

Pershore Times

A free monthly newspaper for Pershore and surrounding villages



Issue 80

March 2023

FREE



'A Bend in the River', near Pershore © Peter Hodge Worcestershire

The clocks go forward on Sunday the 26th March! This is a great event! We are back to 'normal' time, and we can begin to enjoy the longer lighter evenings. Those short dark days are over thank goodness. We can look forward to Spring, Summer and Autumn. Each of these seasons are wonderful.

We are already seeing spring flowers and green shoots, soon the hedges will bud and the trees come into blossom. The wild life will be active again and the scenery around us will be beautiful. We have lot to look forward to and we are very fortunate to have so much natural local beauty. Many summer activities are already being planned, the Pershore Carnival, Plum Festival, many Village Fetes and Garden Festivals. Nationally, we have the end of

the football season, with some big matches to come. The Australian Cricket team and the 'Ashes' Test Series, Wimbledon, The Ryder Cup to name just a few. All so much more interesting and enjoyable than current affairs. Rising prices and inflation, due to the Covid aftermath and the war in Ukraine is causing hardship all over Europe and beyond. Massive complex challenges with no short term fix possible. We have also had Brexit to contend with but

hopefully a step forward in Ireland this week.

We are told by the weather forecasters that we are in for a cold spell in March. Let's hope it remains dry, sunny and not too windy, 'North wind doth blow and we shall have snow'.

We hope you enjoy this 80th edition of our newspaper and thank all our readers, advertisers and contributors for their support.

Mothering Sunday
19th March

Clocks will
"spring forward"
on
Sunday 26th March



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Wychavon support for Ukraine



Cllr Alex Sinton, Chairman of Wychavon District Council, in front of the Ukraine and Union flags.

Wychavon has reconfirmed its commitment to helping those fleeing the war in Ukraine ahead of the first anniversary of the conflict. The Homes for Ukraine scheme was launched three weeks after the start of Russia's invasion to provide safe places for Ukrainian citizens. Since the scheme began, more than 200 people across Wychavon have opened up their homes to more than 300 people fleeing the war. They have not only provided a home for Ukrainian people but also support to build a new life in England.

Officers from Wychavon have played their part, carrying out hundreds of accommodation checks, distributing almost £270,000 of financial help from government funding and offering ongoing support and guidance to both hosts and Ukrainian guests. Members of the Ukrainian community have also joined the Wychavon team as liaison officers and rematching officers, to make sure people have the support they need.

Preparing for King Charles III's Coronation

Members of the Pershore Place Board gathered to discuss short-term plans to support economic development in the town. The Coronation of King Charles III is a significant priority in the coming months. The Place Board has proposed the installation of wall fixings, mirroring some historic fixings already in the town, on key buildings for the display of flagpoles and Union Flags in High Street, Bridge Street and Broad Street. The same fixings would then be used to display flags for other key events in Pershore's event calendar each year. This project is currently subject to obtaining necessary consents and land owner permissions and aiming to be complete in time for the coronation.

The flag fixings could also come in handy at Christmas. Board members discussed using the new fixings for Christmas trees to enhance how the town centre is presented in the run up to the festive period. Other developments being worked on by the Pershore Place Board include additional festive decorations along Bridge Street, repairs to lights and bunting anchor points in the high street, and a tree illumination project on Broad Street. The project is being developed as a collaboration between Pershore Place Board and Pershore Town Council (PTC) and is aimed at making Pershore even more special at Christmastime.

The town presentation enhancement project is to be funded by the Pershore Place Board through a £30,000 grant made available by Wychavon District Council (WDC) and the UK Shared Prosperity Fund (USPF). Further funds will be made available to the place board over the next three years to fund other projects



developed by the Pershore Place Board in its work to deliver economic development to the town. Making Pershore an easier place for businesses to flourish and a place where people want to visit is a key driver for the board's work.

Beyond this financial year, Pershore Place Board have further ideas for the town. One major project is exploring the business case for a new marina in Pershore. Vice Chair of the Pershore Place Board, Michael Hodges, is investigating the potential economic impact of the project. Board members also discussed adding to existing moorings and providing more footpaths along the river.

Other projects being considered include improvements to transport throughout Pershore. The board is working with the Vale Public Transport Group to explore enhancement options. Pershore's road and car parking infrastructure will also be assessed through a new parking survey to better understand where people park, for how long and for what purpose so as to explore if improvements could be made.

Finally, more information will become available to the public soon. Board members are developing the new Pershore Place Board website. This will be up and running in the coming weeks to ensure that all of the work of the new place board can be shared with residents and businesses in the town.

*Darren Eden
Chair, Pershore Place Board*

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today!**

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Special Dates in March

Wednesday 1st March - St. David's Day

Friday 17th March - St. Patrick's Day

Sunday 19th March - Mothering Sunday

Sunday 26th March - British Summer Time Begins

Help with public travel costs

Millions of people across England will be able to travel by bus for £2 from 1 January to 31 March 2023, thanks to £60 million in government funding to cap single tickets.

People can save almost a third of the average £2.80 bus fare, while in some rural areas tickets can reach over £5 for a single journey.

Over 130 bus operators outside London will be part of the scheme, taking an estimated two million cars off the road and reducing emissions.

The government has confirmed over 130 bus operators, such as National Express and Stagecoach, managing routes from the north to the south of England will charge no more than £2 for their single tickets, helping passengers with travel costs for education, work and medical appointments as they face pressures from the rising cost of living.

Please see this link: £2 bus fare cap - GOV.UK (www.gov.uk)

The scheme will help to take two million car journeys off the road and it forms part of the government's Help for Households campaign *see this link: helpforhouseholds.campaign.gov.uk*



As the new cap can deliver real savings for those most affected by the rising cost of living. The bus fare cap will also help the bus industry continue its recovery from the pandemic by encouraging greater bus use. Travelling for £2 on the bus both helps customers facing rising cost challenges and enables them to try a new travel option to get to work, education, public services, leisure or see loved ones. The government will continue to work closely with bus operators and local authorities and consider future support to help passengers continue accessing reliable and affordable bus services after March 2023.

Northern Ireland to re-open trade

Harriett Baldwin MP has welcomed a new deal which will help local businesses to re-open trading links into Northern Ireland. Prime Minister Rishi Sunak announced the detail of the Windsor Framework which will fix the Northern Ireland Protocol which had made it difficult for businesses to trade fully with the whole of the United Kingdom. Several West Worcestershire businesses have shared concerns with Harriett about the difficulty trading with Northern Ireland and Harriett welcomed the agreement which will deliver free-flowing trade by removing the border in the Irish Sea. A new 'Green Lane' will be introduced for goods travelling

into Northern Ireland although some checks will remain in place to prevent crime. Harriett said: "I've met businesses, especially our world-class horticultural specialists, who have not been able to trade with Northern Ireland because of the old protocol so I hope that this will open up the market again for them and other local businesses who may have been missing out. With the anniversary of the Good Friday Agreement looming, I am pleased that all parties have come together to deliver an important resolution to a vexing issue and hopefully this will now trigger the full return of the Northern Ireland assembly and democratic representation."

Installation of prepayment meters stopped!

Energy suppliers agreed to stop forcing vulnerable households onto prepayment meters following calls from the Energy Secretary. Following Energy Security Secretary Grant Shapps' intervention, all energy suppliers have now committed to ending the forced installation of prepayment meters in vulnerable customers' homes. It follows the Energy Security Secretary launching a crackdown on the mistreatment of customers last month, where he charged the Energy Minister with meeting suppliers to explain their actions and called on magistrates to improve their scrutiny of the warrants crossing their desk. Just this week, Lord Justice Edis issued directions to magistrates courts to stop approving warrants to force-fit prepayment meters bringing the practice to a firm halt.

However, given the failure of the energy regulator to identify recent unacceptable behaviour such as that of British Gas – or other significant shortcomings – he told Ofgem to improve their oversight of these companies and toughen up on suppliers. Now in line with the Energy Security Secretary's request, Ofgem has committed to speaking to consumers rather than just suppliers about their experiences. The Energy Security Secretary set suppliers a deadline to urgently report back on remedial action for customers who faced wrongful installations.



£30m funding to decarbonise UK roads

- £30 million going to seven new regional projects across the UK to boost innovation in decarbonising roads.

- Winning projects include 'carbon capturing' cement and green waste being used to make asphalt.

- Projects aim to ensure the latest tech and innovations can reduce emissions, improve regional connectivity and accelerate the journey to net-zero local roads.

Future roads could be built using asphalt made from grass cuttings and 'carbon capturing' cement, supported by £30 million Government funding awarded to seven innovative, net zero projects. Seven projects spread across the UK, from Lanarkshire to Devon, have been awarded funding today through the Live Labs 2: Decarbonising Local Roads competition. The programme supports projects led by Local Highways Authorities focused on tackling the long-term decarbonisation

of highways infrastructure, such as streetlights, and transforming local authorities' approach to decarbonising roads.

The winning projects include cutting carbon emissions from our streetlights to producing



asphalt made from green waste like grass cuttings. Other projects plan to drive changes to the design, construction and maintenance of typical UK highway construction, as well as plans to develop a first-of-its-kind system approach to creating a net carbon negative model for green infrastructure delivery.

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Reg Moule

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A few words from... Harriett Baldwin MP



Harriett Baldwin MP (left) with South Worcestershire Citizens Advice CEO Annie Robson.

MP Praises Citizens Advice Support

Harriett Baldwin MP has thanked volunteers who are helping local people with extra challenges that they are facing owing to rising prices and sky-high energy bills. Harriett visited the South Worcestershire Citizens Advice offices in the heart of Malvern to talk to chief executive Annie Robson and chairman Brian Herdman about the roll out of an emergency fund which is aimed at helping low-income families coping with rising bills.

County councils have so far been allocated £421 million to ensure people get the help they need with higher bills and the Household Support Fund – run by the local Citizens Advice team was launched in 2021 to directly help those who need it

most. The fund is renewed annually, and people who need help are encouraged to reach out to the local Citizens Advice office to see if they are able to help. Harriett said: “Citizens Advice is a crucial local resource and the volunteers do an amazing job offering help and advice to people who need it most.

We often deal with the same people and my casework team works closely with Citizens Advice and often signposts my constituents to the Household Support Fund which is an important safety net for some lower income families. It was really helpful to get local feedback from Annie and Brian and we’ve agreed to make sure our teams work much more closely together to make sure local people are best supported to deal with these current economic challenges.”

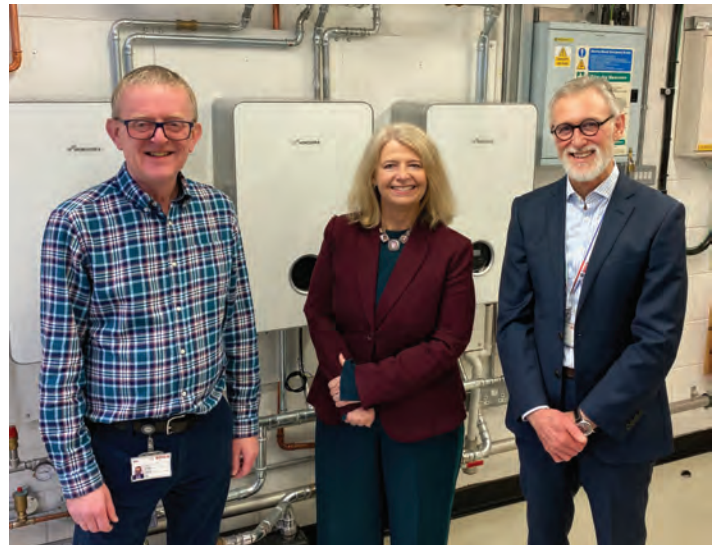
Hydrogen Heating future

Harriett Baldwin MP took a tour of the one of the county’s largest employers where central heating boilers are being adapted to work with a future hydrogen fuel network.

Worcester Bosch is already selling boilers which can use a blend of hydrogen and natural gas to be ready for a switch over immediately, reducing our reliance on carbon-based fuels. And the company is also developing a range of air source heat pumps which can be used to reduce people’s dependence on fossil fuels to heat their homes.

The Government is working on a strategy to include hydrogen power and is consulting on a timeline to move to the gas in parallel with developing other renewable heating solutions. The Worcester company is investing in a programme of research and development to help customers reduce their

own carbon footprint and reduce their heating bills. Harriett said: “There is some really exciting innovation being carried out in the county to make us ready for a switch away from our reliance on carbon fuels. Nearly nine out of ten homes use natural gas to heat their homes and give them hot water so the task is huge but Worcester Bosch already have a hydrogen-ready boiler on sale so people can start thinking about that option when replacing their old boiler. A more efficient heating system and proper insulation are both key elements of how my constituents can improve their energy efficiency and I am excited to learn about how one of our county’s largest employers is now at the vanguard of innovation to help us to get to our crucial, binding net zero targets.”



Pictured L-R Worcester Bosch Technical Services director Martyn Bridges, Harriett Baldwin MP with chief executive Carl Arntzen

Cost of Living support for families

The Government will extend the support being offered to low-income families to help with higher household bills into next year. The Household Support Fund was set up to help vulnerable people and those on lower incomes who are struggling to meet payments. It is managed by South Worcestershire Citizens Advice and allows the charity to make discretionary payments to help those who need urgent support.

The latest award - which is made to Worcestershire County Council - is worth over £8 million and means that nearly £20 million in total has been handed out to county people in the last two years.

The Household Support Fund is one part of a £26 billion support package, which includes payments of £900 for millions of people on benefits and additional cash support for disabled people and pensioners, whilst every household

received £400 off their energy bills and will continue to save money thanks to our Energy Price Guarantee.

Harriett commented: “I recently met with the local Citizens Advice team who is doing a great job making sure vulnerable people and lower income households have extra support to cope with rising prices. The Government has taken extraordinary steps to help people with their rising bills since the tyrant Putin

invaded Ukraine and then weaponised the global gas supply. Prices are still rising although I have been keen to see immediate action to bring inflation under control which affects lower income families the most. I am hopeful that the economic outlook will improve, but in the meantime, I am keen to share the message that the Government, the county council and the local Citizens Advice team are all ready and willing to help out.”

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Vale Harmony sing for Mayor's Charity



The A Cappella Fellas of Vale Harmony with Lesley Faulkner and the Mayor of Pershore, Matthew Winfield

The Mayor of Pershore, Matthew Winfield, was in the audience at the White Horse Inn in the town to hear the A Cappella Fellas of Vale Harmony sing for his chosen charity, Brain Tumour Research. The event was organised by

Pershore resident Lesley Faulkner in memory of her husband Rob who died in February 2021 six weeks after being diagnosed with the aggressive brain cancer Glioblastoma. "We were delighted to sing in

memory of Rob and raise money for the Mayor's charity" said Colin Pemberton, one of the A Cappella Fellas. "The organisation Brain Tumour Research says tumours kill more children and adults under the age of 40 than any other cancer yet historically just 1% of the national spend on cancer research has been allocated to this devastating disease." Some of the proceeds went to Vale Harmony's charity, St Richard's Hospice where Rob had received palliative care. Vale Harmony, The A Cappella Fellas rehearse every Wednesday night at the St Andrew's Centre in Pershore and are currently inviting men to join them to learn a new song on three successive Wednesdays on 12th, 19th and 26th April 2023.



The late Rob Faulkner

Anyone interested should ring Colin on 07766 5248 33.

There is more information on www.valeharmony.co.uk and our Facebook page

It's never too late to learn!

Tom, now in his mid-30s, was diagnosed with dyslexia at school, but given no special help with reading. His lack of reading skills inevitably had a knock-on effect on his education and despite support from his family, Tom left school with no qualifications. He got manual work but had to ask his parents for help in dealing with any paperwork. Although Tom tried to help himself to improve his reading, this was extremely difficult and frustrating. A few years ago, Tom had a serious accident which left him unable to continue with manual work. A family member helped him learn IT skills, but he realised he had to improve his reading skills to make any further progress. Motivated by the desire for better job opportunities, Tom looked for more help with reading. Tom was put in touch with the Evesham and Pershore branch of Read Easy. His positivity and hard work had led to his reading and comprehension improving enormously which in turn has led him to be more confident. Tom describes the coaching as 'fun and enjoyable' and says of his coach, Hilarie, that she is 'excellent', indeed they make a great team. Tom is now doing

college courses alongside his Read Easy coaching and is planning to work towards a degree in order to secure a good job. Hilarie has been teaching Tom for just over a year and has seen him change from a diffident young man with low self-esteem into a confident student who will tackle any task. His reading ability has been transformed by the technique which Read Easy uses. She says, 'It has been a joy to teach him and to know that, in some small part, I have been able to help him to move on to the next phase in his life.' She says she would recommend the Read Easy course to anyone who wishes to improve their reading skills and to anyone who would like to help someone to read. For her, teaching Tom has been one of the most rewarding things she has ever done.

To find out about improving your reading with Read Easy or to enquire about volunteer vacancies, email kris@readeasy.org.uk or phone her on 07771 962426



900,000 households to benefit from £400

- Households without a direct relationship to a domestic electricity supplier will be able to apply for Government support with their energy bills from today.

- With Government energy bill support covering roughly half of typical winter bills, ministers urge over 900,000 households eligible for the £400 lump sum to apply as soon as possible.

- A telephone helpline is also available from today for people without access to the internet to apply for the payment.

900,000 more households across England, Scotland and Wales will benefit from the Government's £400 help with energy bills, as an online application portal opens. Households without a direct

relationship to an electricity supplier, such as those living in park homes and care homes, can now apply via a secure online portal to receive the support as a one-off, non-repayable lump sum under the 'alternative funding' route of the government's Energy Bills Support Scheme (EBSS AF). For those without online access, a dedicated customer helpline is available to assist eligible customers.

To check eligibility and apply for the £400 of support, people need to search for "Apply for energy bill support if you do not get it automatically" in the search bar on GOV.UK or in an internet search engine. For those without online access, the contact centre helpline can be reached on 0808 175 3287



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March Events at community run The Queen Elizabeth Inn

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

FISH & CHIP QUIZ NIGHT

Join our Quizmaster at 19.30 on **Tuesday 7th March**
£10 per head entry fee including Fish & Chips. Cash Prizes! Max 6 per team

CHELTENHAM FESTIVAL

Join us for a pre-race breakfast from 9.30am (booking recommended)
or come down to watch the racing in comfort! **March 14-17th** Screened all 4 days

MOTHERS DAY

Treat your mum to our special Sunday lunch. **March 19th** - early booking recommended

FISH THEME NIGHT

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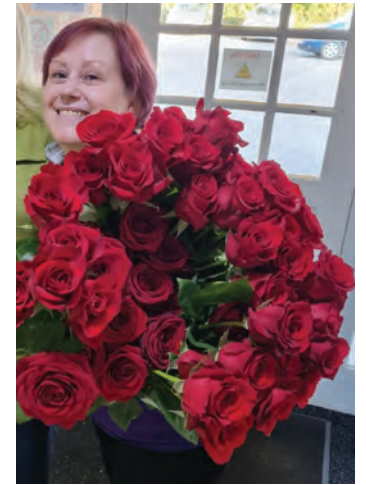
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A lovely, heart-warming for Valentines Day!



Willow Bank Residential Home and the local florist Fladbury Flowers in Pershore invited members of the community to send a single rose for Valentine's Day to residents at Willow Bank Residential Home, who have no family or loved ones. Most of the residents are living with dementia, some have very few visitors and very few would be receiving flowers on Valentines' Day. So a gesture like this would be really special to them. The community did us proud, we had 61 single long stemmed roses delivered all donated. Merstow Green funeral directors went to the flower shop and told them that they would donate any that we were short as they didn't want any

resident to go without. Even the girl that delivered them was in tears, not to mention the care home staff! It was such a success we will definitely do it again next year.



How fascinating...



Sharon Barrington - Previous Workshop Attendee Wearing her Fascinator at a Wedding

To arrive in style to a party or fancy gathering is always exciting, as is learning a new craft or skill, so what better than to combine the two and learn how to make your very own fascinator? A local milliner with a 'fascination' with fascinators will be passing on her skills and teaching a group of beginners how to design and make bespoke fascinators. The workshop will be run with a nearby provider of craft workshops. Experienced milliner Bobbi Heath will be heading to Three Little Pigs in Birlingham, near Pershore, in March for this creative and in-depth workshop where you can learn the art of making a fascinator that best suits you. Your fascinator will be made

from sinamay, a natural fabric from the abaca plant. Using a 'button' base, you will be shown how to create a sculptural design with added details, putting into practice techniques you will have been shown during the day. This fun and interesting workshop will run from 10.00am until 4.30pm on Sunday 19th March 2023 and is aimed at beginners. Other workshops that Three Little Pigs will be running in the next few weeks include; a Silver Ring Workshop, Leather Bag Workshop, Shampoo Bar Workshop and a Beginners Sewing Workshop.

For more information or to book a place, please visit www.threelittlepigs.net

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Tree planting at Wick Care Farm



Pershore and District u3a have celebrated 21 years since its foundation with a ceremonial tree planting at Wick Care Farm. The tree, an apple variety called Newton Wonder, has been planted in a spot that the u3a's members can visit on their excursions to the pretty village of Wick. Members of the u3a's Committee, John Wright, Peter Burnham and Chair Jackie Jolley, visited the Care Farm to see the tree being planted. Jackie said: "The environment is a big concern for many of our members and last year, to mark our 21st Anniversary, we managed the fantastic achievement of raising funds to plant 140 trees in Wales, as part of the Queen's Green Canopy initiative. However, not all members are able to travel to see our woodland so we planned to do something local as well, but couldn't find anywhere suitable for a tree-planting, until staff here stepped in to help." Wick Care Farm offers support to people to carry out farm-

based activities to improve their health and wellbeing. The farm is well known to Pershore and District u3a, as several members volunteer there and the u3a's Ukulele and 1960s Pop groups have put on performances to entertain clients.

When staff at the care farm heard about the u3a's plans, they offered a home for the tree, suggesting that it would be a perfect project for their clients to learn about planting and looking after it in years to come. Two young care farm clients, Maddie and Kian, used their skills to create hand-made signs from recycled materials. Jackie said: "Wick is a popular destination for our members and walking groups, so I hope they will look out for our "u3a tree", to see how it is growing. It's great to know that the people at Wick Care Farm will be looking after it and with luck, our u3a members will be able to pick a few apples from it in years to come."



u3a
Perschore & District

March Monthly Meeting

Tuesday 21 st March 2023, at 2pm

All monthly meetings held at

Number 8 High Street Perschore, WR10 1BG

Everyone welcome, no need to book.

"SING A CENTURY"

Andy Smith will sing and play his way through songs and instrumentals recorded over the last century, featuring at least one song from each decade- including well known classic and a few long-forgotten gems.

There have been some amazing songs written since 1920, so come along to guess the song- the year- the artist.

For more details contact **Sally Whyte, Speaker Coordinator:**
email: u3apershoresally@gmail.com
<https://u3asites.org.uk/pershore>

The making of a Gemma Leakey bespoke wedding dress

1. Fabrics and Design

Fabrics are always the starting point to any of my designs, whether it is a collection dress or for a bespoke client. Knowing how the fabric performs, drapes, and handles are key to the design and silhouette that you ultimately want to achieve. For example, when choosing a silk georgette or chiffon, I know that the silhouette is going to be floaty, or if choosing a structured silk Mikado for example, I would be looking at designing a full skirt to use the volume and structure that this particular fabric provides. I often make samples of details with the fabrics first, so I know if it will hold that particular shape well, i.e. can it hold a fold or a pleat, or can it gather well, finely into a waistband for instance. I will then sketch the dress up in the desired fabric and shape before proceeding to the pattern stage.

2. Creating the Pattern

This process happens almost simultaneously with choosing the fabrics, as it is important to

know the chosen fabric will work in the desired shape. In order to check the shape is going to work, we create a toile, which is a proto type or a mock-up of the dress in a natural cotton fabric called Calico. Once we have the desired look in the calico and are happy with how the dress fits on our fit model or bride if it is a bespoke wedding dress, we can then begin the cutting and making process.

3. Cutting the Fabric

Our collection pieces are made to set sizes, so we would use the correct size pattern based on the bride's measurements. First of all, we will create a lay plan based on the width of the particular chosen fabric.

A lay plan is positioning the pattern onto the fabric in the most efficient way to work out how much fabric will be needed in order to minimise the waste. As a sustainable brand, we are very passionate about minimising waste. Once working this out we can order the correct amount of fabrics

and lay and cut out our patterns.

4. Sewing the Dress Together

We always work out a sewing order first as this is the most efficient way of us making a gown. Knowing what type of seams are required and testing these on the chosen fabric first is also carried out before we start sewing, as well as testing the heat temperature required for pressing at each stage of the process. For example, with our lightweight chiffon or Georgette gowns, we use a French seam as these are the neatest way to finish a chiffon or georgette, and work for us as a higher end wedding dress brand.

5. Finishing

Once the main part of the wedding dress is sewn together we can apply the finishing details, whether it be covered buttons, an added trim, belt, as well as sewing in the garment labels needed. We would often leave the hem un-hemmed if the bride has chosen to have her gown altered by us as well.



6. Dress Fittings

Once the bespoke dress has been made we then invite the bride in to have her first fitting, we ask that they bring along the correct underwear and heels that they will be wearing on their wedding day to ensure we get the correct length and fit required for any further alterations.

7. Final Fitting

When all alterations have been carried out, the bride will come for a final fitting with the aim of taking her bespoke dress away. We always ensure the bride is 100% happy with how it fits before she leaves us.



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'Loved Ones Remembered'

Pershore Rotary's Tree of Remembrance Appeal 2022 came at the end of a very difficult year for many. Not only were we slowly recovering from Covid-19, but the impact of rising food and energy prices meant many families found themselves under real pressure, just to exist. Pershore Rotary President, Richard Lees said, "Given the difficulties we face with everyday living issues, we had a strong response to our Christmas Appeal, and we are truly grateful to everyone involved. Thanks to your generosity, we have been able to make donations of £1,320 to the Alzheimer's Society, St Richard's Hospice and to Acorns Children's Hospice, a total of £3,960." We are grateful for the support given every year by many

What a start to 2023! No sooner were we back to work when news of the Turkey/Syria earthquake hit us, bringing devastation to towns and villages, leaving thousands dead and homeless. Rotary International is a worldwide organisation and will help. We partner with ShelterBox <https://shelterbox.org/> wherever earthquakes, floods or tsunamis occur to provide shelter and basic living needs for those left homeless. A fully equipped ShelterBox costs £600 and will support up to 10 people. Pershore Rotary has already sent £1,200 to ShelterBox and this will be followed up with a larger donation based on the £1,335 raised by our street collection in Pershore on Saturday, 18th February. We are so grateful to everyone for their generosity and concern for those tragically affected by the earthquake. We are also planning to hold a fundraising Race Night at St Andrew's Hall on Saturday, 25th February for the earthquake victims. For anyone able to donate, we have set up an online Turkey/Syria earthquake appeal. This can be found at <https://www.pershorerotary.club/specialdonations>. On a brighter and happier note, we were delighted to host Ruth

people and businesses. To the Pershore Times for giving us space to promote our appeal notices every year, to Asda and the Co-op in Pershore for allowing us to collect outside their stores in the build up to Christmas. In addition, we recognise the support and generosity of many others, including Ken Tallis (Abbey Butchers) for donating the Christmas tree in Broad Street and to the Pershore Town Council for lighting the tree. Many local businesses have struggled to survive in recent years and we want to take this opportunity to record our gratitude to the following for their continuing support and sponsorship - The Angel Hotel/ Spirit Hospitality; Clive Campion & Son Ltd; CJC (Worcester) Ltd; E Hill & Son Funeral Directors; Jackson Family Funeral Directors; Johnsons Property Consultants; Jones & Associates Estate Agents; KC Carpets Ltd; Memory Lane Memorials Ltd; Riverside Fish Bar; Thomson & Bancks Solicitors and Village Financial Solutions.

Barton and a large group of excited children from the Vale of Evesham School to a showing of 'Mathilda the Musical' at Number 8 on Friday, 17 February. This was our annual 'KidsOut' Day <https://www.kidsout.org.uk/> event. Every year Rotary teams up with KidsOut to take over 25,000 children on a fun day out. Our thanks to Emma Bangham and her team at Number 8, together with the staff and supporters of the Vale of Evesham School for making it all possible. Finally, a prestigious 1 t for Pershore Rotary and our partner Spirit Hospitality. The Rotary District 1100 Young Chef competition finals are to be held using the Banking Hall's kitchens and facilities on Saturday 4th March 2023. We are grateful to Steve Waites and his team at The Angel/Spirit Hospitality for enabling this event to take place. A full report on the outcome will be given next month.

Whether it's Ukraine, Turkey/Syria or our own community, Pershore Rotary is here to help. So, if you would like to know more, follow Pershore Rotary on Facebook or check out our website at www.pershorerotary.club

Quilts Galore

Needlewomen from various local groups will be mounting another exhibition of their work at Number 8 in Pershore on the 1st and 2nd of April 2023.

Last seen before Covid, Passage to Patchwork in

Pershore has beautiful items to display, a bag and box raffle and local traders' stalls.

*Entrance will be £3.00
Open from 10 till 4 on Saturday
and 10 till 3 on Sunday.
Come along and enjoy!*



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New me for 2023!

It's been a while, but Slimming World consultant Nicci Williams is back and supporting the people of Pershore to achieve their weight loss dreams.

We caught up with Nicci to ask her why she had decided the time was right for her to be heading back into 'group' to bring the Slimming World magic back, and this is what she said; "In 2019 I originally joined a group at Pershore Football Club on a Wednesday evening where Jess was my consultant, I fell in love with Slimming World very quickly, the food, my group and before I knew it nine months had past I had hit my dream weight and lost three stone and I was taking over Jess's group as consultant, everything was running perfectly, Then Covid hit and for me it was the second lockdown and those dark long nights, the takeaways started being delivered, treat nights with a film or a new box

sets which meant crisps and chocolate were never far away and nice bottle of wine and before I knew it, the extra few lbs (that didn't really matter) were turning into bigger clothes.

I had tried to lose weight myself which worked on and off but I always ended back where I started, that was until I went back to my group as a member and with the support, the fun and laughter, I had started to lose weight and was keeping it off. I'm back enjoying all the gorgeous food, the delicious meals that all of my family enjoy, chili con carne with rice and a generous helping of cheese is always a winner and Chinese chicken curry and chips goes down a storm and got my half stone award in the first couple of weeks.

Speaking to other people that had the same 'yo-yo' experience, I knew there and then I needed to pick my scales



back up and help as many people as I can to feel the same support, fun and laughter as I do, all whilst watching the lbs come off.

A recent Slimming World study says, 98% of members said receiving and giving support has been important to their weight loss success and 97% said feeling that being helped to succeed by their Slimming World group has been important to them successfully

losing weight. Since opening her new group, Nicci's members have lost an incredible 121 lbs, just under six and half stone in a month, that is the equivalent of sixty rabbits, helping and supporting each other.

Nicci's Slimming World Group is held at Abbey Park Middle School, Abbey Road, Pershore, WR10 1DF at 9 am every Saturday.

Flower Club News

Members of Pershore Flower Club and a number of very welcome guests met for their first meeting of the new season at Bishampton Village Hall on Wednesday, the 15th February to enjoy Yvonne Berry from Bromyard and her demonstration entitled 'Sporting Favourites'. She began with memories of tennis at Wimbledon and her "mechanics" for this design consisted of two old wooden rackets and a wooden press which brought back happy memories for the audience! These were set up on a green baize base with laurel leaves and sprigs of Cupressus to which Yvonne added green chrysanthemums and pinkish purple tulips – the Wimbledon colours. Next she produced a wooden tricycle with a box at the back and sitting on the seat a flowerpot man made up of many pots of differing sizes. All her non-floral material she proudly told us was purchased through ebay! So the sport of biking and "whooshing" down the hill was represented by sprigs of golden euonymus and variegated acuba. As Tour de France leaders always wore yellow, so she used gold/yellow sunflowers with white lisianthus. All this flowing from the back of the tricycle giving the impression of speed!

Yvonne's next design represented Ladies' Day at the Races with a structure of the finishing post and rails also on a green base. For the sport of tobogganing, she produced another ebay purchase – a folding wooden sledge which made it easier to transport. On top of this she used fatsia leaves and sprigs of viburnum tinus and more Cupressus with scented white stocks and white spray chrysanthemums. Next as members of her family go fishing, Yvonne produced a wicker fishing basket decorated with small fish and netting – another ebay find – into which she placed small begenia leaves and then some larger fatsia leaves. Into the centre of the oasis, she inserted tall purple iris as if standing in the pond together with yellow gerberas (marigolds) and tall grasses instead of bullrushes. Finally, after all this sport, Yvonne did a design on a tall silver trophy cup using folded stems of rubus with as third prize a single blue delphinium, gold euonymus as second and then small red roses as first prize. Into this design she added stems of red alstromeria – as she said the trophy is for everyone who enters competitions. Everyone is a winner.



Our next meeting is on: Wednesday 15th March at 7.00 p.m. (an earlier time) Bishampton Village Hall When our demonstrator will be

Ruth Milton-Jones from Swansea. Everyone is welcome. For further details email pershoreflowerclub@gmail.com or follow us on Facebook.



Women's Hour!

Difference between Mothering Sunday and Mother's Day



Susan Catford has been unwell and not able to write her articles this month. We wish her a speedy recovery and look forward to her return, in time for next month.
Editor



While Mother's Day and Mothering Sunday sound like variations of each other, these are two different days and signify two different things. Mother's Day is an American Holiday, while Mothering Sunday is an old Christian holiday that is commonly celebrated in some parts of Europe.

This is one of the many differences between the holidays. Mother's Day was proclaimed in 1914 by American President Woodrow Wilson. Anna Jarvis is credited with creating this day in order to commemorate all mothers around the world. The holiday has now become commercial and is celebrated by over 70 countries

around the world. On this day, children and spouses shower the mother with presents, flowers, and pamper her the whole day. Mother's Day is celebrated on the Second Sunday of May in many countries.

On the other hand, Mothering Sunday can be dated back to old Christian days. It is celebrated on

the Fourth Sunday of Lent. Although mothers are honoured on this day, the term 'mothering' actually refers to the 'Mother Church'. In the olden days, after a certain age children would leave their parents and go off into service. The boys would go off to apprentice for a master and the girls would go into service. On this day, they were free and allowed to return home and attend their home church or 'Mother Church' for service. The day of the celebration is also significant as the rules of food that are adhered to during Lent are relaxed on this day in order to enjoy the feast as a family. Returning home, the children would often take sweets, presents and treats for their mothers and the family. Now with the commercialization of the holiday, the celebration of the day is similar to Mother's Day in the United States. On this day, mothers are often pampered and showered with gifts, sweets and flowers.

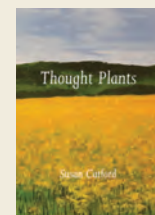
*Happy Mothering Sunday!
Sunday 19th March 2023*

My Mother kept a garden

My Mother kept a garden,
a garden of the heart,
She planted all the good things
that gave my life it's start.
She turned me to the sunshine
and encouraged me to dream,
Fostering and nurturing
the seeds of self-esteem...
And when the winds and rain
came,
she protected me enough-
But not too much because she
knew

I'd need to stand up strong and
tough.
Her constant good example
always taught me right from
wrong-
Markers for my pathway
that will last a lifetime long.
I am my Mother's garden.
I am her legacy-
And I hope today she feels the
love
reflected back from me.

Author Unknown



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

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Garden Watch



No Mow May

Join legions of gardeners and say “no” to the mow during the month of May to help our bees, butterflies, wildlife and us! What is No Mow May and why does it matter?

Put quite simply, plants need pollinators and pollinators need plants. However, we know that both are in sharp decline. Gardeners, councils and landowners across the UK are gearing up for No Mow May, letting their lawns, verges and grasslands grow freely to give nature a boost. It's not too late to take part this year – any break from your routine mowing will enable bees, butterflies and other wildlife to get a much-needed boost this spring. All you have to do is resist the urge to cut the lawn during the month of May. Campaign research has revealed that mowing your lawn less frequently can provide enough nectar sugar for ten times the amount of bees, butterflies, moths, beetles and other pollinators. Last year's results showed that gardeners who took part reported up to 250 species of plants, including wild garlic, wild strawberry, declining orchids and the rare meadow flower snakeshead fritillary, flowering within the grasses. Lawns are often wastelands for insects and flowers, with all potential diversity kept under tight control by regular mowing and weed removal.

But left to its own devices, those ordinary weeds can provide vital food. Dandelions are a particular superfood for bees and butterflies. Despite being outnumbered by daisies 85 to 1 on a typical 100m2 lawn, they produce 9% of the lawn's pollen and 37% of its nectar sugar.

Did you know..?

On a single day in summer, one acre of wildflower meadow can contain 3 million flowers and produce 1 kg of nectar sugar for pollinators. But since the 1930s, we have lost nearly 7.5 million acres of flower-rich meadows and pastures. Just 1% of our countryside now provides this floral feast for pollinators. Against this loss, habitats such as lawns have become increasingly important. With 15 million gardens in Britain, our lawns have the potential to become major sources of nectar. In response to these findings, we're encouraging you to leave your lawnmower in the shed and let all your lawn grow long, just for the month of May. In this way, smaller plants like clover, daisies, dandelions, selfheal and clover will get a chance to flower and give pollinators a head-start.

Country File - Woodpeckers

Great spotted woodpeckers can be seen in woodlands, especially with mature broad-leaved trees, although mature conifers will support them. They can also be found in parks and large gardens. They will come to peanut feeders and bird tables. Only two species of black and white woodpeckers occur in the UK - the great spotted and lesser spotted. In spring and summer, people often they have a middle spotted woodpecker in their garden. This confusion arises when young great spotted woodpeckers leave the nest. Like a middle spotted woodpecker, they have a red top to their head and similar black and white markings on the body. Though middle

spotted woodpeckers are just across the Channel in northern France, because they are not migratory, they have never made it to this country. There are around 130,000 pairs in the UK. They are about blackbird-sized and striking black-and-white. It has a very distinctive bouncing flight and spends most of its time clinging to tree trunks and branches, often trying to hide on the side away from the observer. Its presence is often announced by its loud call or by its distinctive spring 'drumming' display. The male has a distinctive red patch on the back of the head and young birds have a red crown. They eat insects, seeds and nuts.



Male



Female



Juvenile

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Cooking for fun! *Ailsa Craddock*

The rhubarb in my garden is growing really well (apart from the hens eating some of the leaves!) so I thought this month we would look at that. It's such a relatively short season that we really ought to make the most of it! Botanically, rhubarb is a vegetable (it's related to sorrel and dock) but its thick, fleshy stalks are treated as a fruit, despite their tart flavour. It grows in two crops. The first, which arrives early in the year, is forced and grown under pots. Its stalks are watermelon pink, with pale lime green leaves, and it is the more tender and delicately flavoured of the two. The second, called maincrop rhubarb, is grown outdoors, and arrives in spring. Its stalks are a deeper red, tinged with green, and its leaves a brighter green. It has a more intense flavour and a more robust texture than forced. I love mine lightly poached with my porridge in the morning (don't knock it till you've tried it!), or with custard or in a crumble. It also marries beautifully with ginger and strawberries (obviously not altogether). And did you know, it goes really well with savoury dishes, particularly strong fish like mackerel?

Mackerel with rhubarb chutney

75g / 3oz castor sugar
25g/1oz sultanas
Few sprigs fresh rosemary
2cm³/4in piece root ginger
peeled and finely chopped
1 shallot, peeled and finely chopped
3 sticks rhubarb
5 tbsp cider vinegar
1 orange, juice only
Salt and black pepper
1 mackerel - 2 fillets
obviously up the mackerel for
however many you are cooking
for!

For the chutney, in a heavy-based pan melt the sugar until a golden-brown caramel forms.

Remove from the heat and stir in the sultanas, rosemary sprigs, ginger, shallot and rhubarb. Stir in the cider vinegar and orange juice. Bring back to the boil and cook gently for 8-10 minutes. Season with salt and pepper and set aside to cool. For the mackerel, place the mackerel fillet skin-side up on an oven tray. Brush with rapeseed oil and place the fillets under a hot grill. Season with salt and pepper. Serve a spoonful of chutney with the cooked mackerel fillets, new potatoes and a crisp salad.

The health benefits of rhubarb include its ability to improve digestion, stimulate bone growth, boost skin health,



improve circulation and metabolism and full of fibre, vitamin C, K and B and calcium. So let's make the most of its time and as well as making crumbles and pies, bottle up some cordial and enjoy with either hot or cold water, sparkling water - you can even serve it with prosecco!

Rhubarb Pudding Cake

This is one of my all-time favourite puddings! I've tried it with other fruit but it doesn't work nearly as well. As the season is relatively short you really have to make the most of it - consequently, below is probably more for two than one - but you will be really happy tomorrow when you have another portion to eat!

5 tablespoons plain flour
1 1/2 teaspoon baking powder
3 tablespoons sugar
2 tablespoon vegetable oil
4 tablespoon milk
1 egg
1lb rhubarb, chopped
Sauce:

40 grams butter
2 tablespoons sugar
1 small egg
Preheat the oven to 200oC. Mix the flour and the baking powder in a small ovenproof dish. Add egg and milk and oil and mix together to a batter. Place the rhubarb on top and put into the oven for 15 minutes. Melt the butter and sugar together for the sauce, switch off heat and add beaten egg - DON'T SCRAMBLE! Pour on top of cake and put back in oven for another 15 minutes. Yum

Jazz News *Peter Farrall*

HARLEM SWING 6
SHOWCASING THE MUSIC OF DUKE ELLINGTON AND JOHNNY HODGES SMALL GROUPS

MIKE HENRY
TRUMPET

RICHARD EXALL
TENOR/CLARINET

ZOLTAN SAGI
ALTO/CLARINET

NICK WARD
DRUMS

GRAHAM READ
DOUBLE BASS

ART TOPER
PIANO

The Timeless Music of the Duke Ellington and Johnny Hodges Small Groups

Wednesday 29th March

Function Room, Pershore Football Club

Doors open at 7pm, music at 8 Admission £10 to include a raffle ticket.

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The name Harlem can bring to mind New York brownstone tenements in a run down area, a world beating basketball team and, to many people, jazz. Harlem was a fairly affluent area populated by mainly Jewish and Italian immigrants but in the early twentieth century began to deteriorate and became less residentially desirable. At that time there was a large influx of black families seeking a life free from the segregation and racism of America's deep south and who were attracted by the cheap rents and easier acceptance in Harlem. Amongst the labouring and menial workers were a number of black intellectuals, poets, writers and, of course, musicians who brought with them the new music from New Orleans and Chicago - jazz. What is now called the Harlem Renaissance brought a new vibrancy and colour to the town and with the "Jazz Age" now in full swing Harlem became the go to place. Clubs and dance halls opened and began attracting white as well as black audiences although in some there was still a hint of segregation (white

audience, black musicians). A large number of black, and a few white jazz musicians made their home in Harlem and the scene was set for a prolific development of the music throughout the 1930s, 40s and 50s. The number involved is perhaps best illustrated by the famous photograph with fifty seven of the most celebrated musicians in jazz all together in front of a brownstone tenement, including the great Count Basie who is sitting on the kerb with some of the local kids. Two of the best known clubs were the Apollo Theatre which sponsored an amateur night where many jazz greats made their first appearance and the Cotton Club, white audience only until 1935. Here the Duke Ellington Orchestra was the resident band for a few years and where he achieved wider recognition of his innovative jazz concepts helped by long time sideman and friend, Johnny Hodges. Hear some of their music at this month's Pershore Jazz Club session played by the leading British musicians in the style.

Let's go yellow in March

Go yellow in March and help Marie Curie Nurses provide care and compassion to someone at the end of life. It's a brilliant charity to support and we can help spread the word by filling our gardens, balconies, patio pots and window boxes with cheery yellow flowers and plants to help raise awareness of their work. Yellow is such a cheery colour, and it certainly lifts our spirits, but by adding a few complementary coloured plants, such as purple, to the yellow daffodils, it will make them shine even brighter. Regardless of your size of garden it's always good to plant a tree and there's one for every plot! This Acacia is a beauty – the bright

yellow flowers in spring are stunning and a proper bobby-dazzler!

Acacia Mimosa Gaulois – Although it's classed as a shrub, it can grow to around 8m tall over 10–20-year timeframe. It prefers a well-drained soil in a sheltered location in full sun and suits urban gardens or milder southwest localities, but may need winter protection elsewhere. The leaves are really pretty too, with silvery-grey, fern-like foliage.

Euonymus japonicus 'Aureopictus' This is an evergreen shrub and is perfect for adding to winter wreaths and flower arranging.



Nikki Hollier



Nikki Hollier
nikki@borderinbox.com
@borderinbox
www.borderinbox.com

Although they can grow quite big – around 2.5m x 2m, it can be clipped into size and shape to suit any garden. I find it an easy plant to look after. It will grow in full sun or partial shade in any soil too.

Hebe rhubarb and custard – loved by bees! This is a bushy, evergreen shrub which grows to about 60cm. The stems are dark purple and the small, oval leaves are grey-green with an irregular cream to yellow margin and flushed with pink, especially in cold weather. It has small, purple flowers in mid to late summer. Grows in any soil in full sun or partial shade and may need winter protection in severe weather.



Wallflower 'Sugar Rush Purple Bicolour' F1.

These are great for containers with tulips as they grow to around 30cm tall and are fragrant too. Once they've finished flowering you can move them into the border where they will flower again at the end of summer. They prefer full sun or partial shade in well-drained, neutral to alkaline soil. Once they start to flower, regular deadheading will help extend the flowering season. *If you would like to donate to the Marie Curie charity you can contact their website www.mariecurie.org.uk and their helpline number is 0800 090 2309*

March gardening tips *Reg Moule BBC Hereford & Worcester*

Early March

Lift and divide herbaceous plants. Plant alpine and herbaceous plants. Lightly mow over the lawn. Prepare sites for new lawns. Prune rose bushes soon if not already done. Plant onion, garlic and shallot sets. Start Begonia and Gloxinia tubers into growth indoors. Buy seedlings or baby bedding plants to grow on at home.

Mid Month

Support all tall growing herbaceous plants from early in the season. Try growing some ornamental vegetables in the flower garden, e.g. red leafed lettuce and runner beans. Prune Blueberries. Sow hardy annual flowers like Eschscholzia, Godetia, Clary, Mignonette etc. direct in the garden borders. Treat moss, scarify and aerate lawns as well as feeding the grass, you can now get moss killers that digest dead moss, so no raking or use traditional Lawn Sand. Prune late summer flowering shrubs, like Buddleia and Caryopteris, as well as Hydrangea paniculate varieties and Hydrangea arborescens

Annabelle. Prune down hard shrubs with coloured stems like Cornus, as well as hardy Fuchsias. Trim over winter flowering heathers cutting to the base of the flower clusters. Buy and plant pots of herbs. Sow seeds of hardy herbs in the garden, like parsley. Plant seed potatoes – but beware of frost once the shoots emerge from the soil.

Vegetable seeds to sow now include: broad beans, lettuce, leeks, parsnips, peas, radish, salad onions, spinach, Swiss chard and spinach beet. Sow summer bedding under glass: dahlias, impatiens, petunias, phlox drummondii, salvias, asters, tagetes, mesembryanthemums, alyssum, nicotiana, marigolds and zinnias. Plant lilies outdoors in borders and tubs. Lay out growing bags in the greenhouse to warm up the compost before planting. Sow fruit and vegetable plants for growing on in a heated greenhouse, e.g. tomatoes, aubergines, peppers, cucumbers, etc. or you could decide to buy plants later.

Late March

Plant less robust hardy evergreen shrubs e.g. Hebe and Ceanothus. Lay turf or sow lawn seed. Start feeding pond fish more frequently as the water temperature rises. Vegetables to sow now include: Brussels sprouts, red cabbage, summer cabbage and summer cauliflower. Dwarf French beans can be sown under cloches. Watch out for the build up of pests and diseases. Treat pots against vine weevil attacks using Bug Clear Vine Weevil Killer. It protects your plants for three months. An organic answer is a half inch deep layer of horticultural grit over the compost surface to



deter egg laying. Marginal plants in pond can be divided if overcrowded, but watch out for frog spawn. REMEMBER. You can't race the seasons and seeds do not have to be sown exactly when the packet tells you. My advice, with outdoor sowings is watch the weather, not the calendar, as seed sown later when conditions are right usually catches up and surpasses crops put in earlier that had to suffer during bad weather.

Reg Moule Gardening

Handbook No. 2

'This is what I would do'

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£12

Wellbeing hub



Is laughter the best medicine?

Over a coffee last week, a friend told me about the terrible week she'd had. A difficult boss at work, a child with problems at school, worries about bills... "To top it all," she said, "I got home on Friday to find the washing machine had leaked and there was water all over the floor..."

There was a pause - and suddenly we both burst out laughing.

"You're right - I didn't know whether to laugh or cry!" People often say, "laughter is the best medicine". Could there be a grain of truth in this? Can laughter really help us cope in challenging times?

Research shows that laughter has a positive effect on our well-being: it can relieve stress, ease pain, and even boost the immune system. Laughter can also bring people together and help us get through difficult times. Viewing figures for comedy programmes soared

during lock-down - and smiling about our terrible home hair-cuts and failed zoom calls helped many of us get through that period of fear. It may not always be possible, but laughing about a problem we face can help us feel superior to it, more in control and more able to calmly find a solution. So tune into a favourite comedy show or share a joke with a friend or neighbour. Laughter may not always be the best medicine - but it might sometimes help us cope.

Paul Morris (Volunteer)

*Pershore Wellbeing Hub
4 High Street
Pershore*

*Opening times:
Tues and Fri 10 - 12.30;
Wed and Thurs 10 - 3 p.m
visit us at
www.pershorewellbeinghub.co.uk*



March

Angela Johns



You may be surprised at who else is awake at 4am. You may not know why you are awake, you just are. If you have already been asleep but from this point onwards you can't get back to sleep it even has a name, terminal insomnia. There are plenty of reasons why we wake: a noisy bedmate, the dawn chorus, alcohol, a drop in the level of sleep hormone melatonin (this happens as we age) or maybe your sixth sense alerts you to something that is happening to someone you are close to.

Whatever the reason, what a great time to send out some love and support to those that are awake too. Diverting our attention from ourselves and our efforts to get back to sleep, may even help us drift back off. And what great vibes to put out there. Because isn't it all those things that other people do that keep our lives running smoothly? From workers that sort our refuse, admin clerks that keep the appointment systems going, to campaigners that shift mountains to ensure a law that protects our human rights is passed. Let's not forget the multitudinous number of volunteers in this country that pick up our litter, take a frail neighbour to a hospital appointment, comfort the dying, tend our places of heritage, or run venues in order to keep the arts alive. There is a whole network that knits us together forming a web of community and support, and we don't have to benefit directly to still benefit. They too may be awake at 4am, by choice or otherwise and will still fulfil their role in this

beautiful network. Thank goodness for other people's willingness and their reticence to complain. I know, sometimes even the willing complain all the way! So as March marches on and Spring springs up around us, it sometimes feels like a cha cha with one step forward two steps back. The sun's rays are finally feeling warm on our face but the heating has to be turned back up and we reach for our big coat again. The mornings are getting lighter but you and many others may just want a few more hours sleep. Remember, you are not alone.

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

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Don't let your body get shout-y

Karen Harris

When clients come to see me it's usually with a complaint/condition that they have had for months, years or even decades, they may have had/tried various methods of treatment over that time, and in a lot of cases they have just tried to ignore it and carry on with life. Lets face it, we are all guilty of it!

But what are we guilty of?... this ignoring of symptoms/ailments hoping a pain-killer or two will fix it.

The sticking your fingers in your ears and la-la-ing doesn't bring good results does it? What we are not doing is listening. We are guilty of blocking out the calls from our body when it is trying to get our attention that something is not quite right. If the 'not quite right' signals are ignored, your body goes into the 'this is hurting' stage; you might rest or take more pain-killers, but life/work/kids all take your attention and those are all important.

A side note here, because this is the stage when your body, sensing it is being ignored, tries to be kind to you and starts compensating to make you more comfortable. You know what it's like when you have something small like a blister on your foot, you transfer your weight off that foot to ease the pressure. So, wherever you have your issue, the body will transfer the work from the affected muscles and make other muscles kick in to help out; so they are doing their own work as well as assisting others now. You may feel a bit better, but tellingly, aches start appearing elsewhere! You will start to hold yourself differently, your gait will

change, your fluidity of movement will decrease and joint movements may start to become restricted.

These compensatory movements, if not resolved, then become dysfunctional patterns of movement. And when dysfunction sets in your body is going to get a bit fed up of being kind and will start 'the shout-y' stage. That shouting is pain. It's not so easy to ignore now because those pain-killers are no longer helping and it's affecting your sleep, tolerance levels and mental health. 'Can you hear me NOW!' a desperate body says.

As the body is a unit, dysfunctional patterns of movement affect it as a whole. A dysfunctional pelvic position will affect the way the femur sits in the hip, which will change the knee position and the way the heel strikes the ground, that will affect the transfer of weight to the other leg and the way the pelvis flexes or extends on the other side, that will affect the lower back and the muscles that support the spine. Excess, or loss, of curvature in the lumber spine will affect the upper back (and vice-versa) and shoulder position; the upper body position and change in gait will affect arm swing and the important cross-patterning movements of the body. These patterns of movement bring excess wear and tear to the joints and inflammation sets in, and then it hurts MORE!

Please don't let your body get 'shout-y,' listen and understand the signals and get them resolved before they get worse. You know where I am!

From a place of balance

Emily Papirnik

Why getting back to balance is so important for us all:

If someone is angry and says something unkind we are more likely to be compassionate and have an understanding that it is their 'stuff' and actually we were with them in that moment as they showed it.

If something at work goes wrong we can use our head to 'work out' a solution. This is so much more difficult if you are stressed, in 'Flight, Fight, Freeze mode'.

If you feel like you've made the wrong choice. Being balanced will enable you to change that choice rather than continue down that path, hoping it will get better.

If you are running out of time and very busy, from a place of balance you will be able to prioritise more effectively.

When you receive a bill in the post, that brown envelope, from a place of balance you can check when it needs to be paid and how to do it.

When your pc stops working or your washing machine won't drain properly. You will find



the best person to help you. When you have forgotten something, if you panic it really won't help you, balance and work out how to deal with it. When you fail at losing that weight for a party, understand that you can and will lose it and now you just need to find the outfit you feel better in. When you get overwhelmed with work if you balance yourself you can ask for more time, delegate and also be more understanding of what is possible to accomplish. Finding a better feeling enables you to balance yourself, don't wait for your environment to change. You change. It's the best gift you can give yourself – BALANCE

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YES or NO?

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- 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?

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realise they can be part of their loved ones arrangements. *We are always contactable via our website or via telephone/ text to offer advice, if you are in the area pop in and say hi!*

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Acupuncture for dogs and cats

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

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

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

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

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

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

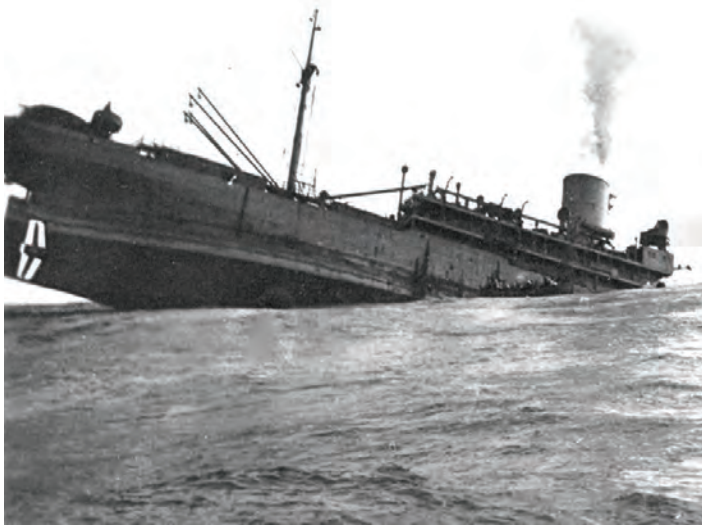


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martinandcarrvets.co.uk

Monica

Civilian life near RAF Defford in WW2 - Part 1

Tim Hickson



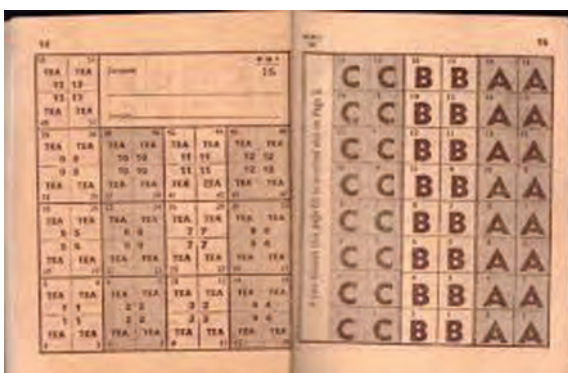
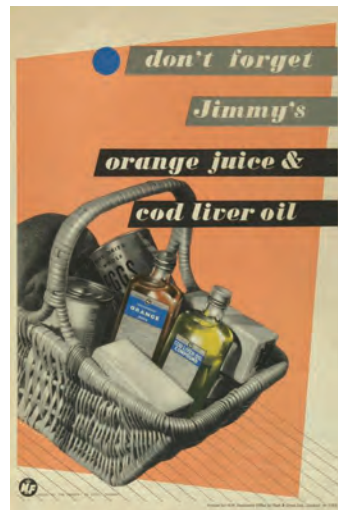
Sinking Merchant Ship

Living near RAF Defford during the War was easier than being in cities such as London, Coventry, Birmingham, Bristol or Plymouth as you would not have to cope with the dangers and destructions of air-raids. I was born, in June 1939, in Plymouth (where there was a major Naval Dockyard) so that city was bombed by the Luftwaffe. Although I was a small boy, because events were pretty dramatic I find I can remember a lot. For example, I can remember seeing in a greengrocer's shop window curious yellow fingers that were plainly a painted model of something. When I asked what they were, I was told they were bananas which I might get to taste when the War was over and ships could safely bring them to this country again. Before the War, Britain had been importing 20 million tons of foodstuffs annually. As soon

as the War began, German U-boats began sinking our merchant ships with the result that we concentrated on vital supplies such as fuel and war materials. Food imports shrank. Everywhere, there were shortages not only of food but new clothing, new furniture, petrol and so on. Most men were in the Armed Services so it was up to mothers to feed their families in spite of the shortages. Each person was issued with a ration book in which coupons were either cut out or marked when an item was bought. In January 1940, basic foodstuffs such as sugar, meat, fats, bacon and cheese were directly rationed by an allowance of coupons. Housewives had to register with particular butcher to get meat and bacon. Imagine being allowed only 4 ounces (about 100 grams) of butter and one fresh egg per week. (Dried egg

powder, from America, was not rationed but not always available.) Suppose a birthday cake or a wedding cake was wanted; the cook would have to be very ingenious. Meat was rationed from the start but by price so people learnt to cook the cheaper cuts. Offal was initially not rationed so many people learnt to cook that for the first time. We could also get from the butcher what was called 'lights' and these my mother boiled up to feed to our pet cat. (Lights were mainly lungs, not used in English cooking - although the Scots, of course, have haggis.) I can still recall an unpleasant smell, although possibly from the dedicated saucepan, alongside, of handkerchiefs being boiled clean (no boxes of tissues then). Vegetables and fish, when available, were not rationed but expensive and not always available. People were encouraged to 'grow their own'. Keeping chickens, and even pigs, was widespread.

Schools would set whole classes to work on this harvest. The collected hips were then converted to rosehip syrup and that was fed to children in a spoonful, usually to counter the taste of a spoonful of the cod liver oil. Cod liver oil was something that was known, for hundreds of years, to reduce colds and flu. The foul-tasting oil contained vitamin D along with vitamin A and omega 3 fatty acids. The vitamin D might have been key against infection and had been shown to prevent rickets. Also, in or near the countryside, foraging could give you all sorts of mushrooms. I remember Horse Mushrooms so big that one would fill a frying pan. Then, of course, in the Autumn, blackberries and other fruit were available. Meat, too, could be acquired, either for free or for money, such as rabbits or river fish. Interestingly, the resulting diet meant that the nation's health was better than at any time before or since.



Ration book

The diet of children and pregnant women was considered most important and, for example, orange juice was felt desirable as a source of vitamin C. Getting oranges from across the sea was not easy or even a priority compared with fuel, ammunition and other war supplies. Initially, concentrated orange juice was purchased from the US via the lease-lend scheme but that use of money became unacceptable. So, alternative sources of vitamin C were sought. Many people of my generation will remember being sent to scour the hedgerows in the Autumn for rose hips.



Rosehip

Without let or hindrance

Brian Johnson-Thomas

Just after the Second World War ended the then Foreign Secretary was asked what the main aim of British foreign policy was now to be. He replied something like "To be able to go to Victoria Station and travel where I damn well please"....(He was, of course, just at the dawn of the Air Age. I dimly recall as a seven year old in 1954 taking my first flight in a De Haviland Something from a grass runway at a small airfield outside London called Heathrow). Alas, we have yet to reach the stated goal of being able to travel just where and when we please and, indeed, matters are about to take a turn for the worst. Let's look at our Passports first. That nice bit of flowery language on the inside page about His Majesty's Secretary of State "requests and requires" everyone to allow us to "pass freely without let or hindrance" is just that, flowery language. All that a Passport does is to say that we are British and thus have the right to return home here. Just as we reserve the right to control our Borders, so does every other country. This means that to travel anywhere we need the permission of the country we're travelling to. This nowadays takes the form of a Visa, a letter of authority if you like, normally stamped inside your Passport. Visas take time and are expensive and often require that you attend for interview at the Consulate of the country concerned. So lots of countries which take lots of British tourists operate 'visa waiver' schemes – where you can go with less trouble and preparation. But there's still a

need for some – you apply online to go to the USA on holidays, for example, and also pay them a small fee for their expenses.

Now we get to the point of this page – from November we are going to have to apply in advance to travel to anywhere in the European Union, which of course includes winter sun favourites like Spain, including the Canary Islands. This is because of Brexit meaning that we're no longer part of that particular club. Up till now we've just had our Passports stamped (to ensure that we don't stay for longer than 90 days in 180 days) but this is causing long queues (Eurostar trains from London are being kept a third empty because of otherwise unmanageable queues at French passport control) so from November the European Union intend to implement an electronic system which will cover not only us here in the UK but also 56 other foreign countries ranging from Albania to the USA. However, once the permission has been given it will cover all our trips to Europe for an initial period of three years, or until your passport expires. You will have to apply online and there will be a small fee (probably around £7, which is similar to the fee for an American visa waiver). The system is still being tweaked but might still include somewhat controversial items such as the requirement for fingerprinting of travellers. We will be hearing much more about this in the weeks to come. Talking of Eurostar reminds me that our nearby heritage railway, the Gloucestershire



and Warwickshire Steam Railway has just won an award for the "Journey Through Steam" exhibition currently running within the Broadway Museum and Art Gallery. The exhibition tells the story of the building of the Stratford on Avon to Cheltenham railway by the old Great Western Railway and its' subsequent history. Indeed, it is sixty years this year since the last British Rail steam train ran to the Cheltenham racecourse station on 14th March 1963, although diesel hauled trains still ran until the lines' closure in 1976. This year, as is now customary, racegoers to the Cheltenham Festival will be able to travel in style from Toddington and (on Friday) from Broadway on each day of the Festival 14-17 of this month straight into the racecourse, just a furlong from the paddock.

Tickets for the special trains can be obtained from www.classichospitality.co.uk

Finally there's just space for me to tell you about a new attraction at the Three Counties Showground this July. The Three Counties Food and Drink Festival will take place on the last weekend of July, Saturday and Sunday 29th and 30th. As well as a plethora of celebrity guests there will also be fun events such as a Childrens' Cookery School. Looking forward to it already.....

P S

Longborough Festival Opera have just announced this year's programme, starting as usual with Wagner, this time it's *Gotterdammerung*, the climax of the Ring cycle, which opens on 26th May. This is followed by Donizetti's *L'elisir d'amore* which opens on June 20th and that's leading up to the season's crescendo of Monteverdi's *L'Orfeo* on 11th July and Purcell's take on Shakespeare, *The Fairy Queen* which opens on 29th July.

Thoughts from the Snug . . . One up-man ship or effective put-downs and effective conversation stoppers

Hyacinth Bucket was notorious for having the last word in exchanges with her poor, long suffering husband and anyone else, of course. Here are a few put downs or conversation stoppers we have overheard in the Snug.

"I had a bit of an episode last week."
"Strange, I had turn on Saturday, the misses thought I might be a TIA!"
 "I'm on my second hip replacement"
"Well, bully for you!" Conversation abruptly terminated.
 "Do you want to come to Archie's Christening on Sunday?"
"No thanks. I'm washing my hair."
 "But you're as bald as a coot!"
"I have to be careful, you know. I suffer from the cold even after a haircut."
 "Buy a hat."
"I look a prat in a hat. They might confuse me for you."

By now the invitation to the Christening is long forgotten.

"I'm waiting for my second cataract op."
"Sorry I didn't hear that. You're sitting on my deaf side."
 "Did you see Attenborough on telly last night?"
"Nah, I need subtitles for everything on the box."
 "Nothing worth watching anyway." This assertion causes conversation to dry up.
 "Is it your round or mine?"
"Sorry, I didn't catch that. I must have nodded off."
 "Lucky you. I didn't get a wink of sleep last night. I 'spose it's my round then."
"Half-past eight."

Blank looks of confusion all round. End of conversation.

Buddy Bac

Gregory's World!

Gregory Sidaway

One oar in the water

So I was one month into Hilary Term at uni and the workload was ...actually, very manageable! So I wanted to 'expand', do new things and go to different societies. I attended Tolkien Society meetings, met Bret Easton Ellis at a book signing, watched a play, auditioned for a play – and I was at dinner when I started talking to someone who did rowing.

Rowing? Now, that would be something different. Sport and I have a complex relationship, fellow reader. A montage of scenes comes to mind: shooting towards the wrong basketball hoop, being in the last three to be picked for the P.E. football team, getting a genuine cheer from my teacher just for hitting the tennis ball within the court and not onto the school roof. But onwards and upwards. Yes, why couldn't I give rowing a try? I could meet all sorts of new people.

I met with a group the next evening outside Lincoln College and they were friendly, but – as we neared Christ Church's meadow, facing onto the river – they began saying things to each other like:

"Feel ready for this?" "No."
"Hope I don't throw up this time."

Um ...

... okay, I thought, so it's a bit intense. But I had come too far to turn back now.

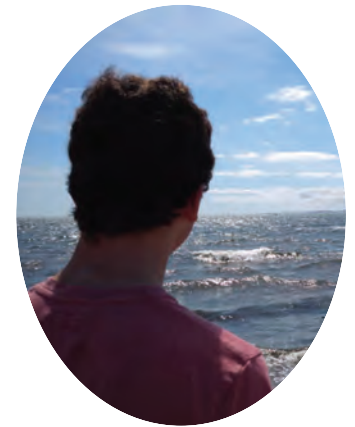
At the boathouse, we were ushered into a changing room of formidable-looking weights and exhausted faces, about to undergo – as the instructor later put it – a "bit of a trial by fire" for me. We were practicing on the machines. The last time I used one had been on my Dad's rowing machine at home; I hadn't bothered to put my feet in the straps and promptly crushed my big toe when I pulled the handle towards me. Forget about that, I told myself as I sat down and tried to work the straps.

Music blared, the instructor bellowed: "Attention ... go!" and people huffed and puffed. Would they match last week's time? Would they make it to the end? "This isn't a time for heroes," says the instructor. "Pace yourselves."

Air whooshes out of the machines, seats slide, sweat trickles, hearts pound – I am still trying to get my feet into the straps – until time's up and the room relaxes again. My result was "good for a beginner" (and I was a beginner) so I was

happy with that.

Officially a 'novice', I've practiced twice more so far, this time on the water. The first time was a session for people who'd never rowed before. It went well – although I learned what 'crabbing' was when I couldn't lift my oar out of the water in time, the water threw its weight on the blade and the whole thing went haywire. Apparently, an ill-fated rower gets 'ejector-crabbed' about once a year; the water shows no mercy and hurls you overboard – worth a quick YouTube. But the others hadn't rowed before either. We were all in the same boat. Next, I was subbing for someone else. I saw the vacancy and thought: yeah, why not? What time tomorrow morning? ... Seven? B-but that would mean an alarm for ten past six. I hadn't been conscious at that hour since A-Levels. Oh well! This would be an experience, this was what the real rowers did. (The rest of us only ever see them hours later when they lay siege to the cooked breakfast in the canteen.) When we reached Christ Church meadow, the fog hadn't lifted and it felt as though we were striding through a Gothic novel. We all left our



names behind on the jetty; in the boat, we were referred to by our seat numbers. I became 'Four' – and everyone else knew I was 'Four' because, about every thirty seconds, the cox said something like: "'Four', could we make sure the oar's in the water?" Still waking up, my reaction times were slow. "That's the flowing thing next to you." At one point, I overdid it and my oar went too deep, causing the boat to list dangerously and everyone to have to lean in the opposite direction to stop us capsizing. This all makes me sound terrible at it. I wasn't terrible. I just needed practice – and it was an education!

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According to the Alzheimer's Society more than one million people in the UK will have dementia by 2025 the statistics for women is significantly higher amongst women than men

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Should that happen, then the

family have to deal with the Court of Protection and they are a nightmare. They do not understand the word Urgency let alone spell it. The writer has terrible first hand experience with a family member.

The Pershore Times have made a special arrangement with Resolve Law Group on behalf of their readers using the Newspaper Code PT75.

The arrangement is that the fee for each LPA is £175.00 plus the fee to the Office of the Public Guardian of £82.00. Any person should have this in place whether you are 30 or 70 years old.

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*That means it takes four months to get your
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we can have a chat - please call or email me, Ken;*

Tel: 07711 349768 Email: kenhastings@btconnect.com

This opportunity may be for you - it may not be - it's for you to decide. If you do not feel comfortable, do not invest and never invest more than you can afford to lose. This opportunity is by *invitation only* and you'll need a smartphone and/or tablet. I can show my proof of investment and earnings to anyone interested and am here to offer continuous personal support.

Disclaimer: *I am not a financial advisor and this is not financial advice. This is purely to make you aware that there is an opportunity available to help you. As with everything, there is always risk involved. Think with your head and not your heart.*



Cost effective legal advice

Over 45 years experience

Available
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365 days
a year
10-12 hours
a day

Resolve Law Group is a team of experienced legal advisers who combine flexibility and dedication to provide a value for money approach to helping our clients with both personal and business matters. As an unregulated law firm we've shed all the unnecessary costs that make helping people so expensive.

There's no receptionist, pre-recorded voice messages, or bookcases just for show here; we offer a very personal approach that's always honest, friendly and simple without compromising on expertise.

Our Services

Commercial litigation - we understand the damage that disputes can do to your business. They cause stress and prevent you doing what you need to be doing to grow your business. Resolve Law Group is here to help take away the worry and help you get back to business as usual. We cover a range of commercial litigation from disputes to contracts to debt recovery.

• Lasting powers of attorney

Sorting out your lasting power of attorney gives you complete peace of mind that should you become unable to look after your own affairs, someone you trust can. Without a lasting power of attorney in place even your spouse, partner or children will find it difficult and expensive to be granted permission to handle your affairs.

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

• Family matters & divorce

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

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

• Aviation law

Aviation law can be turbulent but we are here as your co-pilots to navigate a way through it. From insurance to regulation we have the expertise and experience to help individuals and businesses with all things aviation.

• Sports law

Whether you're an athlete, team, or club, Resolve Law Group can help anyone involved with the sports sector on legal issues. We help individuals and their representatives negotiate terms and terminations, and help them understand laws and regulations. We also help teams and clubs with negotiations, regulations, insurance, and compensation.

• Contracts & agreements

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

• Debt collection & enforcement

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

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Resolve Law group

Call: 01905 391939 / 07785 500432

Email: Peter.Jewell@ResolveLawGroup.co.uk

Group Head Office

Resolve Law Group Tudor Court Droitwich WR9 7JY

Book Review *Richard Catford*

Coffee with Hitler. The British amateurs who tried to civilise the Nazis

Coffee with Hitler.

The British amateurs who tried to civilise the Nazis

Author: Charles Spicer

Published by One World

It is over eighty years since a handful of amateur British intelligence agents began to inform Winston Churchill and the government of the ominous rise of National Socialism in Germany. Charles Spicer has devoted nearly a decade of research into the Anglo-German Fellowship (AGF). He has unearthed an astonishing story that pours new light on the British-German relationship in the 1930s.

Three British agents, Ernest Tennant OBE, a wealthy businessman, Conwell Evans a pacifist diplomat and Group Captain Malcom Grahame Christie, a former WW1 flying ace were all key figures in the AGF. This organisation was not without influence and status in both countries, its original intention being to prevent a repetition of the Great War. An elite organisation it attracted

membership from Royalty, aristocrats, politicians and businessmen in both countries. Spicer explains how the AGF became a conduit for diplomacy involving Lloyd George, Anthony Eden, Churchill, plus Goring, Ribbentrop, Hess and many others, not least Hitler himself. Indeed, Spicer recalls a significant meeting, brokered by the AGF, where Lloyd George actually took coffee with the Fuhrer in the late 1930s. At a time when nearly 50% of our population favoured appeasement and avoidance of another war Spicer's research uses new and previously overlooked resources that provide a fresh look at this era. Spicer's research tells how the three agents helped Churchill to win the debate with the appeasers and even how the AGF began the formation of a German resistance movement to overthrow Hitler.

One of the overlooked sources frequently quoted by Spicer is Conwell Evan's publication,

None so Blind, based on the memoirs of M.G. Christie's activity in the AGF. None so Blind charts the rise of Nazi Germany and the emergence of its autocratic dictator. It describes how flagrantly 1930s Germany ignored the restrictions imposed by the Treaty of Versailles. It also documents the British government's stubborn, ostrich like response in ignoring the evidence Christie and his AGF colleagues provided. This story chimes closely with our own times, in so far as many western nations have ignored the sabre rattling and unjustifiable invasion of Ukraine by yet another autocratic dictator. Have we been guilty, like the 1930s British government, of the charge, 'There's none so blind that cannot see'?

If Coffee with Hitler sounds dry and academic, believe me it is not. Although heavily foot-noted with references and quotes, proving the rigour of its research, it reads like a thriller.



It has pace, astonishing revelations and some amusing incidents. Spicer's narrative provides reasons and answers to several puzzles. For example, why Rudolf Hess made his extraordinary flight to Britain and why did Churchill ignore him? There are also many other issues to ponder, not least, Is history repeating itself?

The tussle between appeasers and non-appeasers of the 1930s certainly has relevance to today's world. This opus is well worth a read and occupying a place on your bookshelf or Kindle library.

Coffee with Hitler.

The British Amateurs who tried to civilise the Nazis

By Charles Spicer

Hardback £20.00

Kindle 10.99

Paying HMRC

Calculating how much tax to pay is one thing but knowing when and how to pay that tax is something else entirely. As accountants we primarily assist with the calculation of Self-Assessment income tax, employment taxes, Corporation Tax, VAT, CIS and Capital Gains Tax although there are many other taxes too.

The first thing to establish is when your tax payment is due. There is a deadline for paying each tax and if that deadline is missed then penalties and interest may build up. Next establish the correct bank account and sort code for the payment you are making. Finally, the most important thing is make sure you have quoted the correct reference number. For Self-Assessment quote your 10 digit unique tax reference number followed by the letter K, for PAYE quote your 13 digit accounts office reference number. If you are paying early or late you also need to add 4 numbers that relate to the tax year and month of payment. As April is month

1 it is worth checking the exact details with your accountant. For VAT payments quote your VAT number and for Corporation Tax quote the 17-digit payment reference provided by HMRC. This comprises your 10-digit UTR plus 7 digits that identify the accounting period being paid. If payments contain incorrect details they could be allocated to the incorrect account or period. However, if they are missing references they will end up in an enormous black hole with the danger those payments will never get tracked down.

For details of how and when to pay HMRC search 'paying HMRC' or follow the link www.gov.uk/topic/dealing-with-HMRC/paying-HMRC.

This will give detailed guidance for all the different taxes. HMRC accept payment by bank transfer, debit card, corporate credit card but not personal credit card, and telephone banking. Cheque payments are accepted for Self-

Carol Draper

Assessment and PAYE payments for businesses with less than 250 employees but not for VAT or Corporation Tax. VAT is commonly paid by direct debit but now it is possible to request that PAYE, Corporation Tax and Self Assessment are paid this way too.

Carol Draper FCCA



Clifton-Crick Sharp & Co.

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Poets' Corner

A Shropshire Lad

Reveille VIII

"Farewell to barn and stack and tree,
Farewell to Severn shore.
Terence, look your last at me,
For I come home no more.

"The sun burns on the half-mown hill,
By now the blood is dried;
And Maurice amongst the hay lies still
And my knife is in his side."

"My mother thinks us long away;
'Tis time the field were mown.
She had two sons at rising day,
To-night she'll be alone."

"And here's a bloody hand to shake,
And oh, man, here's good-bye;
We'll sweat no more on scythe and rake,
My bloody hands and I."

"I wish you strength to bring you pride,
And a love to keep you clean,
And I wish you luck, come Lammastide,
At racing on the green."

"Long for me the rick will wait,
And long will wait the fold,
And long will stand the empty plate,
And dinner will be cold."

A. E. Housman 1859-1936

"After a long life I have come to
the conclusion that when all the
Establishment is united it is
always wrong".

Harold MacMillan

Spot & Shop - February Winners

- | | |
|----------------------|----------------------|
| 1) Joan Albutt | 2) Madeleine Higgins |
| 3) Sylvia Richardson | 4) Jean Kerslake |
| 5) Heather Perkins | 6) Jordan Barnfield |
| 7) Lindsey Styles | |

Last month's answer:
Ward Physiotherapy

Fun Quiz!



- Which country did Arthur C. Clark emigrate to in 1956, largely to pursue his interest in scuba diving?
- Who shot John Lennon? And how old was John Lennon when he died?
- SABENA was the national airline of which country from 1923 to 2001?
- What line from the film Jaws made the AFI's 100 Greatest Movie quotes of all time?
- Thomas Hardy named his fourth novel, Far from the Madding Crowd, after a line from which poem?
- Which English film director is known for his treatment of social issues such as homelessness in Cathy Come Home and labour rights in Riff-Raff?
- In archery what is a bluffie?
- In which century did Nostradamus live?
- What was Linda McCartney's maiden name before she married Paul?
- In which U.S. state is the Pentagon?
- Which county's main tourist attraction is the Peak District?
- Which pop group, led by Gary Lightbody, sounds like they are arctic explorers?
- Which song was pop singer Suzi Quatro's only number one in 1974?
- Who claimed the invention of 'action painting' in 1947?
- What does the 'myo' part of myocardial mean?
- What is the name of the famous toboggan run at St. Moritz?
- Which mountains separate the Czech Republic from Slovakia?
- Which band emerged from the break up of the Housemartins to give us A Little Time?
- Which decade saw the last execution by guillotine in France?
- In the Edward Lear poem, which instrument does the Owl play while serenading the Pussy Cat?

Answers: 1. Sri Lanka 2. Mark Chapman, 40 3. Belgium 4. You're gonna need a bigger boat
5. Elegy Written in a Country Churchyard (by Thomas Gray) 6. Ken Loach
7. A practise arrow 8. 16th 9. Eastman 10. Virginia 11. Derbyshire 12. Snow Patrol
13. Devil Gate Drive 14. Jackson Pollock 15. Muscle 16. The Cresta Run 17. Carpathian
18. Beautiful South 19. 1970s 20. A guitar



COMPETITION TIME!

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



- This month's prizes!**
1st - £25 cash
donated by Pershore Times
2nd - £20 Food Voucher
at Benvenuti Belle House, Pershore
3rd - £20 Food Voucher
at The Queen Elizabeth, Elmley
4th - Revills £10 Voucher
5th Masons Arms £10 Guest Voucher
6th - Reg Moule's Gardening Diary
7th - Pat's Pantry -
Jar of home-made marmalade

Complete and return this form or email:
news@hughes.company for your chance to win!
Pershore Times closing date: 31st March 2023

Answer: _____

Name: _____

Telephone/email: _____

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

The 36th Bromsgrove Lecture

Hosted by The Bromsgrove Society

Wednesday 19th April 2023 at 7.30pm

Routh Concert Hall, Bromsgrove School B61 7HP

THE HOUSMAN FAMILY STORY

Presented by Julian Hunt

Celebrating 50 years of the Housman Society



Join local historian and Housman enthusiast Julian Hunt to discover how the family came to be in Bromsgrove and their connections with many organisations including the Court Leet. Learn how Laurence and Clemence contributed to the campaign for women's suffrage and the literary world. Not forgetting the famous poet and son of the town, A. E. Housman and his intriguing life story.

Tickets Cost £7.50 and include a complimentary drink afterwards

Buy online from www.bromsgrove-school.co.uk/boxoffice or

in person from FotoFactory, 123 High Street, Bromsgrove (cash only)



The Bromsgrove Society www.bsoc.co.uk

Facebook.com/BromsgroveSociety Twitter @BromsgroveSoc

Housman Society www.housman-society.co.uk @HousmanSoc



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Copy Deadline

April Issue - 20th March 2023

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www.pershoretimes.co.uk

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"Poverty is no disgrace to a man,
but it is confoundly inconvenient"

Sydney Smith

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£12

Worcester
Philharmonic
ORCHESTRA

Clarinet Soloist
William Hammond

Conductor Joe Davies
Leader Graham Longfils

Saturday 11th March 2023

2.30pm

Venue changed to:

Number 8, Pershore
WR10 1BG

SPRING CONCERT

Schubert Overture Fierrabras

Weber Clarinet Concerto No. 2

Beethoven Symphony-No. 5



Tickets £15 (under 16s free) available from:
Tourist Offices in Worcester, Pershore and Malvern

Ticket Secretary 01905 353013

Pershore Town Hall

Online at www.ticketsource.co.uk



PLEASE BOOK IN ADVANCE
IF POSSIBLE

(Booking fees apply online) Registered Charity Number 512073

In memoriam

Simpkins. Anthony John William (Tony)

Passed away on 26th January 2023, aged 80 years. Much loved Husband of the late Carol, a loving Dad, Grandad and Brother. Tony will be very sadly missed by all his family and friends. Funeral service took place at the Vale Crematorium, Fladbury on Thursday 16th February. Family flowers only please. Donations, if desired, for St Richard's Hospice may be sent to E Hill & Son

Bickerstaff. Brian (Killer)

Passed away peacefully on 26th January 2023, aged 71 years. A much loved Dad, Grandad, Great Grandad and Brother. Brian will be very sadly missed by all his family and friends. Funeral service took place at Pershore Abbey on Thursday 16th February followed by interment. Flowers or donations for Age Concern (Pershore) may be sent to E Hill & Son.

Watts. Nee Walton. Florence Emily (Floss)

Passed away peacefully on 16th February 2023, aged 97 years. Beloved wife of the late Eric, Much loved mum to Eric, Maggie, Liz and Alan, dearest mother-in-law to Graham, Jessie, Carrie and the late Paul, loving sister of Jim and the late Peggy, Joan, Val, Sheila, Jean and David and a devoted nan and great nan. A wonderful friend to Rose, Floss was a very special lady who will be sadly missed by all her family and friends. Funeral Service at Pershore Abbey on Monday 13th March at 11:00am, followed by burial at Pershore Cemetery. Family flowers only please. Donations, if desired, are invited for Pershore Relief in Sickness Charity (cheques please to Pershore Wellbeing Hub). These may be sent to E Hill & Son

Freund. née Bardsley. Patricia Alice (Patsy)

Passed away on 12th February 2023, aged 87 years. Devoted Wife of Freddie for more than 60 years, a loving Mother and Grandmother. Funeral service will take place at Pershore Abbey on Tuesday 14th March 12 noon. Donations, if desired, for the Evesham and District Music Club may be sent to E Hill & Son.

Donations may be sent to:
E Hill & Son Funeral Directors, Pershore WR10 1HZ
Tel: 01386 552141

It's going to be another Quack-tastic event...

DUCK RACES

Sunday 9th April 2023

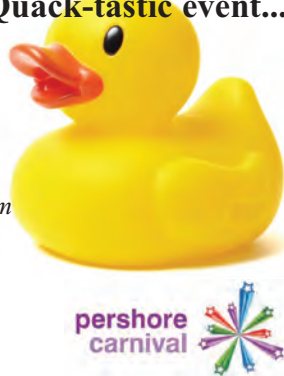
King George's Field, Pershore

Cash Prizes for 1st, 2nd, & 3rd

£2.00 per duck - Race starts 2.00 pm

- Easter Tombola
- Bouncy Castle
- Junior Hook the Duck
- Food & Drinks available

www.pershorecarnival.co.uk



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

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What's On?

Cinema Listings

The Banshees of Inisherin (15)

Wednesday 1 March - 7.30pm
1hr 54 mins Tickets: £8.50

The Whale (15)

Friday 3 March - 2.30pm & 7.30pm;

Saturday 4 March - 7.30pm

1hr 57 mins

Tickets: £8.50, Daytime £7.00

The Fabelmans (12A)

Monday 6 March - 11.00am & 7.30pm (ST);

Tuesday 7 March - 7.30pm;

Friday 10 March - 2.30pm & 7.30pm;

Tuesday 14 March - 7.30pm

2hrs 31 mins

Tickets: £8.50, Daytime £7.00

Saint Omer (12A)

Thursday 9 March - 7.30pm

2hrs 3 mins, French with

subtitles Tickets: £8.50

Avatar:

The Way of Water (12A)

Saturday 11 March - 7.30pm

3hrs 12 mins Tickets: £8.50

EO (15)

Thursday 16 March - 7.30pm

1hr 28 mins, Polish & Italian

with subtitles Tickets: £8.50

Babylon (18)

Friday 17 March &

Tuesday 21 March - 7.30pm

3hrs 9 mins Tickets: £8.50

Roman Holiday (U)

Monday 20 March -

11.00am & 7.30pm

1hr 58 mins, 1953, B&W

Tickets: £8.50, Daytime £7.00

Nostalgia (12A)

Thursday 23 March - 7.30pm

Tickets: £8.50 (£8.00) (plus 80p

per ticket if booked online)

1hr 58 mins, Italian with

subtitles

The Son (15)

Monday 27 March - 11.00am & 7.30pm;

Tuesday 28 March - 7.30pm

2hrs 2 mins

Tickets: £8.50, Daytime £7.00

Magic Mike's Last Dance (15)

Saturday 1 April - 7.30pm

1hr 52 mins

Tickets: £8.50

What's Love Got to Do With It? (12A)

Monday 3 April - 11.00am & 7.30pm; Tuesday 4 April - 7.30pm

1hr 49 mins

Tickets: £8.50, Daytime £7.00

The Amazing Maurice (PG)

Tuesday 4 April - 2.00pm;

Thursday 6 April - 11.00am

1hr 33 mins Tickets: £4.00

Allelujah (12A)

Friday 7 April - 2.30pm & 7.30pm;

Tuesday 11 April - 7.30pm;

Friday 14 & Saturday 15 April -

7.30pm; Monday 17 April -

11.00am & 7.30pm (ST)

1hr 39 mins

Tickets: £8.50, Daytime £7.00

Roald Dahl's Matilda the Musical Sing-Along (PG)

Saturday 8 April - 7.30pm

1hr 57 mins Tickets: £8.50

Events Listings

National Theatre Live:

Othello

Thursday 2 March 7.00pm

Tickets: £16, Seniors £15,

Students £10, 16 & under £10

Exhibition on Screen:

Mary Cassatt

Wednesday 8 March - 7.00pm

1hr 33 mins

Tickets: £12, Students £10

Natura Contemporary

Theatre presents The

Gardening Times

Saturday 18 March - 7.30pm

1hr 45 mins (inc interval)

Tickets: £12

The Royal Opera: Turandot

Wednesday 22 March - 7.15pm

3hrs 20 mins (inc intervals)

Tickets: £17, Seniors £16

Croftthorne-with-Charlton

C of E First School presents

Robin & the Sherwood

Hoodies

Thursday 23 March - 1.00pm;

Friday 24 March - 6.00pm

2hrs (inc interval)

Tickets: £10, 16 & under £4.50

Hello Again...

A Tribute to Neil Diamond

Saturday 25 March - 7.30pm

2hrs (inc interval) Tickets: £27



High Street Pershore Worcestershire WR10 1BG

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

www.number8.org

Box Office Opening Hours - Telephone Bookings:

In Person Bookings: Mon - Sat 10am - 4pm &

from 6pm on performance evenings

Telephone Bookings: Mon - Sat 4pm - 6pm

English Country Dancing

Tuesday Afternoons 2 -4pm
at Stoulton Village Hall
Church Lane, Stoulton WR7 4RE

Enjoy gentle exercise while dancing to lovely music. It is a very social activity, so you will soon make plenty of new friends. No partner necessary

Admission £3 per week

For more information contact:
Sue Jeavons 01386 750695



Threads

Worcester Stitch & Textile Art Group
The Red Dress, an award-winning global textile project to Worcester on
28th & 29th March 2023

To view the Red Dress and from 2pm, hear Kirstie tell the story of its evolution and global travels.

Non- member tickets are £10 and include light refreshments.

Kirstie will also lead a workshop from 10 -3.30 on 29th March 2023, where each participant has the opportunity to create a unique hand-embroidered piece. No previous experience required.

Minimum age 18.

Tickets cost £35 for non-members,

Get your tickets from
www.ticketsource.co.uk/threads-worcester-stitch-and-textile-art-group
www.threadsworcester.org.uk



Saturday 11th March 8pm

Brimstone Folk

Play a mixture of gentle airs, fiery jigs and reels. A combination of fiddle, whistle, bodhran with guitar and Brimstone's special energy, connection and sense of fun is experienced through their music.

Jon Bird

A talented singer-songwriter performing a mixture of blues & folk-rock songs from his latest album

'JB's Blackwater Road Band.'

Number 8, High St, Pershore

Worcestershire WR10 1BG

Tickets: £8 available from

Box Office 01386 555488
number8.org

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Players of all abilities are most welcome.

If you would like to know more, or simply look in at one of our games then contact us via the website at

www.bridgewebs.com/pershore

Pershore Carnival

Monday 29th May 2023

Spring Bank Holiday Monday

Procession theme:

'Summer Holidays'

www.pershorecarnival.co.uk

Plum Festival

This year celebrating 25 years!

August Bank Holiday

26th, 27th & 28th
August 2023

www.pershoreplumfestival.org.uk

Ladies Guild

Sociable, informative afternoons

First Tuesday of each Month
2.00pm - 4.00pm

Meet at Wychavon Civic Centre
Queen Elizabeth Drive, WR10 1PT

We have:

- *Speakers talking about a wide range of topics*
- *An outing to a local place of interest*
- *Quizzes and Beetle Drives*
- *A themed raffle each month*
- *Skittles once a month*
- *Tea and Coffee at £1 each meeting*

For more information contact:

Chair: - Tel: 01386 561838

Secretary: - Tel: 01386 550177

Women's Institute

Make new friends!

Second Thursday of
each Month at 7.30pm

Meet at Wulstan Hall
Priest Lane, WR10 1EB

Do come!

We are waiting to say "Hello"
have you just moved into the area or would you like to make new friends? Come and join us at Pershore WI. We are not all "Jam and Jerusalem" - we enjoy crafts, lunches, skittles and speakers and above all try to have fun.

For more information contact:

Audrey Whitehouse - Tel: 01386 554856

Maureen Speight - Tel: 01386 556772

The Vale Walkers

Walking our way to health!

Every Friday
at 10.30am

Meet outside Pershore Leisure Centre
King Georges's way, WR10 1QU
for a short accompanied and sociable walk around Pershore's green spaces.

Just turn up!

For more information contact:

Val Woods

Tel: 01386 554235

Tarantara Choir visit the Vale Golf Club



Lady Captain, Pearl Winchester, thanking the Musical Director and the Choir for their efforts.

£1200 raised for the Alzheimer's Society! A most successful concert took place on 11th February when local choir Tarantara visited the Vale Golf Club at the invitation of the Ladies' Section in aid of

the Three Captains' Charity. Members of the Club and guests enjoyed a very varied selection of music which, together with a successful raffle, raised money for a most worthy cause.

“Churchill was fundamentally what the English call unstable - by which they mean anybody who has that touch of genius which is inconvenient in normal times”
Harold MacMillan

National women's singles title for wheelchair tennis!



Naomie Tarver

Pershore's very own Naomie Tarver recently won the 2022 LTA National women's singles title for wheelchair tennis and is thanking the team at Pershore Tennis Centre for their support. The Club fully supported Naomie's tennis journey to enable her to realise her dream. Naomie extended her thanks to Steve Bauer, the coaching team and club saying that the support "enabled me to win the 2022 LTA National women's singles title for wheelchair tennis!"

Chair, Sarah McCormick, says: "We are all absolutely thrilled for Naomie and so happy to support her in reaching her goals. Naomie's dedication and talent mean that she has reached such a wonderful level - we're just happy we could help in some way. Well done Naomie!"

For more about tennis at Pershore go to: www.pershoretennis.co.uk

Vale Golf Club Seniors competition results



A sunny winters morning overlooking the ninth green. The weather at the end of January beginning of February was much more conducive to golf enabling the Vale Golf and Country Club Seniors to play four competitions results are: First played was a four ball

team medley under frosty conditions the winning team with 109 points was Duilio Perla, Kevin Clifton, Ian Geden and Keith Nicholls. Second with 103 points Keith Taylor, Michael Hird, Rob Sharp, Steve Marsh. Third with 100 points Peter

Richards, John Eastoe, Mike Collier and Richard Bromning. The next competition was an individual stableford played on a dry and sunny day contested by 53 players results were:
Division one
 1st John Jarvis 37 points
 2nd Ian Macrae 36 points
 3rd Steve Hampton 35 points
Division two
 1st Peter Morris 35 points
 2nd Joe Bryan 32 points
 3rd Steve Hampton 31 points.
 The next week in sub-zero temperatures 54 players in teams of two played a multiplayer competition results were first with 64 points Chris Entiknap and John Millard. Second on countback with 64 points Mike Hird and Brian Leggott. Third with 61 points Duilio Perla and Keith Taylor. Fourth with 54 points John Eastoe and Rick Hawkins. The last of the competitions was a stableford at 95 %

handicap contested by 62 players on a sunny morning results were:
Division 1
 1st Steve Hampton 41 points
 2nd Mike Collier 41 points
 3rd John Eastoe 40 points
Division 2
 1st Steve Peacock 40 points
 2nd Tony Owe 39 points
 3rd Mark Harris 39 points
Division 3
 1st Larry Taylor 40 points
 2nd Peter Richards 38 points
 3rd Colin Edey 36 points



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'Third Age Touch' play first external Club

On 22nd February, Pershore Rugby's pioneering, non-contact Third Age Touch (3AT) section for retired, or limited fitness players, took to the pitch at Piddle Park in their first tournament with an external club, playing fun matches with the Worcester Warriors Foundation inclusion rugby team. Using the slightly adapted rules of Touch, devised by Pershore, and with the club's newly acquired high viz balls, some thirty players enjoyed a morning of non-contact 3AT action and fun, with no one interested in the score. Such has been the success of 3AT at Pershore Rugby, that some twenty-one players now regularly train on Wednesday mornings from 11am and the section has decided to offer an additional day for training for any further recruits – on Mondays at 11am. The players have learned too, this week, from the Touch

governing body, the England Touch Association (ETA), that their work to roll out third age touch using the model developed by Pershore, is paying off. The ETA will be showcasing third age touch at upcoming civil service events; Maidenhead rugby club has received funding to start up third age touch at their club, and Reading RFC are looking to get 3AT started at their club too. David James, 78, and the founder of 3AT at Pershore said: "Since we started in September 2021, we have steadily attracted more and more players: men and women of a wide range of differing abilities; some who can, and do, run and others who can only walk; some who are completely new to the game and others who are former rugby players with a lot of experience. We all enjoy the exercise out in the fresh air together and enjoy a coffee and



Men and women 3AT players enjoy matches with Worcester Warriors Foundation inclusion team

a chat in the clubhouse afterwards. We all have a lot of fun together. The social aspects of 3AT are just as important to us as all the benefits we get from staying active. And now that we have got some opposition to play there is added fun to be had!" *The first three 3AT tasters at Pershore on a Wednesday or*

Monday are free after which it is £3.00 a month.

For further information on Third Age Touch contact David James – 07506 987 129 For information on either Ladies Touch, Mixed Touch or Junior Touch please contact Fizz Bewley on 07791 546541

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