. We are currently working with a Parliamentary Agent to present a Private Bill to Parliament in November of this year that will consolidate all the Acts under one Act and will remove outdated provisions and update the language so it is more readily understood. The Trust has in its ownership the Malvern Hills and the surrounding Commons including Castlemorton Common and Hollybed Green, The Old Hills at Callow End, riverside frontage at Clevedon and various other plots and verges in and around Malvern for which it has a duty to maintain and keep free from encumbrances. For those interested in reading more about the Trust or wish to become involved as a volunteer then please go to www.malvern hills.org.uk



In the first instance, please contact your local Parish Clerk:
Kempsey Parish Council
 Sharon Baxter 01905 828183
kempseyparishcouncil@gmail.com
Severn Stoke Parish Council
 Lisa Stevens 07950 256363
severnstokeandcda@gmail.com
 But please feel free to contact either of your District Councillors with any questions:

David Harrison
 01905 828107
 8 Brookend Lane, Kempsey
davidthomasharrison@hotmail.com
John Michael
 01905 317930
 18 Meadow Close, Kempsey
john.michael@malvern hillsdc.net

■ Green recycling bin

■ Black waste bin

Please put your bin out by 7am on collection day

WASTE AND RECYCLING COLLECTION CALENDAR

APRIL						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

The Holdings

Kempsey's RSPCA Re-homing Centre



The RSPCA Worcester and Mid Worcester Branch was originally founded in 1911. A century later the charity acquired The Holdings (a five acre farmstead) in Holdings Lane, Kempsey. This was purchased to create a new animal rescue centre. The Holding's manager, Steve Davis explained, "We take in badly treated, injured, sick, unwanted or abandoned pets whose owners had died, or whose circumstances had changed so they were unable to care for their pet. We have a small, dedicated staff who are assisted by a wonderful team of volunteers in the daily care of our animals. This may include cleaning, feeding, exercise and providing extra human contact with each animal, so essential in animal care. Ruth Emblem, the Holdings Administrator, added, "It's not just the practical help our volunteers provide, we have to ensure funds are available to continue the day to day running of the centre. The care of our animals include vaccinations, neutering, identity and micro chipping. Caring also means paying for expensive and extensive veterinary treatment, as well as the overheads and running cost of maintaining the buildings. The volunteers who raise funds are essential to our work" The Holdings site was acquired by The RSPCA in 2011 and with the help of volunteers, refurbished the farmhouse and outbuildings. The cattery opened in 2016, the small animals unit in 2018 and a new 20 kennel dog unit has recently been completed. The centre now includes a reception area,

a shop and toilet facilities for visitors. The development of a wild flower meadow and a pond is currently underway. Steve Davies said, "We are very proud of our achievements so far. All those who have made it possible have our enduring gratitude." Visitors to the Holdings are welcome between 11am and 4 pm, but it is best to phone first to organise a guide. The shop and plant stall are open between 11am and 4pm daily. The website is regularly refreshed and details of dogs, cats and small animals available for rehoming are on view. www.rspca-worcester.org An audit of the achievements for 2023 on The Holdings' web site records nearly 500 animals finding a new home, or being reunited with their owners, 330 animals neutered, 335 micro-chipped and 57 grants to people on low incomes for help with their veterinary bills. A reasonable assumption and prediction is the audit for 2024 will, unfortunately, have higher totals than last year, but thank goodness the RSPCA exists. Without this wonderful organisation so many more animals would be destined for a dreadful fate. The Holdings, its staff, volunteers and donors deserve our support. *Useful telephone numbers:* Re-homing centre: 01905 821272 *Lost and Found Register:* animalcentrestaff@rspcaworcester.org *Branch Funding shop:* 25 Old Street, Upton on Severn. WR80HN Tel: 01684 757724 *To report any animal in distress, or an alleged case of cruelty:* Tel: 0300 1234 999

A few words from...

Dame Harriett Baldwin MP



Harriett Baldwin MP (left) is briefed on the Midlands Rail Hub strategy by Midlands Connect's chief executive Maria Machancoses in August 2023

£123 million Midlands rail investment boost

Harriett Baldwin MP has welcomed a commitment to boosting rail services across the Midlands through a £123 million investment programme adding extra train services for Malvern. The Midlands Rail Hub project will improve services across the region adding one extra service each hour service for Malvern and Worcester train stations as well as reducing journey times. Harriett was briefed on the scheme last summer by Midlands Connect chief executive Maria Machancoses and following the Prime Minister's decision to abandon the extension of the High Speed 2 project, the Midlands project was approved to move forward. The rail project will add more stops and more trains at stations across the West Midlands meaning an estimated 14 million more seats for rail passengers. Over recent months Harriett has urged both the Government and the rail

regulator to assess the performance of West Midland Trains, which currently operates the Midlands rail franchise. Harriett said: "The Midlands Rail Hub has an ambition to add significant extra train services and I was pleased to see that the project will add at least one extra train service an hour to Malvern. We all want to see faster, more reliable and more frequent train services and I hope that this will unlock significant extra capacity for local rail users. The current franchise holder is not doing a great job for my constituents and needs to train more drivers and I hope that a formal review will form part of this proposal. I'm also keen to see how this project links into the ambition to improve stretches of the North Cotswold Line. I welcome this significant investment in our local rail provision, which offers a direct benefit from saving money on HS2 and I look forward to seeing the detailed plans as they are published."

If you or someone you care about is struggling with their relationship, we can help with the legal aspect and take the pressure from you.

We provide legal advice and representation for all aspects of matrimonial dispute including divorce, financial settlements, child contact disputes, cohabitation breakdown, domestic abuse and prenuptial agreements to name a few.

We are competitive on fees and can provide bespoke fee packages.

To make an initial enquiry please contact Fern Bowkett, Solicitor, by email at: fern@bradleyhayneslaw.co.uk

If you want the best mortgage for you -

We are able to recommend every mortgage lender in the UK

So if you are:

- A First time buyer looking for 95% to 100% mortgage
- A Home mover
- Re-mortgaging to raise capital
- Buying your council house
- Wanting to reduce your mortgage payments
- Looking for a Buy-to-let mortgage** or looking for a commercial loan*



GEOFFREY A POTTER & CO Independent Mortgage Advisers

Geoffrey A Potter is authorised & regulated by the Financial Conduct Authority

Longmead, Hatfield Lane, Norton WR5 2PY
T: 01905 820523 or 01905 820557
E: gap6@btconnect.com - Skype: Pottergap6

For the BEST Mortgage
For the BEST Service
From the BEST People

Call any time
Mobile 07836 506481-

Your home may be repossessed if you do not keep up repayments on your mortgage
**Please note Buy-to-let mortgages are not regulated by the Financial Conduct Authority

A.J. TAYLOR LTD. ELECTRICAL CONTRACTORS

www.ajtaylor-electrical.com 218 Worcester Road, WR14 1AG

Looking for a EV Charger Installer?

give A.J. Taylor Ltd a call on 01684 569 357
or email us at enquiries@ajtaylor-electrical.com



Domestic EV Charging



Workplace EV Charging

Smart EV chargers and load management options available

£350 OZEV grant available for workplace schemes*

*Terms and Conditions Apply



SUNNYSIDE GARAGE



MOT'S



Servicing



Diagnostics



Repairs



Tyres

ALL
MAKES &
MODELS



QUALTY USED CARS

Tel: 01905 828 100

www.sunnyside-garage.co.uk

Old Rd South • Kempsey • Worcester WR5 3NJ

Edwards MOTORS



• NEW & USED SALES • SERVICING & MOT
• PARTS & ACCESSORIES • MECHANICAL & BODY REPAIR

Your local, one-stop, independent, family-owned destination for new and used Kia and Mazda cars. VISIT US IN KEMPSEY!

EMAIL enquiries@edwardsmotors.co.uk WEBSITE edwardsmotors.co.uk



KIA 01905 828828



MAZDA 01905 828800

Edwards MOTORHOMES



NEW & USED SALES
DEDICATED TEAM OF SPECIALISTS
HABITATION
SERVICING

PAINT, BODY
AND FIBREGLASS REPAIRS



AUTO TRAIL ROLLER TEAM Hobby malibu

CALL 01905 829000 EMAIL enquiries@edwardsmotorhomes.co.uk
WEBSITE edwardsmotorhomes.co.uk

19 MAIN ROAD, KEMPSEY, WORCESTER WR5 3PA

Kempsey Parish Council News www.kempseyhub.co.uk

Community Builders work with residents and partners to strengthen community connections with the aim of reducing isolation and improving health and well-being. Community Builders are already operational in the Malvern Hills District, Worcester City and elsewhere in Worcestershire and the country. Kempsey's Community Builder, Cathy Garner, who started work in January this year, is hosted by the Parish Council but is funded by Central Government via Malvern Hills District Council from the UK Shared Prosperity Fund.

Her role is to:

Vision: to advance the outcomes of the 2022 Parish Survey through broader community consultation, aiming to establish a 'vision' for a future Kempsey based on the aspirations of its residents.

Connection: to harness parishioners' passions and interests, encouraging them to engage

with existing activities or start new initiatives within the community.

Inclusion: to alleviate social isolation by identifying its causes and employing an asset-based community development approach to help parishioners feel more integrated into community life.

The Community Builder's work will include:

- Engaging with everyone through focus groups, clubs, events, coffee mornings, and throughout the parish to gather feedback on community desires.
 - Creating an 'asset map' of existing community resources.
 - Facilitating collaboration among individuals driving community initiatives.
 - Inviting input on community aspirations, as the future is shaped by the community.
 - Addressing barriers that may impede community aspirations.
- Cathy is also currently collaborating with volunteers to coordinate a 'Digital Inclusion' project, aiming to create inclusive digital experiences for a better connected Kempsey.

This project will involve teaching basic digital communication skills, providing support to navigate the challenges of rapidly evolving technology, and facilitating easier access to essential services such as health care, energy, parking, as well as enabling people to communicate more easily with loved ones, shop online, find jobs and access benefits.

If you are interested in learning more about this project, please contact Cathy on:

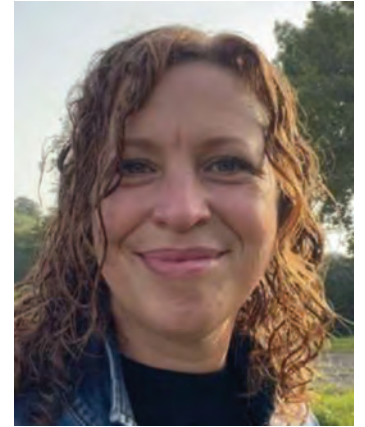
Tel: 07876 680600

Email:

CommunityBuilderKempsey@gmail.com

Environment Act 2021

Public authorities who operate in England must consider what they can do to conserve and enhance biodiversity in their areas. This includes Parish Councils. KPC has formed a working party of three councillors to consider what objectives to aim towards and the policies and plans necessary to achieve them. The working party recently met with Worcestershire Wildlife Trust



and explored several areas for biodiversity enhancement including participating in the Local Nature Recovery Scheme, wetland development on Ashmoor Common and tree planting on Stonehall Common. *For more information regarding the activities of the Parish Council, please refer to our website www.kempseyhub.co.uk For all enquiries, please contact Sharon Baxter, Parish Council Clerk and Financial Officer on 01905 828183 or by email at kempseyparishcouncil@gmail.com*

Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs

St. Denys' Church, Severn Stoke

Following the fourth flood in five years on 2nd January, the Insurance Contractors have cleaned up everything and we are back with regular services on the 1st and 3rd Sundays in each month.

Friends of St. Denys, Severn Stoke

Raising funds to modernise the church!

The Friends' Annual General Meeting was held last month and with the addition of Sandra Goodwin, the rest of the Committee was re-elected. We plan to hold an Artisans and Crafts Event in St Denys' on Saturday, 13th July.

If you would like to have a stall, please contact Jane Hall on 01684 592 924

Details of the Severn Stoke and Kinnersley 100 Club should appear in May Issue, as the monthly winners can't be drawn in church until it re-opens. Severn Stoke Flood Alleviation

Scheme - A public meeting was held in St Denys' on 13th March, attended by representatives of the Environment Agency, who are seeking the co-operation of nearby landowners within one kilometre of the proposed Flood Bund area to provide areas of not less than 0.1 Hectare for environmental enhancement, such as a wild flower meadow or fruit trees. Once agreed, the area would be established at the expense of the EA and maintained by them for five years. Thereafter, it would be up to the landowner to continue its use or not. The purpose of the EA's search to provide such sites is to comply with part of the Planning Consent for the Scheme to mitigate the loss of the local eco system by the construction work. The area between St Denys' Churchyard and the Church Car Park was considered, but ruled out.

J.B.Henderson



BY HANNAH

Established in 2001 Interiors by Hannah has grown into a prestigious design studio offering a bespoke interior design service, turning a house into a home and creating a space as individual as you are.





We tailor each design to the client's individual taste and budget, undertaking residential and commercial interiors, from help with a window treatment or the re-upholstery of a chair through to a complete renovation and design scheme.

- Interior Design
- Re upholstery
- Accessories
- Curtains and Blinds
- Sofas and Chairs
- Wallpaper and Paint

Location Manor House, Kempsey. WR5 3JZ	Contact 07977207630 Sally@interiorsbyhannah.co.uk	Opening Times Monday – Friday 9.00 am – 5.00 pm
---	---	--

The Gutter Consultant

*All makes and styles fitted or replaced. Square, Round and O'Gee. All colours. Repairs undertaken, or refitted where necessary etc.

*All debris and plant growth removed from guttering.

For a local friendly service call **Tim Davis** for a FREE quote.

01905 820137 • 07889 445353



The Crew
Warmly welcome you to
THE SEABORNE INN

Court Meadow, Kempsey
Worcester WR5 3JL

01905 820295

Traditional Free House on the banks of the River Severn with exceptional views of the Malvern Hills

Open Thursday evening through to Sunday evenings

Catering facilities available for all your special events

NEED A DIGITAL ARTIST?

- LOGO DESIGN
- BAND ARTWORK
- DIGITAL ARTWORK
- POSTER DESIGNS
- TATTOO DESIGNS
- LEAFLET DESIGNS

Hourly rates available

Contact me today

Scarlett - scarlcawley@gmail.com



RP JOINERY

The Complete Property Improvement Package

Free Quotations

- *Carpentry & Painting
- *Bespoke Furniture & Joinery Manufacturing
- *Fitted Bedrooms & Kitchens Installations
- *Garden & Property Maintenance

T:01905 670637

www.rp-joinery.com
www.rpjoineryshop.com



Are your Locks Behaving Badly?

All Types of Door & Window Lock Problems

Locks Opened, Serviced, Repaired, Supplied & Fitted

UPVC-Composite Multi-Point Lock Repair Specialist

Door & Window Adjustment & Realignment Service

Additional Home Security Inc Garages, Sheds, Gates

Upgrade With Insurance Approved Anti-Snap Locks

Emergency Same day Service available*

- No Call out Charge • Free On-site Estimates

For More Information Contact Stewart

THE LOCKSMITH

Your Local Reliable Independent Locksmith Service

Tel: 01905 570 999 Mobile: 0787144 20 11

www.locksmithworcestershire.co.uk

PRESSURETEC

EXTERIOR PROPERTY CLEANING

A Family-run Exterior Property Cleaning Company based in Powick

OFFERING:

- Gutter Cleaning/Clearing.
- Pressure Washing Driveways and Patios.
- Facia and Soffit Cleaning.

Call today for a Free quotation

07724 049177

info@pressuretec.co.uk

www.pressuretec.co.uk

Severn Stoke & Croome D'abitot Parish Council

The parish council has been awarded money via the West Mercia and Office of the Police Crime Commissioner 'Road Safety Grant' scheme to cover the full cost of an additional Vehicle Activated Speed Sign. This sign will be invaluable at various locations along the A38 in particular when the motorway is closed at night and traffic is seeking an alternative route without adjusting speeds and ETAs as necessary! Pre-election rules prevent full publicity of this gift to the parish – we will run another article later in the year. Parish councillors, our lengthsmen and local contractors have finished installing the replacement bus shelter glass at Severn Stoke and the replacement bin at Clifton. We sometimes struggle to find businesses that are willing to take on such small jobs such as these. If you own a local handyman business (etc) and would like to be added to our contractor list, please get in touch. The bus shelters will now receive a good clean and the latest bus times will be fixed within. Download the County Council bus app 'Worcestershire on Demand' now, so that you have it ready

for when you need it. Journeys can be booked by downloading the trusted app, available on Google Play or through the Apple app store. Search for 'Worcestershire on Demand'. It is also good news that the separate Worcester Wheels Friday bus is still going to keep running. Flyers for both bus services are below.

Next Meeting: Wed 22nd May 2024, 7.30pm, 7.30pm - Annual Parish Meeting of Residents with the usual Parish Council meeting afterwards – SOQ meeting room at Croome National Trust Visitor Centre. Lisa Stevens, Parish Council Clerk, T: 07950256363, E: severnstokeandcda@gmail.com Your councillors are Laurence Freeman (Chair), Susan Faulkner (Deputy), Raymond Williams, Pat Preston, Royston Garrard, Lee Russell, Nicola Sumner & Richard Hill. We have 4 vacancies – come join us! No matter what your background and availability etc – the role of parish councillor is a flexible one in many respects. A warm welcome awaits. We meet six times a year on average. Contact the parish clerk if you would like to receive agendas or minutes by email.



Serving Kempsey, Severn Stoke & surrounding rural area going to St Peter's Garden Centre, Tesco & Aldi/BM Bargains

First pick up: 1030 at Clifton then Severn Stoke, Kinnersley, Kerswell Green, Baynall, Kempsey Area and The Huntsman.

Arriving: St Peter's Garden Centre, arriving approx. 1110, Tesco's at approx. 1120 and Aldi/BM Bargains at 1125

Return trip starts at 1235 at Aldi car park

Fares: £4 Return or £2 Return for Concessionary Bus Pass holders

All journeys must be pre-booked by phone.

Exact pick-up times will be confirmed when you phone.

This is a 'Ring and Book' service operated by 'Worcester Wheels' Community

To book or get more information, and to register to use this service, please call Worcester Wheels on:

Worcester WHEELS **01905 450654**

Lines open 0800 - 1600 Monday - Friday



WORCESTERSHIRE ON DEMAND

Demand Responsive Transport Service

Now covering Upton upon Severn and surrounding rural areas including Hanley Castle, Hanley Swan, Welland and Kempsey.

The Demand Responsive Transport operates Monday to Saturday 7am - 7pm and offers an alternative to fixed route public transport services.

For more information, download the app today on:

Download on the **App Store** GET IT ON **Google Play**



Worcestershire on demand

Spring News from The Lawns



We celebrated with The Guide Dogs Worcester our handing over of a giant cheque for the £2,500 raised by our residents, family and friends throughout 2023. A fantastic achievement! This year our new Residents Committee (made up of three nursing residents and three

residential residents) have earmarked fundraising to a garden project at The Lawns. We have already started putting their plans in place with three new raised beds on wheels, which will be planted with vegetables. They would like a herb garden, a greenhouse for

cuttings and seedlings, a potting bench and more. Thank you to the new cohort of students from the Lower Sixth of Kings School Worcester who have been helping build two kit-form greenhouses from Gardenline. We also had an enchanting visit from the children of Kempsey Primary for World Book Day. We are doing something funny for money on 15th March for Red Nose Day. There will be a focus on hydrating food and drinks for Nutrition and Hydration Week – smoothies, mocktails and fruit kebabs! Easter preparations are also well underway and our Easter raffle will be drawn at our Easter Hat Parade on 28th March. We are starting a new Debate Group fortnightly in April. We are celebrating St George's Day and there is a Residents' Meeting at the end of the month. With better weather in store (we hope!) we are



resuming day trips, first to the museum and art gallery. For entertainment at home, we have sessions booked with the musicians from The Orchestra of the Swan And armchair travel is back – first stop Spain! We are welcoming new admissions for long stay or respite care. Please do contact our home manager Melanie Dawson and see the brochure on our website.

With best wishes from Joy Hoskins, Lifestyle & Well-being and Team Lawns.

*The Lawns
Main Road
Kempsey
Worcester
WR5 3NF
Tel: 01905 821388*

www.heritagemanor.co.uk/locations/the-lawns/



Curtains by Kirsty

MADE-TO-MEASURE CURTAINS AND ROMAN BLINDS

Do your windows need a makeover?
Are you thinking about new curtains or blinds?

Offering a full service from measure up, fabric books and poles, to design and installation.
Call Kirsty today to chat about your requirements and to arrange a no obligation quotation.

BEAUTIFULLY HANDMADE
Tel: 07872 441702
kirsty.kessell@hotmail.co.uk



Lisa's Mobile Hairdressing

07990 641862

For all ages. Cash/bank transfer only



Footprints Footcare

Home visits for:

- Nail cutting & care
- Corn removal
- Callus reduction
- Verrucae treatments
- Routine diabetic footcare

professional standards authority accredited register

Rachel Maycroft DipCFHR, MPSPract
FOOT HEALTH PRACTITIONER

Phone: 01905 820078
mobile: 07972 248646
Email: rmaycroft21@btinternet.com

Member of the Accredited Register of Foot Health Practitioners



Teaching Fitness Fun Confidence & Respect

Dragon Tree is open to ALL abilities

We promote health, fitness & wellbeing through Our Martial Arts

We believe in good teaching practice with equality for ALL students

Our classes include skills to reinforce the lessons your child needs for their life

Training Every Thursday
Kempsey Primary School, WR5 3NT

6:15 - 7pm Little Dragons (up to 11yrs)
7:00 - 8pm Martial Arts

Contact Sensei Dave Webster
For more info & private lessons
07870 948180



touching hearts, changing lives

Every Wednesday

9:30am, 5:30pm & 7pm

@ The Crown Inn
Main Street
Kempsey



With Cerri

07790 040901



GRAND MASTER CLIVE HARRISON'S

FAMILY TAE KWON-DO

Beginners Always Welcome
Mondays 7:00pm - 8:00pm

Kempsey Parish Hall
WR5 3JA

50 Years Of Experience In Martial Arts

Self Defence
Anti Bullying
Confidence
Fitness
Flexibility
Self-Esteem

Instructors
Grand Master
Clive Harrison 9th Dan
Rachael Harrison 4th Dan

07976986439
clive01@talktalk.net

High quality carpet & upholstery cleaning service

The price we quote is the price you pay
We vacuum the area and pre-treat stains at No extra cost

Fully Trained & Insured

Our products are safe for children & pets



KJB Carpet Cleaning

A local family run business, providing a friendly, professional service

Stairs & Landing from £50.00
Lounge from £40.00
Bedroom from £30.00
Rugs & Upholstery POA
(based on average room sizes of 12ft x 12ft)

Minimum spend of £50.00 may apply

Please contact us for a Free, no obligation quote
115 Main Rd, Kempsey, Worcester WR5 3JY
Tel: 01905 820 629 Mobile: 07546 043 006
Email: john@kjbcarpetcleaning.co.uk
www.kjbcarpetcleaning.co.uk

www.jogoodwinphysio.co.uk
07792526401
jogoodwinphysio@gmail.com

EXPERIENCED CHARTERED
PHYSIOTHERAPIST
BSC(HONS) MCSP MACCP



High quality, professional, personalised assessments and treatments

- Muscle & Joint problems
- Pre and post operative rehabilitation
- Post injury rehabilitation & pre injury prevention
- Advice & support to get you fit, active & back to what you love
- Long term condition management
- Assessment & treatment of vestibular, dizziness and balance problems
- Acupuncture
- Sports massage and taping

Hollybeds Farm
Earls Croome
Worcester
WR8 9DA

Camera Club



'Not Me' by Tony Woods

With Spring now upon us, and the flowers starting to bloom, the Club has a varied programme of activities in April. As ever, we hope that these might provide sufficient interest for you to join us as a visitor - and as a possible future member! Our programme for April commences on Wednesday 10th April, when we have a talk on the subject of 'Waterscapes' by Jonathan Genevoux, a well known landscape photographer with roots in both France and the UK. This will be followed by our second and final print competition of the season, to be held on the afternoon of Saturday 13th April at Defford Village Hall. The subject is again 'Open' and the judge will be Alex Gjika. Our final meeting of the month, on Wednesday 24th, will comprise a number of illustrated talks by

members, including that by Tissy Davidson (postponed from 13th March due to illness), on subjects of their choice. For all of our on-line meetings, we will continue to welcome 'virtual' visitors in the hope that they will see the benefits of joining the Club and subscribe. Please get in touch via the website (address below), which has full details of the programme, if you are interested in attending. www.kempseycameraclub.uk/2023-24-programme We hope that you will enjoy these two images 'Not Me' by Tony Woods and 'Elan' by Rebecca Day - one of four highly commended and one of five commended images, respectively, in our recent 'Open' projected digital image competition.

*Malcolm A Hay
Secretary*



'Elan' by Rebecca Day

Wildgoose Rural

Wildgoose Rural Training is a care farm based in Hallow that provides daily activities for adults with additional needs. Wildgoose moved to their current site in 2019, which incorporates a six-acre care farm with a range of indoor and outdoor learning spaces together with a 36-acre nature reserve. The care farm has classroom facilities, raised beds, orchards, ponds, polytunnels, carpentry

and mechanics workshops as well as a range of large and small animals. More than 100 students have been involved in every aspect of developing the site, resulting in a 'tremendous sense of ownership and pride' in what has been achieved in a short space of time. Wildgoose offers a wide range of activities such as animal care, beekeeping, gardening,



Kempsey WI

Members of Kempsey WI were taken on a journey through the history of a long-running family firm, when Wendy Moore came to talk to them about the characters behind Johnsons Coaches, of Henley-in-Arden. She told how Johnsons started as a shop, selling 'everything', in 1909, and gradually moved into the travel business, now run by two of the third-generation children.

Strong women played a big part throughout the development of the firm, with both the joint founder Blanche and the most recent matriarch Joan being astute businesswomen who would stand no nonsense from the men!

The carrier side of the business started in 1926 when a truck was bought to transport produce from Warwickshire farms to the Bullring in Birmingham and bring back tools and other goods. Over time, people started to ask if they could be taken too and the flat-bed truck had a very basic passenger section fitted on top. This developed into a regular service. During the Second World War Johnsons moved workers away from Birmingham to safer sites. One son, Phil, saw the potential of coaching and after the war, the first true coach was bought – a second-hand one which was soon smartened up. But Phil was desperate for a new coach and in

time ordered a new one, without his mother's knowledge. When Blanche found out he had arranged a bank loan for the purchase, she was furious and promptly cancelled it! It was years later before Phil got his new coach.

Wendy's many historical slides included ones of Johnsons coaches in the 1970s, sporting the then-fashionable colours of orange and brown, and the modern ones in their yellow, blue and white livery meticulously arranged at the depot to form the figures 100 on the occasion of the firm's centenary.

The tours and travel side of the business has boomed since starting in the 1980s and Johnsons now occupies a much larger site just outside Henley-in-Arden, meaning coach drivers no longer have to negotiate an extremely tight arch to get to the yard behind the old High Street shop. Although Covid halted the holidays arm for many months, an unlikely saviour came in the form of online giant Amazon, who needed far more coaches to transport all its workers to warehouses when only eight passengers were allowed on each vehicle.

The next meeting of Kempsey WI is due to feature a talk about The Woodland Trust, at Kempsey Youth Centre, Plovers Rise, Monday April 15th, at 2pm.

reserve management, carpentry, cooking, arts and crafts and mechanics led by more than 30 experienced tutors, support staff and volunteers. Wildgoose has also been able to build their tearoom and visitor centre with funding provided by the Severn Trent Community Fund and open them to the public. It offers fresh homemade food using ingredients which are grown on site or sourced locally where possible.

The tearoom gives an opportunity for students' work to be seen in the community. Wildgoose even produces its own jams, chutneys and award-winning honeys as well as plants, arts and crafts which are all on sale in the tearoom. Wildgoose Rural Training and Nature Reserve is a real jewel in Worcestershire's wildlife crown that can be explored and enjoyed by folks from all backgrounds and interests.



Country Watch



March came in like a lion with lots of heavy rain and blustery winds. It continued to be very changeable with temperatures varying from freezing to above average for the time of year. We have yet to see if it will depart like a lamb! Many fields are still water-logged and the farmers are unable to plant crops yet. Fortunately the lambing

season carries on regardless, though grazing is difficult and conditions in fields not good for newborns. Extra feed and shelter is needed to ensure the well-being of ewes and lambs. The hedgerows have been cut back in the lanes and although they look quite stark, new shoots are already appearing. In the woods, bright

green honeysuckle leaves are amongst the first to appear. Catkins wave their feathery tails against bare branches. Primroses, cowslips and celandines provide splashes of yellow and bluebells are sending up their spiky leaves, promising a wonderful purple/blue display in the weeks to come. Bushes and shrubs are the first to

show the return of Spring with their tight buds and small, tender leaves. Hawthorn blossom brightens the hedgerows with delicate sprays of white but it is early yet for the fruit blossoms. Most of the trees still have their wintry appearance but new foliage will not be far away. The grass is loving the wet weather and bright green fields can be seen on the hillsides on sunny days. In the bare tree tops, crows can be seen guarding their nests, dark silhouettes against the sky. Smaller birds flit hither and thither seeking food and nesting materials. High up the buzzards catch the winds, gliding gracefully with their huge wings spread wide, calling to each other with their distinctive cry. Kites, too, can be seen in lesser numbers but it is a delight to watch them displaying their aerobatics. An early Easter means that there may not be so many spring flower displays yet, but at least the grass verges are bright with daffodils and primroses. April will bring Spring and, we hope, some brighter, warmer weather. 'April may bring showers But Nature will restore the trees and flowers.'

Bowbrook Gardens

Imaginative High Quality Landscaping

Patio & Garden Walls
Ponds & Water Features
Pond & Patio Cleaning
Fencing & Hedge Cutting
Local, Friendly Service
References Available

Call Glenn on
01905 937852 Mob: 07792 613020

GRAHAM BROOKES



General Builder with 40 years Experience
Property Maintenance
Tiling-Groundworks-Renovations
Alterations-Bricklaying
Plastering-Fencing-Carpentry
Extensions-Fibreglassing-Patios

Contact today for a Quote
M:07711 929431
E:greyb7@hotmail.co.uk



**The Croft,
Green Street,
Kempsey WR5 3QB**

**01905 820795
07726 766740**



Three County Heating



Ian Furlong

Tel: 01905 820593
Mobile: 07709 251815

threecountyheating@hotmail.co.uk



54 THE FIRS
OLD ROAD NORTH
KEMPSEY
WORCESTERSHIRE WR5 3GN

No. 535692

CHIMNEY SWEEP

Andy Johnson

Certificates Issued
Evening / Weekend Sweeps
Stove maintenance

Tel: 01886 821933
07798 790913



www.andysweeps.com



Windows, Doors
Conservatories
Repairs & Sealed
Units
01905 841900
glassier.co.uk

R.S.B. DECORATIONS



**Local Kempsey
Professional Decorator
All aspects of Decorating
undertaken**

- Interiors & Exteriors
- Kitchen units hand painted
- Wooden flooring renovation
- Granite work top repairs
- Sash windows
- End of Tenancy freshen-up
- Apply Epoxy floor paint for garages, cellars, sheds etc.
- Specialists in Black + White, Historic & Listed Buildings

Est. 34 years

**01905 821453 / 0785 1225277
E: roger.bent@btinternet.com**

Women's Hour! A Journey



Last year, 2023, began as most years do with the year stretching ahead, full of possibilities- some holidays planned, some celebrations and a lot of things needing to be done. Then February came and I began an unexpected journey. Out of the blue, I became unwell and needed an emergency operation. I had seemingly been as fit as a fiddle until two weeks prior to my operation. My first question was, when would I be able to get back to normal. Three months I was told but this was before it was discovered that I had Stage 3 cancer of the colon. Six months of chemotherapy- eight cycles- would be necessary to treat the cancer. Suddenly my life changed; all my plans for the months ahead were cancelled. Strangely enough I was not afraid of the diagnosis, just rather disappointed that my body had let me down. A new journey had begun. The following months were dominated by chemotherapy

cycles and their side effects. In some ways it was not as bad as I had expected and my treatment was carried out by experienced, caring nursing staff and doctors. I was able to carry on with many aspects of my life to begin with, supported by my family and friends. I was overwhelmed by the kindness of everyone and my house was like a florists! Post operation, my body took longer to recover than suggested. I had always been very active, unable to sit still but now I was very limited as to what I could do. I became increasingly tired as the cycles progressed and had to look on while others did the things I normally did. It was strange to be suddenly dependent on others. Fortunately, I caught up with reading books that I had meant to read and was soon back to writing for the paper which kept my brain active. Mainly though I went from cycle to cycle, like jumping hurdles, counting down as each one passed. Spring became Summer

Susan Catford



but I was not even able to enjoy the sun (not that we had so much last year!) and my energy levels dropped even more. We had to cancel holidays but in a spirit of optimism, I booked one for April this year. As Autumn approached, the end was in sight. October was the end of my treatment but there would be no knowing if it was successful until a CT scan at the end. However, in September I managed to fall down the stairs, injuring my back and forcing me to rest (even more!) and do nothing for six weeks. How cross I was with myself!!! Just when I thought I would begin to get my fitness back, I was restricted even more than before. Family and friends continued to be wonderfully supportive, making it all more tolerable. October came and with it my CT scan. To my huge relief I was given the all-clear; my cancer had gone. I could now concentrate on retrieving my life but the journey had not ended. After virtually ten months of inactivity, I was weak and still unable to do much physically. Even climbing stairs required great effort – I used to run up and down them! The fit, restless, never-tired me, was no more, but I was determined to get back to doing things. It was and is a slow process. But I am still here and I no longer have cancer. That chapter of my life is now behind me and there is so much to live for and enjoy.

I couldn't have got through this without the fantastic support of all those around me. My husband acquired new skills and became chief cook and bottle-washer (as well as coping with all the other tasks required). I have had a little trouble locating things in my kitchen and shopping lists it seems are rarely adhered to –

we now have lots of fabric conditioner!

My sisters too were there to help and give me moral support, one sister travelling down from Manchester to stay and help with my care. My sons and their wives who had been shocked by their normally healthy Mum being struck down, gave me love, cuddles and moral support. Friends gave me encouragement and coped with my lack of strength and stamina, making me laugh and feel nearly normal. The team at Hughes & Co. enabled me to take part in the production of their brilliant newspapers, keeping me mentally stimulated and feeling valued. I have been very lucky indeed to have had all those who have accompanied me on my unexpected journey. Most of all, of course, my thanks go to all those in the NHS who do their jobs so well and have brought me to the other side of my cancer treatment. I have shown my appreciation in a previous article but I can never thank them enough. Now it is up to me to get my fitness back and get on with my life. I will get there, believe me!

There is so much to look forward to and that holiday I booked optimistically is now only a few weeks away!

Since writing this article, the Princess of Wales has also been diagnosed with cancer. I wish her all the best and I am sure her journey will also have a successful outcome.

Awaiting Spring

When Spring is round the corner

We have to wait and see

For flowers to appear again

And leaves on every tree.

We've had the dark and dreary days

And Winter months have passed.

Now green shoots hold a promise.

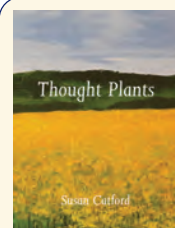
Colour will come at last.

For Spring raises the spirits.

New life returns once more.

Blue skies and days of sunshine

Are what we're waiting for.



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

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

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

120 pages A5 full colour illustrated by Susan Catford

Available for £9.95 from:

Hughes & Company

8 Church Street Pershore Tel: 01386 803803

print@hughes.company or susanecatford@gmail.com

Published by Hughes & Company, Delivered by courier or post

SUPPLEMENT**Memories of a
Country Village:****Part 3***Kempsey
Worcestershire*

1911 – 1995

By Cyril Weaver

**Tradesmen and
others come to Kempsey**

There's so much I still remember from those early school days, like the way that nice man, George, delivered the milk from Mr Walter Bridges at Sunnyside Farm in Olde Road South. George Lane, with his horse and flat (a low cart that looks like a platform), would bring his pail of milk to the door and ladle it into your jug or milk can, which you left on the door step. Most houses had a milk can always fitted with a lid, just to keep the cat's nose out. Every weekend his money would be left there also. In those days it was just as safe on the step as it would be in the post office. How things have changed. The bread was also delivered every day except Sunday, from Alf Thomas's local bakery, by his family who all worked for him.

There was Fred, Jack and Dolly then later on Percy (who was about my age) and Horace, the youngest. Alf Thomas' family mostly delivered lovely, crusty cottage loaves, although you could also get what we called 'tin loaves'. Of course, on a Good Friday the hot cross buns were still warm and a real Easter treat we looked forward to.

Ready sliced bread, cut either thick or thin, in printed, sealed bags had never been thought of, nor was buying it with your groceries from the supermarket. If mum had said, "Get a load out of the freezer," you would have said "What's a freezer mum?"

Once a week another fellow called, Jack Hutton, came from town with his horse and cart with fresh fish and kippers. But the one visiting retailer we all looked forward to was Mr Hunting and his carrier's cart. He ran a mobile Aladin's cave. Every Friday, with his horses and covered cart he came to sell you almost anything from a frying pan, a teapot, even a new lamp glass stuffed with paper to save it being broken. Also small things like safety pins and knitting needles were included in his stock. At the back of his cart was a tank of paraffin. After he turned the tap and filled up your can, you took home a gallon or so of paraffin which was the main fuel for lighting, primus stoves and paraffin heaters. When you got a little older and saved your sweet money, Jack would sell you a bit of catapult elastic, but you had to keep quiet about such a transaction; adults need never know. Also a few fireworks for bonfire night, such as Jack Jumpers, Bangers and Sparklers were available on the same terms.

Someone else I used to see on my way to school was old Bill Foster with his long handled brush and pot of paste working on the large noticeboard on side of the Crown Hotel Skittle alley. When he'd finished pasting the posters they would tell you to: 'Drink Oxo' (or Bovril) and that 'Guinness was good for you'. He would also stick a notice for any up and coming event such as a pea sale, or the future dates of a fayre, circus, etc. He also pasted these on almost every field's gate post.

Modernising Kempsey

In those early days, lots of things were very primitive by our modern standards, but Kempsey as a village was perhaps much more advanced than other villages. Even by the 1930s we still had to read by oil lamp and go to bed by candlelight because there was no electricity. However, we were fortunate and blessed by having a sewerage system. Well, shall we say half a system because although we had flush toilets, there was no mains water laid on to flush them! We had to use a bucket of water which we got from a long handled pump in the summer, and from the water butt in winter; every drop of rainwater was saved for this purpose. What's more, it was also an unwritten law that whoever used or emptied that bucket, had to refill it for the next person who should need it.

That sewerage system started from the old school one way and from Draycott at the other.

Parts like Squires Walk and Kings Hill were added later.

Sam Hunley, who lived in Old Road North, operated the sewage pumping station which was on the side of the brook that goes under the main road by the Crown Hotel car park. The filter beds in those days were at the top end of Lyfts Lane, but have since been replaced by new ones at the bottom end of Pixham Lane. Even if we had no mains water and no chain to pull, it all worked very well. Much better than having to dig that hole down the garden.

We at home, like the rest of the village, relied on a big iron pump, with its long handle and big stone trough underneath, for our water. At most of the semi-detached cottages the pump had to be shared and, if my memory holds correct, it was not until well after the 1939 war that the village got their mains water.

As a boy I remember that Monday was always washing day, when you boiled the water in the large copper, and brought out the old Dolly and tub. Mother prayed for a dry day, and the washing was hung on the line to dry after it had been mangled.

There was no such thing as a washing machine or spin-dryer, but you did have to keep your fingers away from that large iron mangle with those two big wooden rollers. Washing day was hard work for mother, but she did let me turn the handle on the fearsome mangle.

Enjoying the River Severn

I'm rather sad to say in my younger days some of the locals did not seem to value the two miles of the River Severn that flowed past our village, but as a lad I, and all my friends, made good use of it. As a young lad I have seen it frozen over, but not thick enough to take anyone's weight, so we never went ice-skating. I believe my grandparents remembered it being skated on, but that was over a century ago. However, the river meant so much to us lads, because we had no wireless or television, so fishing was one of our main hobbies. I remember in those days the Kempsey Angling Club regularly organised fishing contests for the local children. The competition was very safety conscious as each child had to have a responsible, adult minder, and that was where I was lucky. You see, working for my father (who was the local builder) was a nice, kind fellow called Jack Gummer. Jack, known to everyone as Johnnie, was not only a grand chap, and first class workman, but was also a very fine fisherman. Not only was he my minder, but also gave me very good tuition. His interest in fishing was also shared by his dear wife, and not just by watching, she also took an active part. Both were frequently seen on that river bank, with their rods, tackle, and baskets. So you see, as a young lad, and for a long time after, Johnnie Gummer was someone rather special to me. Of course in those days what you caught you kept. They were not returned to the river as they are today. What a good time the old cat had in those days.

to be continued

Pub Games

Tim Hickson



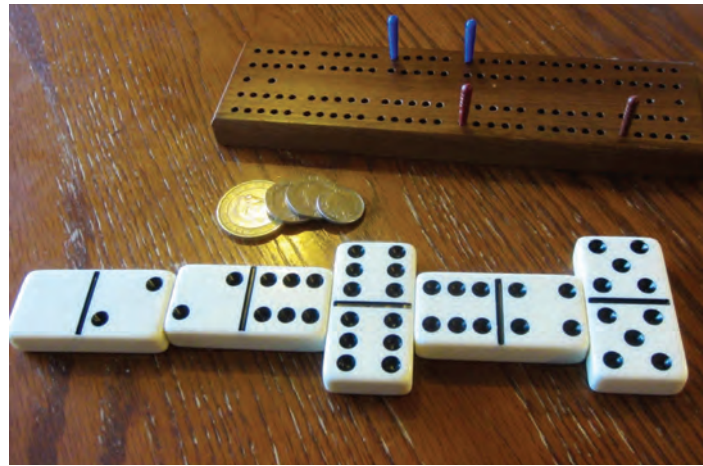
dartboard

I try to support local small businesses and so I am a regular user of local pubs. Recently, thinking back over the years I have been doing this, I recalled my time as a lad in Gloucester when a pint of bitter cost 1s/6d (equivalent to just over £2 now) and the same money could buy a pint of elvers which are baby eels that come up the River Severn in vast numbers and some were fished out by men on the banks using poles with a scoop net on their ends. These were available each Spring and were delicious, fried in bacon fat with a touch of malt vinegar and then made into an omelette with a beaten egg. At other times, cooked garden snails were on sale. So pub food has changed!

It also struck me that another more, major change, has been the disappearance of pub games. We still see dart boards in a few pubs but I cannot remember when last I saw one being used. Back in the 60s it was normal to set off for the pub with your own darts. I also remember going to Martley Village Hall with a darts team and seeing others firing .22 rifles at a target, in the same room, for a similar competition. It was all done very responsibly; most had learnt to handle firearms safely either in the War or during National Service after it. No doubt today's Health and Safety enthusiasts would have got their knickers in a twist. I used to enjoy games of



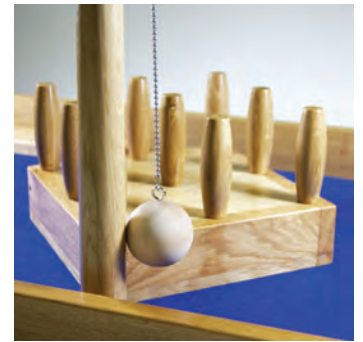
Cribbage board



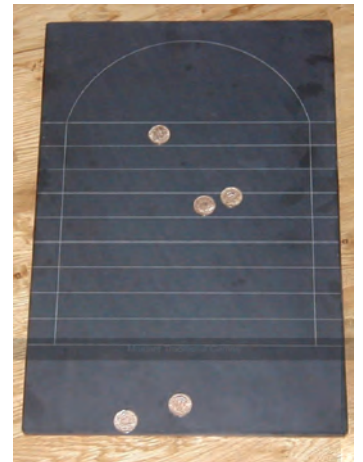
Dominoes

Cribbage with playing cards and pegging boards to keep the scores. Some people played for money but many just for fun. At home it is a good family game to involve the young and develop their numeracy skills - as, of course, is darts (more difficult at home!) Dominoes were played competitively in many pubs, usually by the older customers. I am not sure why that was. Another game I enjoyed was Shove Ha'penny. Here a specially made, about A4-sized, slate board was placed on the edge of a table. (Posh boards were made of mahogany.) The half-pennies we used were about the same size as modern 2p pieces and the board had lines parallel to the edge of the table spaced a bit more than the diameter of the coin. The idea was to get your coins inside the lines. These polished ha'pennies were placed on the edge of the board, slightly overlapping, and we used the palm of our hand to give it a shove.

There were some pubs that offered Bar Billiards, a game vaguely like normal billiards but played on a much smaller table and with holes in the middle in front of which were objects which, if you hit them, would then block that hole. Similarly, whilst there were pubs which had adjacent skittle alleys, some had a game on a small table called Bar Skittles. Here a ball, usually on the end of a thin chain attached to the top of a small pole, was swung at small skittles which you attempted to knock over. (Again there are pics of both these tables on the internet) Another table game, which I am pretty sure I remember at



Bar Skittles



Shove Ha'penny slate board

The Queens in Elmley Castle, is Quoits, a simple bit of fun. Then, taking up quite a bit of space and generating a lot of noise, there was Table Football. The Monkey House, at Woodmancote, where all the customers sat or stood outside, had a simple game in its garden. A short pole had a wooden ball in a little cup on its top. Children then threw a short, stout wooden cylinder to try to knock it off. It kept them amused whilst their parents drank their cider.

One other entertainment, that still occurs, is Spoofing to decide who, amongst a small group of friends, will buy the next round. For this, all one needs are some of your own coins. Out of sight of the others, each person selects 0,1,2 or 3 coins and holds these in a closed fist. In turn, the

others have to guess the total numbers of coins being held. Here it is an advantage to go last as the calls made by others tends to reveal what they have in their own hands. The correct guesser leaves the game which is repeated until one unfortunate person is left. Difficult to play with plastic. Long live coins!



The Monkey House

Gregory's World!

We're Halfway There

Come on inside, fellow reader! Make yourself comfy, grab a cushion or a cuppa or a custard cream (all three, if you like) and put your feet up for ten minutes. Spring is expected any minute now, I spotted my first bee of the year and heard at least two lawnmowers outside a few days ago and, when I stood in a ray of sunshine, closed my eyes and thought really hard, I almost felt warm!

The Easter holidays (also known in Ox-speech as a 'vac' – short for 'vacation') have begun and with them, I successfully put a lid on my fifth term. I've started to collect quite a few of them by now, in fact I crossed the halfway mark of my course back on 10th February. Best of all, it doesn't feel as though time has flown by without me grabbing hold of it and doing something with it. Quite the opposite – a quick scroll through my camera roll of wonky selfies and air-fried food photos is enough to reboot my memory and remind me of how much I've done, how far I've come since September 2022,

seventeen articles ago. I hadn't been away from home for longer than a week, I hadn't arrived at a place where I didn't already know someone, and I used to be overcome with fiery rage after struggling for twenty minutes to put a duvet cover on ... but look at me now! Getting halfway through your course is celebrated at a formal dinner called 'halfway hall'. Several colleges actually held theirs closer to the halfway threshold. If Exeter College had done that, it would've been called: 'halfway marquee' (I'm not a slave to alliteration, but it doesn't quite have the same ring to it, does it?) due to repair works in the hall at the time. So, at last, on the eighth and final week of term, repairs completed, tuxedo donned, bring-your-own-booze brought, I headed over to college to celebrate 'halfway hall' with good friends I would have never made without Oxford. Most of them were also there to celebrate, although for the medicine students (their course being six years long – *at least*) it was technically their 'quarter-

Gregory Sidaway Exeter College, Oxford

way hall'. Speeches were given by our JCR (Junior Common Room) organisers and the results for student awards were announced, with categories ranging from 'biggest academic weapon' and 'most likely to become rector of Exeter College', to 'most underrated hottie' and 'rear of the year'. Some genius thought they were being hilarious by nominating me in 'fastest to down a pint' category. I was scheduled to compete with seasoned members of the rowing team (whose *carpe diem* social events would've trained them well for that sort of thing), only for the college bar to discourage such a tournament at the eleventh hour – hmm, maybe for the best. Fittingly, it feels to me as though wheels are turning, things are moving forward and gaining momentum as I look ahead to Uni: Part Two and the wide open future beyond. It's



been a time of preparation for me. As well as volunteering at the Oxford Literary Festival (gathering some experience points for a potential career in journalism or publishing), I will also be sitting my third driving test (please, please, please) and – considering that my examiner last time had to tell a shaky, brain-numbed me that 'You know, Greg, green does mean go' – I can confidently say I've come a long way since then! Have a Happy Easter, fellow readers. To the future!

"True strength lies not in physical might, but in the purity of one's heart"

Saint George and the Dragon



VETERINARY ADVICE ESPECIALLY FOR YOU!



The Importance of Vaccination

Vaccinations are an important part of our pets' healthcare requirements. They are there to protect our pets from potentially deadly diseases, such as canine parvovirus, feline enteritis and rabbit haemorrhagic disease. As well as stopping the potential spread of diseases like leptospirosis to humans.

Unfortunately, there has been a worrying trend of a reduction in the numbers of both pets and humans being vaccinated in recent years. This has led to regional outbreaks of serious diseases that have not been seen in large numbers for some time. Up to a third of pets are not kept up to date with their routine vaccinations. Vaccination, in part, works by 'herd immunity' – the more animals that are vaccinated the less likely those vulnerable to the disease will become infected. With fewer animals being vaccinated the more at risk our animals are, even those that are routinely vaccinated.

Recommended vaccinations:

Dogs

- Core vaccinations (those recommended for any domestic dog worldwide) are for **canine parvovirus**, **canine adenovirus (hepatitis)** and **distemper**, after the initial vaccination course these are needed every 3 years.
- In the UK countryside leptospirosis is not only a potentially fatal condition but can also be spread to humans, this vaccine is needed every 12 months.
- **kennel cough** can lead to a debilitating cough and is very contagious, it is recommended for dogs in any setting where there are multiple dogs present e.g. kennelling or training classes, or for dogs that are particularly sociable and enjoy greeting every dog. It is a 12 monthly vaccine usually given up the nose.

Cats

- Core vaccinations are for **feline enteritis**, **feline herpesvirus** and **feline calicivirus (cat flu)**. Enteritis is given 3 yearly and the flu viruses are needed yearly.
- **Feline leukaemia virus vaccine** is given 3 yearly and is recommended for any outdoor cats.

Rabbits

- Rabbits have a single combined vaccination yearly which covers for **rabbit haemorrhagic disease 1 and 2** and **myxomatosis**.

Most vaccination appointments will include a general health check to catch other conditions early, such as dental disease and heart disease. Contact your vet to make sure your pet is up to date with their vaccinations.

Best wishes *Eliza*

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



THE REALLY GOOD DAIRY
HOLLYBEDS FARM

*self service coffee
Made with our Milk*

**Fresh pasteurised
Milk & Milkshakes**

COME & VISIT OUR FARM. SEE THE COWS, TREAT YOURSELF TO THE FRESHEST MILK & MILKSHAKES, SOLD VIA OUR SELF SERVICE VENDING MACHINES. THEN BRING YOUR REUSABLE GLASS BOTTLE BACK WHEN YOU'RE READY TO REFILL OPEN DAILY 7:30AM - 7:30PM
HOLLYBEDS FARM, EARLS CROOME, WORCESTERSHIRE
WR8 9DA
WWW.THEREALLYGOODDAIRY.CO.UK

www.ovenmagic.me

OVEN CLEANING!

01905 795755 or 0797 4807118

www.ovenmagic.me

We clean:
Ovens
Hobs
Extractors
Agas
Rayburns
Ranges
Microwaves
BBQ Racks

OVENmagic
reaching the magic level

SEE WHAT OTHERS SAY ON OUR WEBSITE

Bedwardine Funeral Services

**A caring and sensitive Service • Available 24 hours a day
Private Chapel of Rest • Pre-paid Funerals**

One of Worcester's most respected, independent funeral directors. Established in 1991, with an emphasis on serving the local community. We pride ourselves on providing a traditional, modern and bespoke service, which is second to none. Focused on caring for families of the bereaved and making sure their requests and their loved one are met with the utmost compassion and professionalism.

The Coach House, 30 Bromyard Road, Worcester WR2 5BT

01905 748811

www.bedwardinefuneralservices.co.uk

NUMBER NINE
Torquay

5* Luxury Grade II Self Catering Holiday Home in Torquay

- *set over 4 stories
- *hot tub
- *sleeping up to 24
- *short walks to beaches ~ coves ~ harbour ~ marina

For Bookings & more info
info@yourstaydevon.co.uk
Find us on FB, Instagram

Cooking for fun! Ailsa Craddock

I've just had a potting shed put up in the garden - I was ridiculously excited about it coming! Also bought myself a little rotavator to dig over the vegetable patches and fruit patch. We've had some lovely days recently after all the winter rain so I was out there digging and raking and planting! I've put in spinach, carrots, parsnips, beetroot, broad beans, dwarf beans and peas in the ground with cucumber and courgette seeds (hopefully) sprouting in pots on the shelf in front of the shed window. Rhubarb is going well with black and redcurrants, raspberries and gooseberries leafing up nicely! You can almost hear everything growing. All this got me to think about vegetarians and how I haven't really posted much for them.

Goulash with Horseradish

Dumplings

1 onion
1 carrot, 1 large potato (ordinary or sweet) 1 stick of celery
1 garlic clove, crushed
1 teaspoon fresh thyme
1 teaspoon paprika (I like the smoked one but it's up to you) 1 tin tomatoes - whole or chopped
1 vegetable stock cube
1 tablespoon tomato paste
1 teaspoon chilli sauce 1 bay leaf
1 red pepper

Chop all the vegetables. Heat some oil in a saucepan and add the onions, garlic, thyme and paprika and fry gently for five minutes. Add the carrot, potato and celery and fry for another five minutes. Add the tomatoes, stock cube, tomato paste and chilli sauce and bay leaf. Bring to the boil and simmer till the vegetables are soft. Halve, deseed and slice the pepper and fry in another pan for 6 - 8 minutes till soft and charred. Add to the goulash.

Dumplings

100 grams Self raising flour
50 grams vegetable suet
1 large dessertspoon horseradish sauce (or more to taste)

1 teaspoon tarragon (optional)
Combine all above in a bowl, adding enough water to form a soft dough and shape into small balls You can now either add the dumplings, cover and simmer gently for about 25 minutes for soft dumplings or transfer the goulash to an oven dish, add the dumplings and put in the oven at 180°C uncovered for about 20 minutes if you like your dumplings crispy on the top (I do!). To serve add a spoonful of sour cream if you have any and some shredded spring onion to decorate. Sometimes, I add some spinach, shredded kale or cabbage to the goulash with the peppers to give it a little more colour and taste. You could also vary the vegetables - add parsnip, swede, leek - whatever is lurking in the bottom of your fridge! PS My husband, a



true carnivore, loves this so even non vegetarians should enjoy it! And, if you have any left over, you can whizz it all up in a blender with a little more stock and have some lovely vegetable soup for another day!

Roasted Cauliflower with Punjabi Seasonings

1 cauliflower, florets separated
2 tablespoon lemon juice
1/2 teaspoon ground turmeric
2 teaspoon grated ginger
1 teaspoon salt, 1 teaspoon cayenne pepper, 1 teaspoon ground cumin
1 teaspoon ground coriander
1 tablespoon chopped coriander leaves
3 tablespoon olive or rapeseed oil
1 teaspoon whole cumin seeds

Put the cauliflower florets in a large bowl. Combine the lemon juice, turmeric and ginger and pour over the cauliflower. Add salt, cayenne, ground spices and coriander and mix well. Set aside for 2 hours or more tossing now and then.

Preheat the oven to 220°C. Put the oil in a small frying pan and set over a medium heat. When hot, add the cumin seeds and let them sizzle for a few seconds. Pour the spiced oil over the cauliflower and toss well. Spread out the florets in a roasting tin and put in the oven for 25 minutes, turning half way through. Serve alongside any meat of your choice, any curry or just on its own with some chutneys to dip into!

Thoughts from the Snug . . .

What is it to be British?

Being British is about driving a German car to an Irish pub for a Belgian beer, then driving home, grabbing a curry or a Turkish kebab on the way, to then sit on Swedish furniture and watch American shows on a Japanese or Korean TV. And the most British thing of all? Suspicion of all things foreign!

Only in Britain can a pizza get to your house faster than an ambulance.

Only in Britain do supermarkets make sick people walk all the way to the back of the shop to get their prescriptions while healthy people can buy cigarettes at the front.

Only in Britain do people order double cheeseburgers, large fries and a diet coke.

Only in Britain do banks leave both doors open, but chain the pens to the counters.

Only in Britain do we leave cars worth thousands of pounds on the drive and lock our junk and cheap lawnmower in the garage.

Only in Britain do we use answering machines to screen call and then have 'Call waiting' so we won't miss a call from someone we don't want to talk to in the first place.

Only in Britain are there disabled parking places in front of the skating rink.

Buddy Bach



Calling all knitters and Crocheters!

Can you help us to share some Christmas Joy around the Communities of Severnside Parishes for December 2024?

We are asking for your help to knit or crochet as many Angels as we can before December 2024.

So in December we can Angel Bomb the communities in Norton, Kempsey and Severn Stoke with a host of yarn Angels!



Join us on Fridays

at Create and join in with other creatives, knitting at St Marys Church, Kempsey from 9.30 to 12pm during term time.



There will be yarn and patterns available for you to use in the church. If you prefer to make the Angels at home, please contact us for the pattern.



St Marys Church, Church Street, Kempsey, Worcester WR5 3JH
Email: kay.mason@motov8.org.uk or Call: 07921 122802









ENGINEERING (BRETON) LIMITED

Country Store

Open Mon-Fri 8-5.30 | Sat 8-4

~ Your local store for all things rural ~

Animal feed & welfare • Gardening equipment • Farm toys

Outdoor cleaning • Clothing & footwear • Pasture and lawn care

• Groundcare machinery • Machinery maintenance •

Tools & organisation • Livestock equipment • Fencing

Easy parking and carry-to-car service available

Fleet Lane | Bredon | Tewkesbury | GL20 7EF | 01684 772912 | panddengineering.com








Find us by the motorway bridge on the Bredon Road

MowerFix Ltd

SERVICING & REPAIR
ON ALL TYPES OF DOMESTIC
GARDEN MACHINERY

New & used machinery sales

mobilemowerfix@gmail.com
01684 311487 | 07855 521138
www.mobile-mower-fix.co.uk

Jim'll Fix It

Handyman services

Painting & Decorating, Tiling, Gutter Cleaning, Soffits & Fascia's, Laminate Flooring, Garden Clearance & Maintenance, Furniture Assembly, Bath & Shower Sealing, Pressure Washing, Coving & Door Hanging.

ALL SERVICES 7 DAYS A WEEK - FULLY INSURED - FAST, FRIENDLY & RELIABLE - REFERENCES ON REQUEST

ALL JOBS CONSIDERED
RING JIM ON : 01905 424945
MOB: 07912 879214



Red Kite Pest Control



Combining Tradition and Innovation

For all your Pest Control requirements ~ BPCA Qualified, NPTA Member

Individual Treatments ~ Flexible Contracts

All Insect, Rodent and Wildlife pests

Free Advice Free no obligation Quotations

—ALSO—

TAXIDERMY

I'm Interested in purchasing unwanted pieces of taxidermy (for private collection)

Telephone Andy Staples on: 07977 044987 / 01886 832730



PAINTING & DECORATING

INTERIOR & EXTERIOR
EXCELLENT RELIABLE SERVICE
COMPETITIVE RATES

For a free quotation call
Andrew Sharp
Tel: 01905 355804
Mobile: 07763 367401

DAVID MARTIN & SON

LANDSCAPING, MACHINE & GROUNDWORKS

❖ **MACHINE & DRIVER HIRE AT COMPETITIVE RATES**
Established over 25 years in Kempsey.
Fully Insured.
References available upon request.

❖ **SEASONED LOGS FOR SALE**
£80 per bulk bag.
Free delivery locally.
Smaller or larger amounts available upon request.




CALL: 07985 464718 FOR FURTHER DETAILS

Wild Contracts

Tree Surgeons

All aspects of tree work undertaken
Crown work, dismantling, felling,
waste removal, stump grinding,
woodland management &
general advice

Fruit Tree Management:
Re-establish of shape, vigour & fruiting

Hedge Management:
Trimming, leylandii control,
restoration & topiary

Dry, seasoned firewood
always available

NTPC Qualified * £10m Public Liability
Based in Kempsey

www.wildcontracts.co.uk

01905 425181 - 07847 272005

Are Irises the perfect perennial?

Nikki Hollier



My Mum received a little Iris in a pot – so beautiful and delicate but had no plant tag to identify the variety. I went online and saw a myriad of plants, so of course, I had to find out more. Apparently, they're one of the easiest perennials to plant and grow in a sunny garden! Is it a bulb or a rhizome? Both – but depends on the variety! I'm going to talk about two varieties which are the most common and simple to grow – Iris reticulata and Iris germanica. Please note, the whole plant is toxic, so do NOT eat them. Iris reticulata are bulbs and come in many colours, from icy pale blues to vibrant purples. The best time to sow them is in the Autumn (from September to

mid-November) in the front of a border or a pot. They grow to around 15cm tall and flower early in the year – January-February timeframe. They're one of the first flowers of the year, so planting them in a pot where you see them everyday is a great tonic on a grey day! I've potted mine with some wood anemones. Iris germanica are often called Bearded Irises and are easy to grow and maintain. They're rhizomes (rather than bulbs) and are called bearded iris because of their distinctive flowers which have upright petals called "standards" and cascading petals called "falls". Running down the centre of each fall is a "beard" that resembles a furry caterpillar. The best time to plant the rhizome is in late summer. They can grow between 60-90cm tall depending on the variety. Plant shallowly with the upper part of the rhizome sitting on the surface of the soil in a sunny position in moist but well drained soil. After planting remove the uppermost third of the leaves to protect against wind-rock. Remove the stems after flowering from the base as

this will concentrate the plant's energy into producing new rhizomes.

It's important to plant the rhizome in full sun (at least 6-8 hours a day) to ensure they stay dry (and don't rot) plus they need enough light to encourage the flowers to bloom. So, if your rhizomes aren't getting baked by the sun, this could be the reason why they're not blooming.

What flowers go well with irises?

If you're wondering what to grow with your Irises, it really depends on your colour scheme. For a complimentary colour scheme (colours on the opposite side of the colour wheel.) try Euphorbia with its acid green flowers. It packs quite a punch! For a harmonious colour



Nikki Hollier

nikki@borderinabox.com
@borderinabox
www.borderinabox.com

scheme (colours that sit beside each other on the colour wheel) plant with alliums, bronze fennel and and nepeta, which is a much softer and calmer vibe.



April gardening tips Reg Moule BBC Hereford & Worcester

Early in the Month

Sow annual climbers e.g. Asarina, Ecchreocarpus, Cobaea, Ipomoea, Tropaeolum and Rhodochiton.

Dead head daffodils and narcissi – feed them but DO NOT cut off the foliage.

Keep an eye out for slugs and take steps to control them.

Prune out any frost damaged shoots on less hardy shrubs such as Pittosporum.

Plant summer flowering bulbs outdoors e.g. Gladioli and Nerine bowdenii, if you already have overcrowded clumps of Nerines in your garden, lift and divide them now.

For trouble free roses, spray with one of the safer rose combined pest and disease treatments, like Rose Clear 3 in 1 Action or Uncle Tom's Plant Tonic for an organic solution to rose diseases. Prune Forsythias and winter Jasmine after flowering.

Finish dividing overcrowded herbaceous perennial plants. Plant summer flowering bulbs eg. Gladioli, Dahlias etc. Straggly silver foliage plants can be cut back now e.g.

Saintolina. (but not down into old wood - that is risky).

Lift and divide pond plants. This is also a good time to introduce new plants too. Plant Asparagus crowns and Jerusalem artichokes. Divide overcrowded clumps of Nerines and Siberian Iris.

Treat potted ornamental plants with Bug Clear Vine Weevil Killer, as it acts as both a control measure and an insurance policy. One treatment lasts three months.

Organically, place a half inch layer of horticultural grit on top of the compost to prevent successful egg laying.

Cover some established strawberry plants with cloches to get an early crop.

Plant new conifer hedges and trim established ones.

Mid April

Tackle pernicious weeds, like bindweed, with a systemic weed killer containing glyphosate; it is best to use an "extra strong" version.

Hardy annuals can still be sown in situ outdoors.

Plant dormant dahlia tubers 10cm (4in) deep outdoors at the foot of support stakes.

Undertake lawn renovations by repairing damaged edges and removing bumps and hollows. Watch out for whitefly appearing in your greenhouse, hang up some yellow sticky traps to monitor them. Plant some French marigolds or Coleus cannina near your tomatoes to deter the pests. Take conifer cuttings.

Pull off 7.5 – 10 cm (3-4in) side shoots. Trim up the base. Dip in hormone and insert in free draining compost. Watch out for attacks of gooseberry mildew and gooseberry sawfly, these devastate bushes.

Plant out cabbage, cauliflower, Brussels sprout and celery plants. Finish planting sprouted maincrop potatoes. Sow tomato seeds now for outdoor planting in June.

Begin planting up hanging baskets, keep them inside until frost risk is minimal.

Check your greenhouse regularly, as watering, shading and ventilation are important. Sow Basil indoors, but do not plant outside until there is no risk of frost.

Start successional sowings of salad crops eg. Lettuce, carrots and radishes.



and radishes.

Late April

Sow tender veg. indoors for planting out next month e.g. courgettes, French and Runner beans. Sow marrow, courgette and squash seed on its side and soak Sweet Corn seed in water for 4 hours before sowing.

Prune early flowered Clematis after blooming e.g. C. alpina and C. macropetala. This is only necessary where space is limited. This is a good time to re-pot any houseplants that are pot bound. Store unused seeds left in open packets in an airtight container in the refrigerator. Treat your lawn to an application of lawn food. Miracle Gro Thick and Green is my favourite as its food is released according to the weather conditions.

Guide to accountant speak for Balance Sheets

Last month I looked at terms commonly used in Profit and Loss statements. The other major financial statement and the one that baffles many people is the Balance Sheet. Where the profit and loss statement details income and expenditure for a period, the balance sheet reflects the overall financial health of the business at a specific date. The balance sheet shows the value of what a business owns, the assets, and the value of what a business owes to others, the liabilities.

Fixed Assets –

These are items of equipment and machinery, vehicles, land and buildings that are owned and used by a business over more than one year. The cost of fixed assets are written off over time by means of depreciation.

Current Assets –

These are defined as items which a business owns, and which can readily be converted into cash. Current assets include cash - both in the bank and in the petty cash tin, stock and debtors.

Stock and Work in Progress - Stock is goods that have been purchased for resale or the raw materials that will make items for sale. Work in progress is the value of work that has been done on a job, which has not yet been invoiced.

Trade debtors –

This is the value of sales made and invoices issued to customers but not yet paid.



Other debtors –

Money owed to the business by people other than trade customers.

Current Liabilities –

This is money the business owes to others that is due to be paid in a year and includes money owed to suppliers (known as trade creditors) for goods purchased, money owed for VAT, employment taxes and Corporation Tax, bank loans and Hire Purchase agreements.

Long Term liabilities -

Generally include loans that are due to be paid back longer than one year.

Balance sheets can be confusing, but they are a vital indicator of whether your business could be in financial difficulties and should not be ignored. If you don't understand the terms used or where the figures come from ask for an explanation from your accountant.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd

Angels and Devils

Angela Johns

I looked across and saw a distressed lady with tears and panic all over her face. I could not leave her to suffer alone. "Are you OK?" seems such a ridiculous question, why do we often start with that? But I did. I suppose it's because it's the gentle way in, taking away the presumption that someone can't figure it out for themselves. She had lost her passport, the bus that had dropped her off was already far in the distance and their offices had closed for the day. Her explanation prompted another search through her tiny handbag and all her pockets, one of those panicky searches where your eyes don't see that much – blind panic. Check, disbelief, recheck. What now? I led her to a quieter spot and ran through some basic questions, such as when did you last see it. If she had dropped it, someone would pick it up and hand it in. "Look at these people all around us," I said, "all travellers who would look after each other." We would all understand the horror of a lost passport just as we were about to embark on our special journey. And hers must have been special, with her carefully chosen outfit, beautifully styled hair and several large pieces of luggage. She saw in my eyes solutions, guidance, someone to either confirm or resolve the conundrum. She was able to take a deep breath and calm her nervous system just enough to feel safe in someone's company to search for the lost. It's not that I found her passport for her, she did that for herself. Her eyes could now see, she could recount her last moves and she could make an ordered plan for the search. As she removed each piece of luggage from the trolley her passport fell free, the Spanish sunshine glinting off the sparkly cover. Hoorah! "You are my angel," she said. If only she knew!



It seems that there is a devil inside us that throws a spanner in the workings of our brains just as we need all our faculties to deal with something. Or it sits on our shoulder shouting criticisms or whispering doubts. The fact is, we need this so called devil to alert us to danger and keep us safe, help us make informed reasoned judgements and decisions, even to recognise important traits in others. But we don't want it to run the show. When it takes over the angel inside us has no voice and cannot use the many skills it has that also keep us safe, make helpful decisions and recognise important traits in others. Therapy can help us find this balance so we don't remain our own worst enemy.

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

Clifton-Crick Sharp & Co

**CHARTERED ACCOUNTANTS
AND BUSINESS ADVISORS**

40 High Street, Pershore, Worcestershire WR11 1DP

Tel: 01386 561100 Fax: 01386 561040

Email: mail@clifton-crick.co.uk

www.accountantsworcestershire.co.uk

Avon Green
FINANCIAL

Financial advice of true family value
 Nick.Morris@sjpp.co.uk | avongreenfinancial.co.uk

FIS Approved 18/08/2023

Pandering to stereotypes

Karen Harris

How does the body cope with the ageing process? A good question isn't it? MY answer is, it depends what you do with it.

I've seen, and taught, enough people in the last 30+ years to know that age IS definitely just a number and it has no bearing, at all, on what happens to your body. It's down to you, your mind-set, and how you treat it. What you do, and, have done, with it. Do you remember that

'Rightmove' advert where the husband is constantly being called up the stairs by his wife, he climbs the stairs with a resigned look on his face, to see what she wants. The ad sees them moving to a bungalow, intimating that as he's getting on a bit his poor old knees won't be able to cope!

I know it's just an advert, but subliminally it sends out a message. You shouldn't be doing that at your age!

It panders to stereotypes that people should be buying bungalows as they get older; but those stairs are providing an important functional movement for hip/leg strength and stability and doing away with some important exercise. That is not the 'right move' in my opinion!

I'm sure gravel companies must be raking it in (excuse the pun) with all the 'low-maintenance' gardens that now seem to have spread into back, as well as, front gardens.

Again, gardening uses muscles and creates movements that stimulate the body - and mind - it's a win-win situation and a great recreational activity that

has so many benefits - for us, the environment and wild life. If you don't use it, you REALLY DO lose it.

Your body adapts to the stimulus you give it. When you are young, you're not thinking about the future effects of your diet, activity (or inactivity), your driving/desk job, how much you are looking down at your phone/tablet, it's not important, and why should it be? Youth is on your side!

But it is here, at this point in life, whilst the body is building its reserves for later life that these adaptations start to set in. In fact, the effects of creating detrimental habits at an early age should be taught in schools because good habits formed early are better than bad habits formed without 'the knowledge.'

Body adaptations, if they become habitual, become compensations. Muscles stop working because your regular body position is asking other muscles to work for them (because they have adapted to your stimulus) so they compensate. But in doing so the body loses it's dynamic balance and tension; this is where dysfunction sets in. Dysfunction is a horrible word, but if you have pain and discomfort, have to wear braces or supports, use aids or have regular medical interventions, then whatever age you are, the body no longer functions as it should. Is that because you have stopped doing something, or something stopped you doing it? Let me tell you, it wasn't your age!

The Power of Dreams

Emily Papirnik

Martin Luther King Jr.'s iconic speech about his dream for a better future serves as a testament to the transformative power of dreams. Beyond being mere figments of our imagination, dreams are catalysts for change, driving us to pursue our passions and aspirations. They provide us with direction, motivation and a sense of purpose propelling us towards a future that we envision for ourselves.

Dreams ignite a fire within us, urging us to break free from the shackles of doubt and complacency. Through dreaming, we dare to envision a reality that transcends the limitations imposed upon us by circumstance or society. Whether it's achieving personal goals, making a difference in the world, or simply finding contentment and happiness, dreams serve as the guiding light illuminating our path forward.

The significance of dreams extends beyond individual aspirations; they have the power to inspire collective action and social change. Martin Luther King Jr.'s dream of racial equality and justice galvanised a movement that reverberated across the globe, speaking hope and igniting the flames of activism in the hearts of millions. His words resonated deeply because they tapped into a shared longing for a more just and equitable world.

Dreams not only compel us to pursue our own aspirations but also inspire others to do the same. When we dare to dream boldly and unapologetically, we become beacons of inspiration for those around us, encouraging them to envision a brighter future for themselves. Our dreams have

the potential to ripple outward, igniting a chain reaction of empowerment and transformation within our communities and beyond.

One powerful tool for harnessing the power of dreams is journaling. By putting pen to paper and articulating our deepest desires and aspirations, we not only clarify our goals but also set in motion the process of manifesting them into reality. Sarah Morgan's "Manifesting Dream Day Journal" is a prime example of how the simple act of writing can unlock our imagination and reveal the possibilities that lie dormant within us. Through journaling, we gain clarity about what truly matters to us and cultivate the courage to pursue our dreams wholeheartedly. I used this tool years ago and it was a hugely impactful process.

It's important to acknowledge that pursuing our dreams is not always easy. Along the way, we may encounter obstacles, setbacks and moments of doubt. Yet, it is precisely in these moments that the power of our dreams shines brightest. They remind us of our resilience, our capacity for growth, and our unwavering commitment to the vision we hold dear.

Dreams are not merely flights of fancy, they are the lifeblood of our existence, propelling us forward towards a future with purpose and possibility. Whether grand or humble, personal or collective, our dreams have the power to shape our lives and the world around us. So, dare to dream boldly, pursue your aspirations with unwavering determination and watch as the world transforms in response to the power of your vision.

YES or NO?

Do you want to take control of your aches and pains?

Do you want to stop having to take pain killers?

Do you want the knowledge to be able to help yourself?

Do you want to feel how empowering that feels?

Do you want to feel that weight lifted from your shoulders?

YES, of course!

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

Karen Harris, Posture Alignment Specialist, Fitness Trainer
07954 544595

The app to Feel better

Healthy Heart Tip: *Hydration & heart health*



Hydration is an essential part of nutrition and can benefit or impact your heart's ability to work effectively. Studies have found that having adequate hydration is associated with reduced long-term risks for heart diseases. Did you know that over 66% of the UK

population doesn't drink enough water? With Nutrition and Hydration Week coming up from 11th to 18th March, we are sharing some information on the importance of hydration and your cardiovascular system.

Importance of being hydrated
Water makes up over half (60%) of your body weight and fluids are critical for good health and heart health.

Hydration is when you drink more fluids than your body loses. Being hydrated helps your heart pump blood more easily through the blood vessels and to your muscles. This means that your muscles, including your heart, don't have to work

as hard to achieve the same results.
Risks of being dehydrated
Dehydration occurs when the body loses more water than it takes in. Fluids can be lost through sweat, urination, vomiting or diarrhoea. When these are not replaced your body may feel tired, you might feel thirsty, have a dry mouth, have dark-coloured urine and suffer from headaches. Being dehydrated means that your heart needs to beat faster to pump your blood around the body. This is because your blood reduces in volume and thickens which will impact your circulation, as well as increase your heart rate and blood pressure. This increases

your risk of heart diseases.
Sources of hydration
On average an adult needs six to eight glasses or 1.5 to 2 litres of fluid a day. If it is a hot temperature or you carry out physical activity, you'll need more. Drinking water is the best way to remain hydrated however, other non-alcoholic drinks such as milk, juice and herbal teas can also hydrate you. Food such as fruits and vegetables can also help to hydrate you, with around 20% of your body's water intake per day coming from foods like these.




JDS Electrical

For all your electrical needs
Fully qualified and insured

JON HALL
07528 183057
jds.electrical@outlook.com




- ✓ Computer Repairs & Upgrades
- ✓ PCs, Macs and Laptops
- ✓ Personal Computer Training
- ✓ IT Support for Home & Business

Fast, friendly, reliable and local
01905 371289
info@haslamit.co.uk
www.haslamit.co.uk



Advertise your business here!

Kempsey Times

email:
advertising@hughes.company

Tel: 01386 803803



DESIGN and PRINT SERVICE



Wedding Stationery and Order of Service
Funeral Order of Service
Invitations • Posters • Tickets
Programmes • Menus
Laminating
• • •

Based in Kempsey

Tel: 07919 004003
thomlinson1941@btinternet.com



Brookend Farm, Brookend Lane, Kempsey.

Private Hire and Executive Transport.

- Providing stylish, friendly and reliable transport.
- Airport, Rail and Sea port transfers.
- Business travel.
- Small parcel/document drop-off and collection services.
- UK Holiday Transport.
- Contactless card payments accepted. 

To make a booking or any enquiries please contact us on: **01905 915092**
Alternatively email us on:
bookings@gandetravelltd.co.uk
Or visit: www.gandetravelltd.co.uk

First Aid Skills Training in 2024

Are you keen to learn or update your first aid skills for work and personal safety?

The Devereux Centre offer lifesaving skills training courses.

- CPR & Defibrillation
- Fire Safety and Practical Fire Extinguisher
- Emergency First Aid at Work (1 and 3 day)
- Emergency Paediatric First Aid
- Mental Health First Aid, Levels 1

SEE OUR WEBSITE FOR 2024 COURSE DATES



We also rent out medical consultation, counselling and meeting rooms. Organisations and businesses can utilise up to the minute communication technology and flexible meeting room layouts.

Please contact us to arrange a tour of our facilities.

www.thedeveuxcentre.co.uk T: 01684 214333

Harriett Baldwin MP

Member of Parliament for West Worcestershire

Harriett Baldwin MP can help constituents with a wide range of issues.

To contact Harriett, please write to her at the House of Commons, email harriett.baldwin.mp@parliament.uk or call her constituency office on 01684 585 165.



- ✉ harriettbaldwin.com
- 📘 facebook.com/harriettbaldwin
- 🐦 @hbaldwin
- 📧 @harriett.baldwin

A mixture of Myth and Legend

Brian Johnson-Thomas



Just after the end of the first Gulf War, I hitched a lift on a freighter aircraft returning to Europe from Habbaniyah, the air base outside Baghdad. We then made what's called a technical stop – for fuel and crew rest – at Antalya in Turkey. That's where I found Father Christmas. In the museum there lies the sarcophagus of one St. Nicholas, who was Bishop of those parts a long while ago, and whose legend mutated into that of our Father Christmas. And he's not alone because allegedly, England's St. George may well have been a Turkish knight.....

It so happens that St. George's Day was also the birthday of one William Shakespeare, a fact which our neighbours up the road in Stratford upon Avon are unlikely to forget. Indeed, this year, as ever, they have a whole variety of events taking place around that date, many of which are actually free. Free events include performances of Parade-the Giant Wheel – a choreographed procession through the town featuring a twelve foot high giant wheel, plus family friendly workshops on several themes and storytelling sessions based on the play 'A Midsummer Night's Dream', giving the opportunity to explore Shakespeare's characters and themes. The Royal Shakespeare Company is also reopening 'The Play's the Thing', a permanent exhibition of theatre items including costumes and props, whilst there is also the chance to see the current production of 'Love's Labour's Lost' in the main theatre or 'The Buddah of Suburbia' in the Swan Theatre. Next month – May – will see The Other

Place hosting the prizewinning play 'English' which is set in a classroom in Iran as four adult classmates grapple with learning English as a foreign language.

For full details see the RSC website www.rsc.org.uk Finally, on St George's Day we're all invited to take part in the launch of the British Asparagus Festival, which starts at the Fleece Inn at Bretforton with a gathering of Morgans and other classic cars at 9.30am. After music and dancing the cars will escort a full 'round of gras' (100 sticks) to Broadway where it will be placed on the Asparagus Express steam train which will depart at 11.35am bound for Cheltenham Racecourse. Gus the Asparagus Man and the legendary St. George himself will personally accompany the asparagus until it's handed over to disability charity, National Star where it will be turned into a delicious soup for their clients. Train tickets are available for advance purchase, with a 5% discount, from www.gwsr.com

For more about the Festival see www.britishasparagusfestival.co.uk Tickets are already on sale for the other must-see event next month, the RHS Malvern Spring Festival at the Three Counties Showground. As well as picking up the very best plants, visitors can take home bags full of inspiration and gardening advice from a whole host of gardening luminaries whilst also celebrating the journey of food from plot to plate with cookery demonstrations by a plethora of talented chefs. For details see www.threecounties.co.uk A really interesting opportunity popped up on my laptop screen

the other day from Discover Newmarket, the official tourist board for that part of the country. On Thursday 2nd May, Royal Trainer William Haggas is giving exclusive access to a small group of visitors to go behind the scenes of Sommerville Lodge Yard where HM King Charles III and HM Queen Camilla have horses in training. It's going to be a long day, starting at 8am and including a brunch in a local Hotel plus a visit to the National Stud, including a Stallion Parade, and ending in the National Horseracing Museum and a cream tea. The cost for the Royal yard Tour is £165 available from www.discovernewmarket.co.uk The other 'fun' email I had recently was from a firm called LoveRaw who make plant-based vegan chocolate bars. Since we have a good friend who is always lecturing me about the evils of palm oil, I'm quite receptive to such things as their chocolate nutty balls and white chocolate cream wafer bars – and, indeed, we tried the

latter with enjoyment. For details see www.eatloveraw.com Finally, from the other side of the world, news of a tour that combines superb gardens with superb wines. An antipodean outfit, Botanica World Discoveries, are offering several interesting opportunities for those of us who are perhaps celebrating a special milestone or completing a lifetime's ambition. Indeed if my numbers come up on the Lotto, then I fancy their 16th October tour of the Barossa and Clare Valleys exploring the gardens and great wines of those regions, which you can extend into the Outback and see the landscapes of the Flinders ranges or go to the Murray River and see the large colony of sea lions.

Remember that they're a few time zones ahead of us, but to contact them use their email: info@botanica.travel

But wherever you go – enjoy the Spring !



Bring your memories to life!

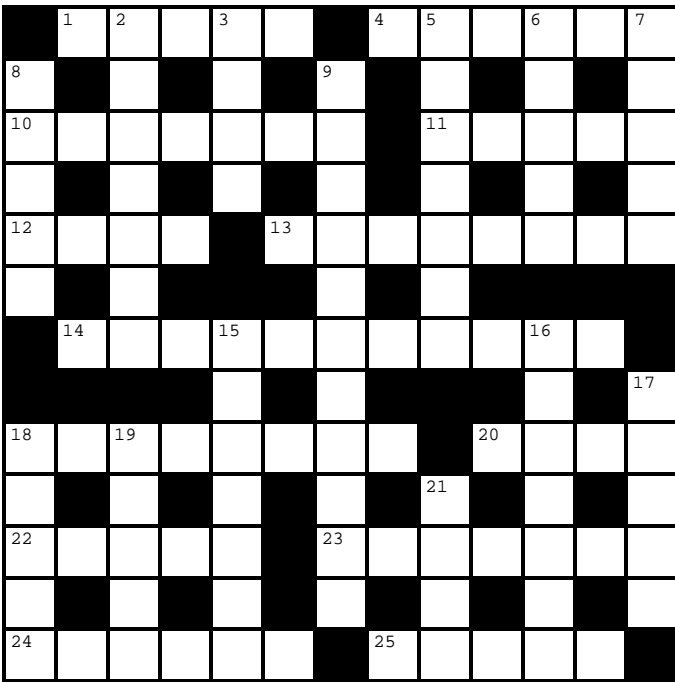
■ ■ ■ ■ ■

We transfer to DVD, USB & Audio CD
 VHS - Slides - Photos - Cine films
 Camcorder tapes - Photos from video
 Tape repairs / editing - Foreign tapes converted
 Open reel audio, Dictaphone, Cassette &
 Vinyl to CD or MP3

Hughes & Company
 Tel: 01386 803803

Coffee Break

Crossword



Across

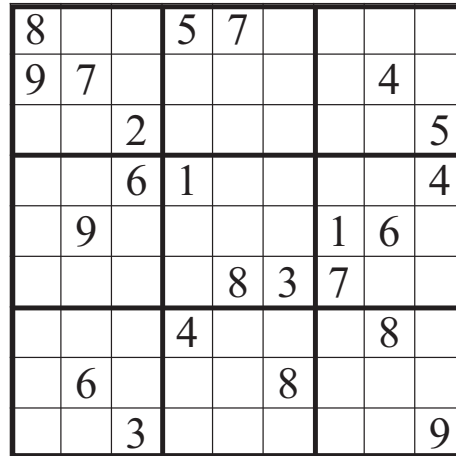
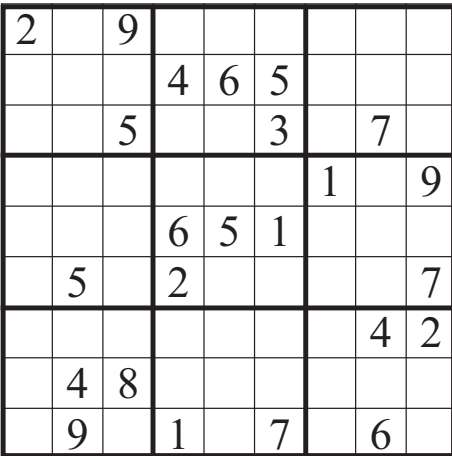
- 1 Thin soup (5)
- 4 Aided (6)
- 10 Efflux (7)
- 11 Cram (5)
- 12 Set down (4)
- 13 Turned around (8)
- 14 Murder (11)
- 18 Unusual (8)
- 20 Applications (4)
- 22 Pale pinkish-violet (5)
- 23 Arousing intense feeling (7)
- 24 Renter (6)
- 25 Forest god (5)

Down

- 2 Keeps (7)
- 3 Scrabble game piece (4)
- 5 Oriental (7)
- 6 Saint ---, Wren's masterpiece (5)
- 7 Welsh county (5)
- 8 Ponds (5)
- 9 Lottery (11)
- 15 Resident of e.g. Cape Town or Cairo (7)
- 16 Bear witness (7)
- 17 Ait (5)
- 18 Set apart (5)
- 19 Thermoplastic yarn (5)
- 21 Couch (4)

Sudoku

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



Crosswords
Sudoku
Wordsearches
Jigsaw puzzles
also available to play online for FREE



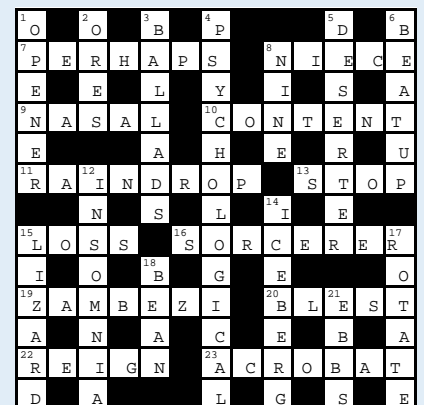
visit:
www.kempsey.com/coffeebreak

Sport Wordsearch



- ARCHERY
- BADMINTON
- BASEBALL
- BASKETBALL
- BILLIARDS
- BOCCIE
- BOWLING
- BOXING
- CRICKET
- CROQUET
- CYCLING
- DARTS
- FENCING
- FISHING
- FOOTBALL
- GOLF
- HANDBALL
- HOCKEY
- JAI ALAI
- LACROSSE
- POLO
- RACQUETBALL
- RUGBY
- RUNNING
- SKATEBOARDING
- SKATING
- SKIING
- SOCCER
- SOFTBALL
- SQUASH
- SURFING
- SWIMMING
- TENNIS
- VOLLEYBALL
- WRESTLING

March Answers



Poets' Corner

A Shropshire Lad iii

The Recruit

Leave your home behind, lad,
And reach your friends your hand,
And go, and luck go with you
While Ludlow tower shall stand.

Oh, come you home of Sunday
When Ludlow streets are still
And Ludlow bells are calling
To farm and lane and mill,

Or come you home of Monday
When Ludlow market hums
And Ludlow chimes are playing
"The conquering hero comes,"

Come you home a hero,
Or come not home at all,
The lads you leave will mind you
Till Ludlow tower shall fall.

And you will list the bugle
That blows in lands of morn,
And make the foes of England
Be sorry you were born.

And you till trump of doomsday
On lands of morn may lie,
And make the hearts of comrades
Be heavy where you die.

Leave your home behind you,
Your friends by field and town
Oh, town and field will mind you
Till Ludlow tower is down.

A. E. Housman 1859-1936

To receive the
Kempsey Times
by e-mail visit
www.kempseytimes.com

Spot & Shop - March Winners

- 1) Louise Hall
- 2) Karen Gwilliam
- 3) Pat Comley
- 4) Joan Chambers

Last month's answer:
Geoffrey A Potter

Fun Quiz!



1. What was the first Pirates of the Caribbean movie called?
2. True or false: The temperature on the moon is roughly the same all day?
3. What is the centre point (neutral) of the PH scale?
4. Which French military general married Josephine de Beauharnais in 1796?
5. What is a supernova?
6. Is tennis an Olympic sport?
7. How many time zones is the world divided into?
8. True or false: Lewis Carroll was a pen name, as opposed to the real name, which was used by the author of Alice in Wonderland?
9. What is the capital of the Czech Republic?
10. With reference to sound, what do the letters dB stand for?
11. Which famous explorer was stabbed to death in Hawaii?
12. What is a marsupium?
13. Which Disney character sang 'Let it Go' in the Disney movie Frozen?
14. Which war ended on September 2, 1945?
15. What island is New York's Statue of Liberty located on?
16. What are igneous, sedimentary and metamorphic the three main types of?
17. Which Roman numeral immediately follows iii?
18. Which continent does Iceland belong to?
19. Which 60's singer had a hit song with 'Rubber Ball'?
20. Which ocean separates Africa and Australia?

Answers: 1. The Curse of the Black Pearl 2. False: Temperature changes are extreme - cold at night, hot during the day 3. PH7 4. Napoleon Bonaparte 5. An explosion of a star 6. No 7. 24 8. True 9. Prague 10. Decibels 11. Captain James Cook 12. Animal punch (to protect eggs, offspring...) 13. Queen Elsa 14. World War 2 15. Liberty Island 16. Rock 17. IV 18. Europe 19. Bobby Vee 20. The Indian Ocean

**SPOT
&
SHOP!**

COMPETITION TIME!

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

This month's anagram
**ADELA
HYDROLOGY
TERI**

This month's prizes!
1st - £25 cash
donated by Royal Oak, Kinnersley
2nd - A. E. Housman Book
Value £20
3rd - Reg Moule's Gardening Diary
Value £10
4th - Pat's Pantry -
Jar of home-made marmalade

Complete and return this form or email:
news@hughes.company for your chance to win!
Kempsey Times closing date: 29th April 2024

Answer: _____

Name: _____

Telephone/email: _____

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

Health Hub - April



We, Pershore Medical Practice and Abbottswood Surgery, thought it might be useful to provide a 'Health' article for the Kempsey & Pershore Times so we can keep you updated on current health concerns and areas of interest. Once again, we have started our COVID-19 Spring Booster vaccine programme. Our teams will start offering the vaccinations to those over the age of 75 and those who are severely immunosuppressed. Appointments are available from 22 April and those eligible will be contacted either by letter or text message. As the nights are getting lighter

and the hedges, trees and flowers are bursting into life, we may all start to awaken from our winter slumber but for some of you, this will mean the arrival of hay fever. Usually worse when the weather is warm, humid, and windy and when the pollen count is at its highest. Symptoms can include sneezing, coughing, runny or blocked nose, itchy eyes, itchy throat, loss of smell, headache, earache and feeling tired. There are things you can do to ease the symptoms of hay fever but if you feel medication is required, please speak to a pharmacist. They can give advice and suggest the best

treatments such as antihistamine drops, tablets and sprays which can help with itchy and watery eyes, sneezing and a blocked nose. April is Stress Awareness month. Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression. Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic.

It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals. If you are feeling low, anxious or depressed, Pershore Wellbeing Hub runs a weekly mental health peer support group. *The group meets in Pershore Wellbeing Hub and is facilitated by trained volunteers. Please call or text them on 07596 593837 for further details.* Or for more information go to <https://www.nhs.uk/every-mind-matters/mental-healthissues/stress/> We hope that, if possible, you will follow Pershore Medical Practice and Abbottswood Surgery on Facebook and Instagram for more frequent messaging and sign up to our regular Newsletters which you will find on our websites.



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

For further information telephone **0300 123 23 23**
 For enrolment information go to **www.organdonation.nhs.uk**
 or email: **michaelamies36@gmail.com 07807 070249**

Sponsored by: Hughes & Company

To advertise your event here!

Kempsey Times

email: **news@hughes.company**

Tel: **01386 803803**



SATURDAY 29TH JUNE 2024

KEMPSEY SUMMER FETE

St Mary's Church

Kid's Zone **1:30pm** Fluffy Sheep
 Lovely Jubbly Tea Shop with Cakes & Saints Preserve Us
 Becky Gs Pimms O'Clock Bar
 Hot food & Licensed bar
 Fruit & Veg Stall **Live entertainment**

GRAND DRAW TOP PRIZE £500
 Admission by lucky programme 50p
ALL PROFITS TO THE WIDE COMMUNITY WORK OF ST MARY'S



80th D-DAY 1944-2024

D-Day Remembrance June 6th 2024

We are delighted to bring you a very special Beacon Lighting ceremony on Kempsey Common to mark the 80th anniversary of D-Day & Battle of Normandy.

Join us for an evening of entertainment, food, drink and remembrance as we light the beacon and honour the Heroes of D-Day - Never Forget, Always Honour.

We can't wait to see you in June!

Follow our facebook page:
www.facebook.com/kempseyDDay80
 for more information

D-DAY 80 BEACON EVENT
 Kempsey Common
 Sat June 2024 from 7:00pm
 Free Admission



PLANT & CAKE SALE

Saturday 11 May
10am – 12pm
Earls Croome Village Hall

Tea, coffee and homemade cakes (eat in or take away)
Bedding plants, tomato plants, perennials, houseplants, etc

Raising funds for Earls Croome Church

Letters to the Editor

Dear Editor,

Good News!

I am delighted to report that, this year, the Children's Society Collection boxes have raised £220.20. This is a simple way of raising money for a great cause – and an easy way to get rid of any loose change you may have hanging around!

If anyone would like a collection box please contact Bridget Robinson, email: bridget.paul123@googlemail.com or telephone on 01905 820084.

Thank you so much to all those who have contributed.

Bridget Robinson

Volunteering!

Volunteering is a great way to meet new people and build healthy relationships. It strengthens your ties to the community and exposes you to people with similar interests, talents, and skills.

Volunteering also gives you the opportunity to practise and develop your social skills. As well as helping to protect you against stress and depression.

Volunteering can also help with mental health recovery.

The volunteer opportunities we offer at Pershore Plus Volunteer Centre contribute to all these great benefits and more.

Just some of the Opportunities we offer are:

*Social Car Scheme Drivers
Minibus Drivers
Passenger Assistants
Transport Desk Administrators
Lunch Club Helpers
Befrienders and many more.*

We also offer a free brokerage service to other organisations looking for volunteers.

Please contact us for further information:

Tel 01386 554299

Email admin@pershorevolunteers.org.uk

pershorevolunteers.org.uk

www.pershorevolunteers.org.uk

Kempsey Times

Telephone 01386 803803

Proprietor/Editor Alan Hughes

To advertise

email: advertising@hughes.company

For editorial

email: news@hughes.company

Facebook: [KempseyTimes](https://www.facebook.com/KempseyTimes) Twitter: [@KempseyTimes](https://twitter.com/KempseyTimes)

To receive the Kempsey Times by email visit

www.kempseytimes.com

enter your name and email address

Published by

Hughes & Company, 8 Church Street, Pershore WR10 1DT

www.hughesprinters.co.uk

Circulation 3000 printed copies,
email edition for PC, iPad and smartphones
and the online daily today!

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

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

Copy Deadline

May Issue - 22nd March 2024

Useful numbers

Worcester Fire Station 01905 725030

Kempsey Mobile Library

Second Tuesday in the month 01905 822722

Kempsey Police Station 101

.....(In an emergency always call 999)

CrimeStoppers 0800 555 111

Kempsey Post Office 01905 828469

Kempsey Doctors Surgery 01905 820466

Kempsey Parish Council 01905 828183

MHDC Council

Out of hours Emergency hotline - In an event of an emergency call:0300 003 5367

To report faulty traffic lights or urgent Highways issues call: 07875 033759

Please note: This number should not be used for 'day-to-day' enquiries.

- Waste Services 01684 862490

- Planning Dept 01684 862221

- Pot Holes 01905 765765

The Complete Package



Free Monthly Newspapers
plus online versions

Immediate access to over
25,000 readers and online followers

Advertisements available from £15.00

Pay as you go monthly advertising - No contracts

email edition

today! - Daily online newspaper
for PC, tablets and smart phones

Editorial is free

News: email: news@hughes.company

Advertising: email: advertising@hughes.company

Tel: 01386 803803

Hughes & Company

Printers - Publishers

Bookbinders - Stationers

8 Church Street, Pershore WR10 1DT

Tel: 01386 803803

print@hughes.company

www.hughesprinters.co.uk

Four generations of printers

Kempsey Times



Grand National Sisters

It's that time of year again when the thoughts of the racing fraternity turn to the Grand National, the world-famous steeplechase run at Aintree. In its history only thirteen mares have won the race and of them only two were full sisters and they were both owned and trained locally.

They were owned by the 9th Earl of Coventry, George William Coventry (1838-1930), whose family seat was Croome Court and trained by Edwin Weever (1833-1895) at his stables in Bourton-on-the-Hill.

The sisters were Emblem born in 1856 and Emblematic born in 1858, their father was Teddington and their mother Miss Batty. Emblem was an indifferent performer on the flat, winning only one of thirteen races but the Earl thought she might make a good steeplechaser and in 1860, paid £300 for her.

The following year he bought her sister Emblematic who was being trained at Defford and sent the pair to Bourton-on-the-Hill to be trained by Edwin Weever. In 1863 Emblem was entered into and won three steeplechases at Birmingham, Derby and culminating in the Grand National at Liverpool. Carrying a weight of 10st 10lb and with odds of 10/1. The following year, 1864, the Earl entered her sister Emblematic in the Grand National. A complete unknown, her odds were 100/1, but she cantered across the line to win having made no mistakes. Encouraged by the success of the sisters, the next year he entered both of them into the race. Emblem was leading but being ridden by a Jockey weighing over 12st (only four horses have ever won this race carrying such a heavy weight) she soon tired and finished 6th. Emblematic started



Emblem by Harry Hall (1813-1882) painted in 1863

as favourite but finished 3rd, the winner Alcibiade was ridden by Henry Coventry a cousin of the Earl.

On display at Croome Court is a painting by Harry Hall (1813-1882) the leading equestrian painter of his time, showing Emblem, her trainer Edwin Weever and her Jockey George Stevens (1831-1871) who also rode Emblematic to her triumphant win. Sadly, George

Stevens died in 1871 whilst riding his horse back to his cottage on Cleve Hill. The horse stumbled and George was thrown suffering a fractured skull. George still holds the record for the most wins in the Grand National having won five times, twice back-to-back. Winning in 1856, 1863, 1864, 1869 and 1870.

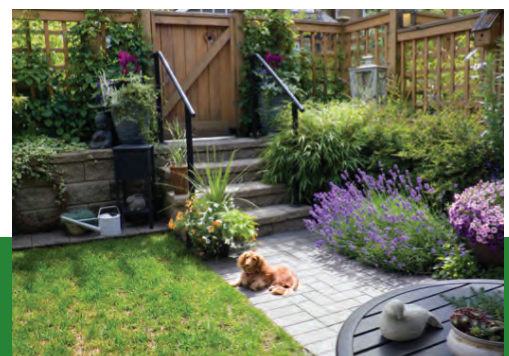
Nicola Hewitt

GARRY JARVIS LANDSCAPING & FENCING SERVICES

- Fencing
- Landscaping
- Lawns
- Artificial Grass
- Tree Work
- Hedges
- Patios
- Drives

(Blockpaving - Gravel)

We are friendly, reliable, competitive and our sense of humour is completely free, as are our quotes.



Call Garry on
01905 821567 | 07988 455899