

# Pershore Times

A free monthly newspaper for Pershore and surrounding villages



Issue 87

November 2023

**FREE**



Poppies Storm Approaching © Peter Hodge, Worcestershire

**N**ovember is the time of year we remember the servicemen and women who gave their lives in many wars, over many years. We also remember those who died in the Covid pandemic. The sadness and grief felt by mothers, fathers, sisters and brothers is impossible to put into words.

Yet this is happening again. The wars in Ukraine and now the Middle East are terrible. The loss of life of innocent people including many children, on both sides is dreadful! Turning to happier events. The Autumn is here, the trees and bushes are slowly changing colour and will be lovely. Let's hope the rain storms come to an end soon and sunny November days will arrive. Nature at one

of its best times! Guy Fawkes day is always cheerful in spite of the grim events it celebrates! We have had some incredible matches in the Rugby World Cup. England did very well to get to the semi final, and then lost, in a very exciting game by only one point to South Africa, the eventual Champions. Our cricket has for some reason fallen apart and we may have lost our World Champion status.

We are now close to Christmas with lots of excitement for young and old as we move quickly towards to this very happy time. We at the Pershore Times celebrate our eighth anniversary with this our 88th edition. The saying 'time flies when you are enjoying yourself' is true! It has been very enjoyable.



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# Flying the flag for Merchant Navy Day 2023



It was great to see Pershore Times making such a splash of Red Ensign colour in your October edition and especially so as the picture and occasion were there to mark both Merchant Navy Day and the 80th anniversary of the second world war Battle of the Atlantic. We owe a massive debt of gratitude to the 26,000 British Merchant and 23,000 Royal Navy seafarers who lost their lives in what was the single longest engagement of the last war. We must also, however, ensure that the men and women of the Royal Canadian Navy and Merchant Marine who died in ships sunk by German submarines in the long and terrible struggle to escort convoys bringing vital food, munitions and personnel to this country from North America, are never forgotten. On the same day in early September as Pershore paid its tribute, with my family, we were on a regular visit to Halifax, Nova Scotia and by chance made a familiar walk from the city center to Point Pleasant Park. The park is at

the southern tip of the Halifax peninsula and at the entrance to the Halifax Harbour, one of the largest and deepest ice-free natural harbours in the world. It's now a major container port and the destination for hundreds of Cruise ships bringing tens of thousands of visitors each year. Approaching the harbour, vessels sail within a few hundred yards of Point Pleasant Park and in sight of the great granite Cross of Sacrifice, over 12 metres high erected on Nova Scotia's shoreline in memory of nearly 2,000 men of the Royal Canadian Navy and 1,600 Canadian merchant seamen who lost their lives on the 2,500 nautical mile passage from Halifax to Liverpool and other British ports. The RCN entered the war with just 3,500 men but ended it as the third biggest navy in the world with over 96,000 sailors. It's sacrifice, in relation to its then population is astounding. Modern Canada now has a population of over 38 million but at the start of the second world war the country had just 11 million people. To lose so



*Halifax Memorial*

many young men and women in our defence, illustrates both the magnitude of its loss, the service it gave and the need for us to ensure this is never forgotten.

Thank you Pershore for keeping these events alive.  
(See letters to Editor: Page 28)

*Christopher Watkins,  
Blackwell, Bromsgrove*

## Final resting place for wartime honours board

Hopes are high that a 100 year old memorial to the many Pershore men who fell during the Great War in the service of their country will soon have found a permanent home. The impressive honours board made of solid English oak and which is officially listed in Imperial War Museum records was originally displayed at the former National School in Defford Road, Pershore and was achieved with funding by the families of men from the school with one shilling being requested from each family – a considerable sum in those days! When the school closed during the Second World War, the board, which includes the names of men from long standing Pershore families such as Annis, Cosnett, Dufty, Champken, Grinnell and Palfrey, was then rescued and moved to the former Working Mens Club in the town's High Street where it was on display until the club closed its doors for the last time five years ago. In view of the state of the building, much needed repairs and internal structural changes took place and there was a complete

refurbishment of the building by its new owners. Sadly it was at that time that changes to the frontage led to the impressive Pershore Working Mens' Club sign together with its 1847 foundation date being removed from the front of the building. This led to growing concerns about the condition of the honours board and its uncertain future until it was rescued for a second time this time by members of the Pershore branch of the Royal British Legion. The board has since been carefully stored but in a garage awaiting its fate. Suitable locations for its permanent display suggested by the Legion included Pershore Town Hall in the High Street – the town's former post office building - and in Pershore Abbey where there is a splendid war memorial dedicated to the fallen of two World Wars were ruled out mainly due to its size and weight. The neighbouring St Andrews Church and Pershore High School were among other potential locations identified. But now, following a meeting of Pershore Town Council, the honours board looks set to find



a permanent home and be displayed prominently in the Pershore Cemetery Chapel where one of the recently installed stained glass windows is dedicated to the fallen of two world wars. There is space available and subject to tests on the strength of the walls, it is hoped that the board will be in its new home in time for this year's Remembrance Services in November. Welcoming the latest move, Pershore British Legion chairman

Simon Dudfield said: "Pershore Cemetery Chapel would be an ideal final resting place for this honours board and to have it in place by November 11th would be brilliant! The Royal British Legion in Pershore is proud and honoured to have saved this board from extinction, but a garage is not where it should be stored!"

*Julian Palfrey*

# The Royal British Legion

Remembrance events started on the 28th October with the Poppy appeal running until Armistice Day on the 11th November.

It is the time for the community to commemorate the lives lost or forever damaged by War and help those still suffering.

This year the RBL launches the new plastic free completely recyclable Poppy. Some of the original poppies will still be available to buy.

There will be a Garden of Remembrance in the Town. Events in the Town will include:-

- The Service of Remembrance at the Cross of Sacrifice in Pershore Cemetery on Saturday 11 th November 2023. Please arrive by 1030am.

- Following the service the Memorial Board with the names of men of Pershore who



gave their lives in WW1 will be on view.

The Memorial Board was on display in the National School until it was demolished and has recently been rediscovered.

It will be hung in the Chapel at Pershore Cemetery at a later date.

- On Sunday 12th November the Service of Remembrance will take place in Pershore Abbey, preceded by and followed afterwards by a Parade. The Parade leaves the Sports Centre Asda Car Park at 10.10am arriving at the Abbey by 10.40am.

# Remembrance Sunday



*Dear Friends*

Earlier this year we were all saddened to hear the news that Harold Wilson, our D-Day veteran, had died aged 102.

Harold was a beautiful gentleman who was kind and considerate to everyone he came into contact with. He always had a smile and was delighted to pass the time of day with anyone who wanted to share it with him.

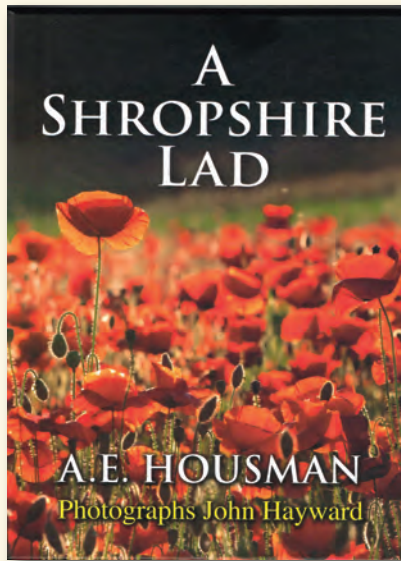
Harold was also someone who knew the value and importance of remembering those who served their country in war and honouring all those who had died as a result. Harold faithfully served this country in its darkest times, so he knew the cost of war and conflict, he also knew what kind of world he hoped there would be. Harold believed in peace and community and wanted us all to play our part in building a better and more peaceful place for every generation to live in.

So, Harold's presence at services on Armistice Day and Remembrance Sunday was always very special and thought provoking. He was a connection



to a War that many in our community are too young to have had first-hand experience. He was a powerful reminder to us that we must continue to remember and never forget. We shall miss Harold this year, but in his honour we are all invited to come to the Abbey for the Pershore's Remembrance Service on 12 November, which begins at 1040. Come and join your community that wants to remember. Come and join your community that prays to God that one day all war and conflict will end, and peace and love will reign.

*Claire*



## 'A Shropshire Lad'

*Author: John Hayward*

This is the first photographically illustrated edition of 'The Shropshire Lad', timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen. Photographer John Hayward follows the different locations mentioned in the poem with stunning, full-colour plates.

*Published by: Merlin Unwin Books, Ludlow, Shropshire*

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*Winner of October competition: Judith Robinson*

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## At Sundown

THE day put by his valiant shield,  
And cast him down.

His broken sword lay o'er a field  
Of barley brown

And his bright sceptre and his crown  
Were sunken in the river's heart.

His native tent of blue and gold  
Was gathered in.

I saw his torn flags o'er the world;  
And on the whin

High silence lit, and her near kin  
Fair twilight spread her firefly wings.

The birds like secret thoughts lay still  
Beneath the hush

That held the sky and the long hill  
And every bush.

And floated o'er the river's rush  
And held the windlets in her hand.

A. Victor Ratcliffe



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## A few words from... Harriett Baldwin MP



### Regulator steps in to back Pershore banking hub

A Financial Regulator has stepped in to guarantee the provision of banking services in Pershore following the news that Lloyds Bank plans to close its town centre branch. The news was welcomed by West Worcestershire MP Harriett Baldwin who asked the Financial Conduct Authority to ensure that Pershore people will still be able to access banking services during the period surrounding the bank's closure. Link- which runs the national cashpoint network and now has the responsibility to support communities which have been left without any high street bank - will find a site to locate a banking hub run by representatives from all major high street banks.

### MP briefed on Aldi plans

Harriett Baldwin MP has been briefed on plans which will see a brand-new Aldi built in Pershore. The superstore is planned for the site of the town's indoor market and Harriett walked around the market with representatives from the company to hear plans for the relocation of the popular businesses based there. Aldi has put a planning application in to build the £5 million store and district councillors will have their say on the plans early next year. Many of the current stall holders already have plans for a new location and Harriett was briefed on plans to work with the district and town councils to encourage more people to visit both the store and the high street. Harriett commented: "Pershore is already a wonderful place to shop with lots of independent retailers. "Bearing in mind the proposed new location and the impact

The FCA has replied to Harriett to confirm that it is has contacted Lloyds Bank specifically about their Pershore plans to make sure the company follows the guidelines as it plans the closure, including taking into account local people's views and ensuring that vulnerable customers are protected.

The regulator also confirmed that there is an expectation that the branch will stay open until the end of May next year to allow the new banking hub to be put in place.

Harriett said: "I wrote to the Financial Conduct Authority because I was concerned that there was a risk that Pershore people would be left without any local banking capability when Lloyds closes its door to customers next year. I'm fully supportive of the concept of a banking hub but time is marching on, and I wanted to be clear that Lloyds won't disappear until an alternative plan is in place. I'm planning a meeting with Wychavon District Council, shortly, to identify what we can do to support the banking hub delivery and will keep a close eye on this matter in the coming months."



## Managing the cost of prescriptions

Whilst prescriptions are free in Northern Ireland, in England, Scotland and Wales they currently cost £9.65 for each item so it is important to make sure that you take advantage of the rules that can help you with these costs as they can soon build up. The first thing to remember is that there are rules that mean people in certain situations are exempt from prescription charges. For example, you are automatically exempt if you are aged under 16, under 19 (and in full-time education), or you are aged over 60. You can also get an exemption certificate for free NHS prescriptions if you are pregnant or have given birth in the last 12 months, or importantly if you are undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment. If you suffer from a range of other medical conditions (such as receiving treatment for diabetes) you may also qualify. War Pensioners or those on the Armed services Compensation scheme are also eligible. To get an exemption you claim on form FP92A.

If you are not exempt then you may get help with the costs of prescriptions and automatically

qualify if you are on a range of specified means tested benefits such as Pension Credit, Guaranteed Credit or Universal Credit if you or your partner have no earnings (or where your income is below a certain level). In this case you will be awarded an HC2 (full help with health costs) certificate. Otherwise you may still get some help on low income grounds and be eligible for a HC3 (limited help with health costs) certificate.

In order to claim you usually fill in the declaration on the back of the prescription form and the Pharmacist will ask for evidence that you are eligible. It may be possible to claim a refund if you paid for a Prescription but should have been entitled to help.

Finally, if no exemptions apply, and your income is too high to get a HC2 certificate, then you could consider buying a Prescription Prepayment Certificate - this will save you money if you need 4 or more items in 3 months or 2 or more items in a year. Currently a three month certificate costs £31.25 and an annual certificate is £111.60.

## Elf Auditions in Worcestershire!

Christmas fans in Worcestershire are being invited to audition for the role of Santa's elves this festive season.

Winter Glow, the biggest Christmas event in the Three Counties held every year at the Three Counties Showground in Malvern, is looking for several helping hands to assist in Santa's Grotto throughout November and December. Successful candidates will have the important responsibility of spreading Christmas cheer and assisting families from across the three counties as they meet Santa Claus himself at the event's personalised Santa experience. Applicants must be enthusiastic, good with children, and, most importantly, have exceptional levels of Christmas spirit. Experience in toy making, speed-wrapping, and reindeer handling is preferred but not essential. Uniforms and full "Elf training" will be provided. Budding Elves are encouraged to register their interest on the Winter Glow website as soon



as possible or by emailing: [christmas@winterglow.co.uk](mailto:christmas@winterglow.co.uk) Shortlisted applicants will be invited to an online interview, linked directly from the North Pole, with the event's Head Elf, Jingle, in the coming weeks. Jingle, Head Elf at Winter Glow, comments:

"My team of merry elves are essential for spreading Christmas joy and helping Santa in the lead-up to our biggest day of the year, Christmas Eve. This is an exciting opportunity to join my team this festive period and I can't wait to personally welcome our newest talented elves on board."



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## Flower Club News



The Chairman, Ann Kingscott, welcomed the members of Pershore Flower Club who had turned out on a very wet evening. She then introduced us to Peta Steadman, a florist from Rugby, Her evening not using oasis at all was entitled "Autumn Treasures" and based on the home and started with a wreath for the front door, made up of two wicker rings, one large and one small, tied together at the top with string. To this frame, she attached lots of small bunches of dried flowers grown by her local growers – nigella pods, achillea, an orange thistle, etc.

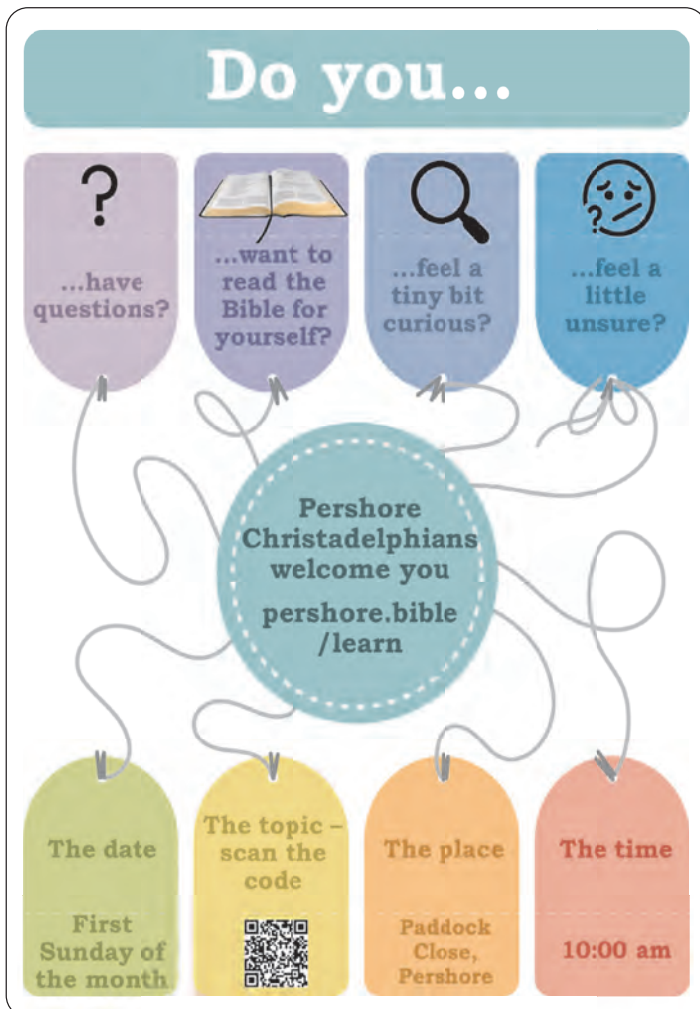
Next she gave us two examples of hand-tying using wire frames which she had decorated with ribbon, wool, twisted willow stems. These designs were for the hall table and, working around the frame, for the first one she inserted a variety of brightly coloured stems such as celosia, protea, Leucadendron, hypericum with its autumn-coloured berries, hydrangea heads, a few stems of wonderful red and orange roses and sunflower heads with the yellow petals removed. Lastly she inserted sprigs of pittosporum in the centre of the design. All these stems were bound together with string and the whole 'bouquet' inserted into a glass vase. The second smaller hand-tie was made up of glorious blooms of pinks and purples.

For her next design, Peta had collected a large number of twigs and assembled them to make a horizontal frame, to which she had attached orchid tubes bound with tape and string. She inserted stems of dried clematis heads into the wooden frame – they do not need water! But into water in the tubes she placed stems of

maroon calla lilies, pink orchids with short stalks, stems of veronica and sprigs of jasmine. Finally, she tucked little balls of moss into the tubes to prevent the flowers from falling out.

Now the centre piece on the dining table – Peta used lerner wool wrapped round five jamjars into which she inserted agra wool, as an alternative to oasis and which absorbs water more quickly. She put small pieces of pittasporum and one "Naomi" red rose into each jamjar and then placed these into a clear glass bowl on a stem. Finally, she had previously attached a lovely selection of nuts, fircones and the like to a piece of hessian which she then draped over the glass bowl to rest on the table.


*We next meet at Number 8 in Pershore on Thursday 16th November at 7.30 p.m. for our Open Evening. Tickets can be obtained from Jenny Masser on: 07704 722433*

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# Farewell to Pershore Market!



offering meat, bread, fruit and vegetables as well as stalls selling locally made craft products, carpets, clothing, furniture, pictures and many more items. It was well supported by shoppers from Pershore and the surrounding villages who enjoyed the quality produce and friendly atmosphere.

Five years ago the market was up for sale and the hope was that the council might purchase it to enable it to carry on. Unfortunately they were not interested and it is only in this last year that a buyer has been found. At the end of this year the market will close and a new Aldi store will take its place. Pershore will lose its market and part of its character. Already some traders have moved on but there are those who hope to relocate to Pershore High Street and carry

Pershore is known as a market town but it has only had a market since the 1800's. The first market was held in Broad Street, close to GMS, the fruit and vegetable wholesalers. Local farmers brought their produce here but ,unfortunately, it burned down. James Mackaness had a yard at

It will be a sad day when the market finally closes on December 30th this year but hopefully, loyal customers will continue to shop here in the weeks leading up to Christmas. Pershore may still be regarded as a market town but it will no longer have a market!



Elmley Castle where he traded in produce from the area. In 1967 he purchased what was to become Pershore Market. The inside of the market was designed and based on the property at Elmley Castle. It was originally a cow shed with open sides. The market became home to various traders

on trading. Mark Gillett has worked closely with the traders and is very keen to help them continue their businesses. He is helping them to find suitable premises to relocate to Pershore High Street. He too will be sad to see the market go together with all their loyal customers.



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health and welfare and property and finance. The LPA covers decisions about your financial affairs, or your health and care. It comes into effect if you lose mental capacity, or if you no longer want to make decisions for yourself. You get to choose who looks after your situation. Without an LPA, life can become stressful and expensive.

A question is asked "I am in my 30's I don't have dementia." Yes, but what happens if you have a car accident are hit on the head with a cricket ball, playing rugby or football, or fall off a ladder, trip over and bang your head in

a bad way or fall off a bike.

These accident examples are not exhaustive so it is not just dementia it is anything that could make you lose capacity.

What happens if a loved one loses capacity...disaster then you have to deal with the Court of Protection. Try phoning them? The phone is never answered, they are shambolic and the legal decisions are at times to say the least BAD.

The LPA forms are badly designed, hence you need an experienced person to deal with them. A word of caution, some lawyers fees are a rip off. Each

LPA should not be more than £200. Another word of caution. A firm of solicitors charged £1600 for two wills after suggesting it would be a lot less, looking at the will at most it should have been £175 each. There is another trick that banks and solicitors try to do, is to write into the will that their firm or bank undertake the Probate, another rip off. The executors should decide at the time. Also remember that an LPA is for when you are alive and ceases at your death. LPAs are the best insurance that you can have and let's hope that you never need it.

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# Carnival Chair retires



Pershore Carnival AGM took place on 28th September. Retiring Chair, Colin Shepherd, reported on, yet another successful Carnival which was well-attended and had been a fun-filled day for the local community. He thanked Committee members for their hard work. A cheque for £1018 was presented to Pershore Community Cupboard, the chosen beneficiary for the bucket collection this year, along with cheques for £200 each to Pershore Riverside Centre and PADDLERS (Persshore Disabled Swimming Club). Cheques were presented by Carnival Committee Chair, Colin Shepherd and Pershore Mayor Cllr Richard Grantham. As Colin stepped down from the role of Chair he was presented with a plaque to thank him for

his 12 years of hard work and commitment, leading the Committee. He is recognised across Pershore as 'Mr Carnival' and will continue to be involved with the event. Pershore Carnival is planned and managed by a very small team of volunteers and more help is needed to ensure that it continues to be such a successful annual event. The Committee meets once a month and each member takes on some tasks involved in putting on the annual Duck Race and Carnival itself.

*If you can help, please get in touch with them by emailing: [pershorecarnival.sec@gmail.com](mailto:pershorecarnival.sec@gmail.com) In particular, anyone with social media skills, who would like to help with publicity would be very welcome.*

# 90th birthday!

A party was held in the walled gardens at Croome, celebrating Malcolm Walford's 90th birthday and 70 years working for the Coventry family, Croome Estate Trustees and latterly as a volunteer for the National Trust. Malcolm Walford started working at the Croome Estate Trust 70 years ago, the same week as his 20th birthday. Now he has been celebrating his 90th birthday and 70 years at Croome with a big party. Malcolm devoted his life to working at the estate before it was taken over by the National Trust. He was originally employed as a labourer at the 18th century house and gardens, two months after Queen Elizabeth II's Coronation in 1953. When he retired he rejoined as a volunteer and now greets visitors and leads tours of the palatial grounds.



# Croome host exhibitions



Croome Court hosts two fascinating exhibitions that encourage its visitors to look closely at the fine detail all around them.

**Marcus Coates: Conference for the Birds and Thomas Bewick: Looking Closely**  
Croome Court and its parkland were created through the vision of its eighteenth-century owner, the 6th Earl of Coventry, who collaborated with the creative talents of Robert Adam and 'Capability' Brown to realise his ambitious vision. Now run by the National Trust, Croome continues to celebrate creative talent through a programme of exhibitions including two fascinating exhibitions now on show until February 2024. With much of its original collection absent, Croome Court isn't what you would expect from a traditional National Trust property. Instead, rooms, many with beautiful 18th-century plasterwork and fireplaces, are used to present temporary exhibitions and installations as a way of telling its fascinating stories.

## **Thomas Bewick: Looking Closely**

Explores the playful work of artist-engraver and naturalist, Thomas Bewick (1753-1828). Born at Cherryburn in Northumberland, he revolutionised engraving in Georgian England with his detailed miniature woodblock prints depicting rural life and the natural world. Through his enquiring gaze of animals and birds he was drawn to look closely at shapes, forms and colours in a way that is natural to both artists and scientists. The exhibition is bought together with:

## **Conference for the Birds**

A sound and sculpture installation by artist Marcus Coates. Visitors are invited to sit with the sculptures, created as enlarged facsimiles of Thomas Bewick's bird engravings from A History of British Birds. The birds, played by six wildlife experts and Marcus Coates, discuss topics from migration to predation and the challenges they face day to day.

*Open daily from 11am until 4pm until 18th February 2024*

# Donation to Crisis charity

The staff at Lloyds Bank, Pershore held a raffle in October to raise funds for the Bank's nominated charity, Crisis. Crisis does amazing work with people who are at risk of, or experiencing homelessness, research and campaigning for policy changes to end homelessness. The change to cold and wet weather highlights the necessary work the charity does. Thanks to the generosity of our customers and the local stores who donated to make the raffle possible, we were able to raise £125. The three lucky winners were able to collect their goodies from the branch.



*Libby Saunders, Assistant Branch Manager with Sarah Courtenay and Angela Johns*

*If you would like to donate, please visit [crisis.org.uk](http://crisis.org.uk) or pop in to Lloyds Bank in Broad St.*

# November Events at community run The Queen Elizabeth Inn

## WINNER OF VISIT WORCESTERSHIRE PUB OF THE YEAR 2022/23 & GOOD FOOD AWARD FOR 2023/24

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



We're excited to welcome you to **Bessie's Breakfast & Tearoom**  
Open Tuesdays-Sundays 09:30-17:00, serving full breakfasts and breakfast baps, a wide range of delicious cakes, teacakes, scones, and crumpets, plus cream teas, and great tea and coffee. Eat in or takeaway



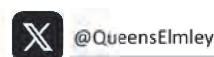
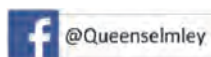
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Awards  
2022/23

Winner

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## New leader for Wychavon - Promises boost for economy, nature and mental health



An increased focus on economic growth, nature and mental health has been promised by the new leader of Wychavon District Council. Cllr Christopher Day was voted in as Council Leader at a meeting on 18th October, following the resignation of outgoing leader Cllr Bradley Thomas. The Ombersley Ward representative was elected in 2019 and was previously Executive Board member for Housing, Health and Wellbeing,

as well as Deputy Leader. Cllr Day said: "I would like to pay tribute to Cllr Thomas. Under his leadership Wychavon has maintained a strong financial position, kept Council Tax low, continued to support our local economy and invested in supporting our communities. We will continue to do all of those things, as well as increase our focus on looking after our natural environment and understanding how we can measure and boost the value our district's natural capital adds to our economy and society. It's important every resident can make the most of their talent and potential. That's why we will boost the good work we are already doing around social mobility, as well as focus on our residents' mental health, to build resilient communities and families."

## Call goes out for singers!



2022 concert

Pershore Town Choir are recruiting singers for their Christmas Concert, to be held on Friday 15th December, in Pershore Abbey, starting at 7.30pm. The popular Concert is a great start to the Christmas season and includes a wide range of familiar and less familiar pieces, plus carols galore. Anyone who wants to sing at the annual event must join rehearsals in the next two weeks, to be fully familiar with the music to be performed. Rehearsals are held at Holy

Redeemer School on Wednesdays at 7.30pm, under the direction of our Musical Director, David Barclay. The choir will be joined this year by Avonbank Brass Band, playing Christmas classics in their own inimitable style.

*Tickets for the Concert are now available at Blue, in Broad Street, price £12.50/£5 under 16 and from Amber Hair Salon, Church Street. For more details or just join us at a rehearsal, call Pat on 01386 554582*

## Rotary News

Pershore Rotary launched its PhysioNet project this month and will be collecting redundant physio and other equipment within the local area. PhysioNet is a UK based charity dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the UK. The charity restores and repairs damaged equipment before they are sent to developing countries. Further information on the charity can be found at <https://physionet.org.uk> The project will run through to the end of November 2023. Further information can be found on our Facebook page or by emailing [Rotaryphysionet@gmail.com](mailto:Rotaryphysionet@gmail.com). We are delighted to be taking an active part in Pershore's inaugural Georgian Christmas Fayre, which takes place

around Broad Street on Friday, 24th and Saturday, 25th November. This will bring a traditional Christmas spirit to Pershore giving local businesses the opportunity to benefit. We will be fundraising for local causes as usual, so come and say hello at our stand by the Christmas tree. Pershore Rotary have launched their 2023 Tree of Remembrance Appeal in memory of loved ones. The Appeal will run through to Christmas and all funds received this year will go to local organisations. Last year's Appeal raised over £4,000 and we hope to improve on that this year.. Whether you support your own community or overseas, Pershore Rotary is here to help.

*If you can help us and want to know more, follow us on Facebook or check out our website at [www.pershorerotary.club](http://www.pershorerotary.club)*



**Rotary Club of Pershore**  
**Tree of Remembrance**  
**Appeal 2023**



**'Your Loved Ones Remembered'**

The Tree of Remembrance is a special way to remember loved ones and by choosing to support our Appeal you will be helping others.

The names of those remembered will be published in the Pershore Times, Evesham Journal, the Pershore Rotary Club's website and in a Tree of Remembrance Book which will be displayed in the Pershore Town library.

A list of all local causes and charities supported by our Appeal will become available on the club's website.

Please donate online via [www.pershoretreeofremembrance.com](http://www.pershoretreeofremembrance.com) or by completing the form below to be sent with your donation to the address shown.

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

First line of your address: \_\_\_\_\_

Postcode: \_\_\_\_\_

I wish to remember the life/lives of: (BLOCK CAPITALS)

\_\_\_\_\_

I enclose a cheque for £\_\_\_\_\_ made payable to "The Rotary Club of Pershore".

Please send to: Rotarian Lynne Raymer, Woodward's House, Cooks Hill, Wick, Pershore WR10 3PA Ref: PT23

I want to 'Gift Aid' my donation. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in a current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Personal information is only used for this Appeal and for Gift Aid (if applicable). It is never shared with any other party.



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Asking Price: £650,000

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Tenure: Freehold. High energy efficient home (A-rated EPC). Solar panels. 10-year new build guarantee. Council Tax Band: To be assessed.



**Dunstall Barn, Earls Croome**  
Asking Price £600,000

**\*\* FOUR BEDROOM SEMI DETACHED BARN CONVERSION-GRADE II LISTED \*\***  
With stunning views across Dunstall Common.  
Tenure: Freehold Council Tax Band: G



**Choules Close, Pershore Asking Price: £550,000**

**\*\* THREE DOUBLE BEDROOM DETACHED FAMILY HOME PRESENTED TO A VERY HIGH STANDARD \*\***  
Located on the outskirts of the sought-after Georgian Town of Pershore.  
Tenure: Freehold EPC: B Council Tax Band: F



**Holloway, Pershore Asking Price: £440,000**

**\*\* THREE BEDROOM DETACHED BUNGALOW \*\***  
Situated in the Georgian Town of Pershore with amenities, the beautiful Pershore Abbey and park, schools, doctors, a theatre, independent retailers, restaurants and public houses.  
Tenure: Freehold EPC: D Council Tax Band: F

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& Partners  
Independent Estate Agents

**Evesham**  
1 Port Street  
01386 556506



**Ryelands, Wyre Piddle Asking Price: £425,000**

**\*\* A SIGNIFICANTLY UPGRADED & IMPROVED DETACHED BUNGALOW \*\*** Located at the end of a quiet cul-de-sac in the riverside village of Wyre Piddle which is just 2.5 miles from the market town of Pershore. NO ONWARD CHAIN.  
Tenure: Freehold EPC: C Council Tax Band: D



**Loughmill Road, Pershore**  
Asking Price: £300,000

**\*\* SEMI-DETACHED HOUSE LOCATED ON THE POPULAR VINEYARDS ESTATE ON THE OUTSKIRTS OF PERSHORE TOWN CENTRE \*\***  
Tenure: Freehold EPC: D Council Tax Band: C

# Pulling out all the Stops

I was lucky to attend Robert Quinney's recital at the Organ Festival in Pershore Abbey on 30th September 2023. The concert was completely sold out and left me mesmerized by his incredible technical skill, deeply moved by the emotional depth of his playing, and inspired by the sheer beauty of his performance on one of the newest organs in the world. The audience of several hundred was seated in the stunning architecture and dynamic acoustics of the former Benedictine Abbey, providing a remarkable and unforgettable atmosphere for the performance. Opening with a JS Bach sinfonia, Quinney's programme wrung the most out of the instrument's wide range of timbres. Starting with a quiet and warm pedal sound, Quinney impressed us with his skilful manual swapping, creating perfect dynamic shapes that ranged from soft and subtle to thunderously loud. He engaged us in a contrapuntal

conversation with pieces by Byrd, Herbert Howells, Maurice Duruflé, and Clément Marcellus, showcasing the instrument's ability to shine with textural lustre across the canon of organ music. During the performance, Quinney demonstrated the wide range of dramatic and exciting textures that the new pipe organ is capable of producing. Concluding with Stanford's romantic Fantasia and Toccata in D minor, Op 57, an exciting, dynamically rhythmic work, Quinney brought the piece to a breathtaking finish with an extended tonic pedal and a majestic Buxtehude-like gesture displaying the organ's full capabilities. He's converted me from seeing the church organ as liturgical wallpaper to an instrument that proves the devil doesn't have the best tunes. The concert was a once-in-a-lifetime experience that will be remembered by all those who gave the mercurial and fleet of foot virtuoso a standing ovation.



**The Pipe Dream**  
In 2019, Fratelli Ruffatti, a pipe organ builder from Padua, Italy, signed a contract to install a versatile three-manual instrument with 33 stops at Pershore Abbey. The organ's pipes are housed in two oak cases hung on the nave wall. This instrument can support the liturgy, lead the choir and congregational singing, and provide a platform for solo performances. The organ's stops produce a distinctively European sound, and its voicing ensures that the music comes across with precision. Unlike many church organs that muffle the sense of line, this organ can deliver a clear and well-defined musical

experience. It supports a wide range of repertoire from early baroque composers through classical and romantic schools up to the present day. Members of the Ruffatti family were at the concert to hear the 'Ferrari' of the organ world taken through all the gears. I hope this is the start of many organ recitals to come, as it would be a shame for a wider audience to miss out on the majesty of such a fine instrument. Indeed, the Choir surely needs to expand to give this organ the full support and enhancement it so rightly deserves'

*Review by Michael Chapman Pincher*

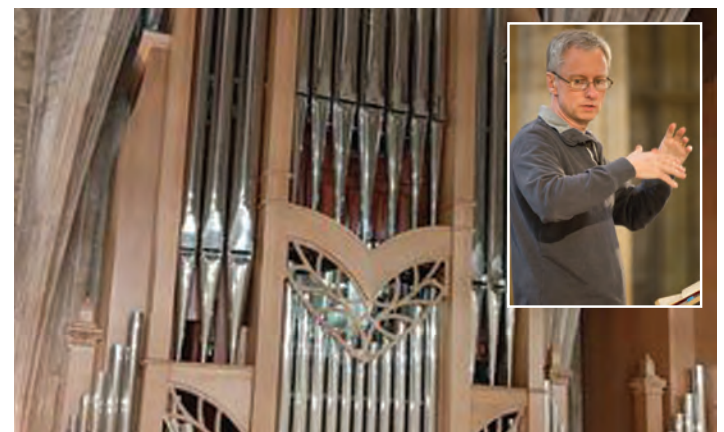
## Pershore Choral join in Abbey's organ Pipe Dream

A four-year wait for an historic musical occasion comes to fruition in Pershore this month when members of Pershore Choral sing in concert for the first time to the accompaniment of the Abbey's majestic new pipe organ. The concert takes place at Pershore Abbey on Saturday, 18th November, 2023, starting at 7.30pm. Tickets are available from Anne Howells, 01905 770557 [anne.horsellhowells@gmail.com](mailto:anne.horsellhowells@gmail.com) or from Blue, Broad Street. "This is an extra special occasion for us, particularly as two of the organ's pipes have been paid for by the choir and are inscribed with our name," said Paul Clarke, Chairman of Pershore Coral. In addition, one of our members, David Long, has been involved in the project as Chairman of the Fabric Committee. We have been waiting for this day ever since the building of the new organ was first announced in November 2019, so it is an honour to be at the heart of this celebration about it in the first year of its life in Pershore. "People from all over the country have expressed interest in coming to see and hear the organ in this unrivalled historic setting." A programme has been specially chosen for the concert of well-known choral works by two

notable French organists - Gabriel Fauré and Louis Vierne who was organist of Notre-Dame de Paris from 1900 until his death in 1937. The choir will sing Fauré's Requiem and Cantique de Jean Racine, and Vierne's Messe Solennelle and Tantum Ergo. Playing the organ at the concert will be the celebrated local organist, Charles Matthews, and the soloists are Rose Johnson (soprano) and Charles Murray (baritone). The conductor is the choir's Musical Director, Carleton Etherington. Fratelli Ruffatti, the Paduan pipe organ manufacturers, announced the contract for the Pershore organ as a three-manual instrument of 33 stops located inside two oak cases to be hung on the nave wall of the Abbey. The case design was to be contemporary, to blend in with the architectural lines of the medieval arches. The façade would feature highly shiny pipes made from 95% tin alloy, a few of which would be embossed in a diamond pattern, a traditional feature of ancient organs. But there were delays due to Covid, material disruption and shipping delays. The organ finally reached the Abbey in February this year after a sea voyage from Venice, via the Adriatic, Ionian and Mediterranean seas,

the Atlantic Ocean, the Bay of Biscay and the English Channel. It took three months to install.

*For further information: Susan Mortimer on 01789 773453*



*Photographs show the new organ in situ and the choir's Musical Director, Carleton Etherington, in rehearsal*



**Saturday 18th November 2023, 7.30 pm  
Pershore Abbey**

*An evening of French choral and organ music  
Featuring the Abbey's new Pipe Organ  
Fauré: Requiem and Cantique de Jean Racine  
Vierne: Messe Solennelle and Tantum Ergo  
Conductor, Carleton Etherington Organ, Charles Matthews  
Soprano, Rose Johnson Baritone, Charles Murray*

Box Office: Anne Howells, 01905 770557 Email: [anne.horsellhowells@gmail.com](mailto:anne.horsellhowells@gmail.com) or from Blue, Broad Street, Pershore

# Remembrance Day in Defford

Tim Hickson

During a recent Hickson family gathering in Herefordshire, a number of us wanted to visit a castle. The nearest was Goodrich, just south-west of Ross-on-Wye. When we were inside its walls we entered the old chapel. One window now contains a stained-glass memorial to those from RAF Defford killed nearby during WW2.

I have seen one of a resonant cavity magnetron, the device developed at Birmingham University that helped us win the radar war and which now can be found being used in all our kitchens in microwave ovens. Inevitably, this window reminded me of the other

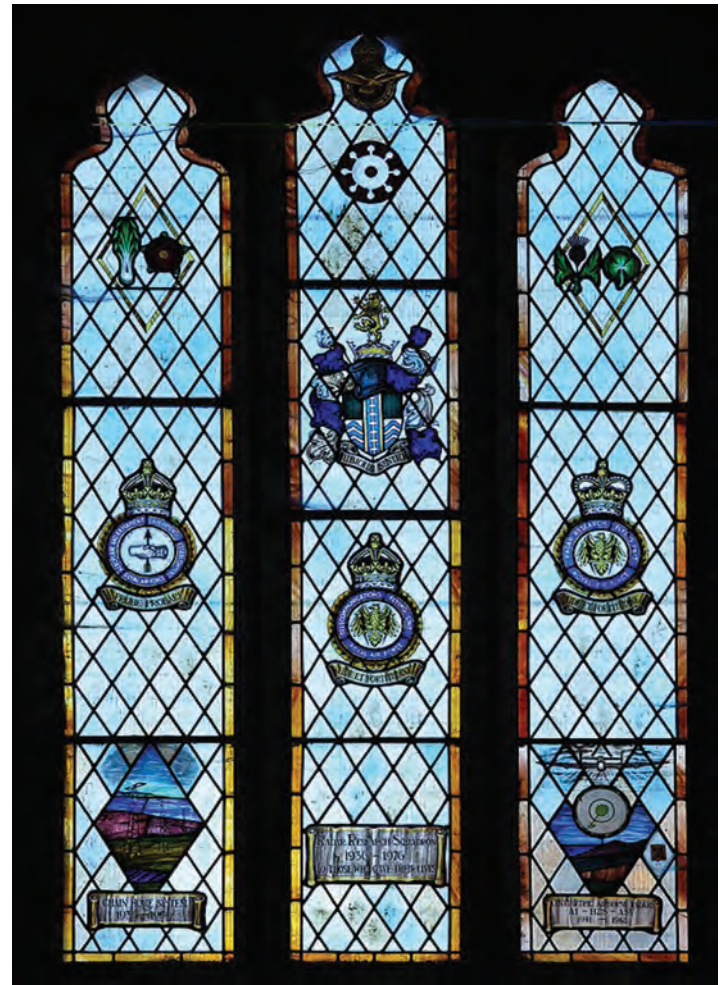
memorial to the 50 RAF and civilian personnel who died developing airborne radar at Defford. This is on a small triangle of grass between Defford Church and the village school.

This memorial was also unveiled by Sir Bernard Lovell of Jodrell Bank Radio Telescope fame who, during the War, was in charge of developing the radar that went into Allied aircraft.

Every November 11th, at 11 a.m., members of The Defford Aircraft Heritage Group, locals and, more recently, if that date is in the school week, children from Defford-cum-Besford CE First School attend the brief



*Memorial and Plaque*



*Window from the RAF Museum*



## Thoughts from the Snug . . . A nap or nip, or both?

The regulars in The Snug are a mixture of economically active plus retired or semi-retired folk who like conversation, gossip, giving and receiving advice. Recently the changing of the clocks from Summer to Winter time prompted a thoughtful discussion on how sleep patterns had been disturbed.

"It takes me several days to adjust my body clocks," said one member. "My afternoon nap routine is at sixes and sevens," she added. "Ah, yes!" exclaimed the oldest Snug member who is, incidentally, the most economically active of the group and always listened to

with respect. "I believe sixty is really the time to make your mark on the world- explore the Arctic, take flying lessons, whatever. Be positive, decisive. Make your mind up to take on an exciting new challenge. Do it today. But only straight after your afternoon nap." "Agreed!" said another, adding

"Everyone over sixty should have a daily nap AND a nip; a short nap after lunch and a fortifying Whisky before dinner." General approval all round. Sound advice.

*Buddy Bach*

# On track for Christmas

Brian Johnson-Thomas

The search for presents for family, friends and loved ones begins to heat up at this time of year so we decided to look at a way of shopping and enjoying a nice day trip at the same time. Because it opened just about the same time as the Covid pandemic was getting under way, the new railway station at Worcestershire Parkway hasn't perhaps had the attention it deserves. Yet it has the advantage of opening up new routes and possibilities for us across the Cross Country Trains network. We chose to take a day trip to Cardiff, the capital city of Wales, and just under an hour and a half away (with straight through trains). It costs just £3.80 to park your car for the day, if you're leaving after 10.30, otherwise the X50 bus also stops at the station, so it's a very convenient place to start from. Trains leave every hour at two minutes to the hour and arrive an hour and 27 minutes later. We found the train seats comfortable, with free wi-fi, and a travelling snacks trolley (only £2.40 for a cafe latte, which I thought was good value). We left on time and arrived on time, what more can you ask? Once arrived in Cardiff Central station, it's only a short walk to

the traffic free city centre and the main shopping area which stretches out from the vast bulk of Cardiff Castle. Those streets are also the base for the wooden stalls of the Christmas Market which this year opens on the ninth of this month. The organisers say that the emphasis is on craftspeople selling their own work whether that's silver jewellery, wooden Welsh love spoons, fused glass, hand thrown pottery or bedsteads, quilts and other textiles. Plus, of course, lots of food and drink options – including mulled wine. On the way to and from the station you'll pass by Ty Madeira, or Madeira House in English which is a rather nice Portuguese restaurant. We had the set Table d'Hote menu at just under £16 each and found it excellent value. For times and menus see [www.tymadeira.co.uk](http://www.tymadeira.co.uk) The train back takes the same time and again there are no changes. It's difficult to give you a journey price because it depends so much on when you travel and at what time, so it's best to look at their website [www.crosscountrytrains.co.uk](http://www.crosscountrytrains.co.uk) and book from there. Also very much 'on track' for this Christmas is the new showcase for Worcester's



Piston Gin company. They're now in Diglis basin ( and you can see them on the right as you drive in) and they offer from the shop a truly scrumptious selection of gins and other spirits. However their main attraction is their Gin School where you can spend a few hours under tuition making your very own blend of gin. Starting with a litre of their alcohol you're taught how to add 'botanicals' to your taste. These botanicals range widely over a spectrum from sweet to woody and earthy via floral and fruity to spicy and herby not to mention citrus and one section called 'behind the scenes' which includes ingredients such as seaweed and marshmallow leaves.

Having chosen the mixture you fancy you then fire up your still and start to distil your very own brand of gin. When you've finished you get to take a bottle of it home with you. (You also you get offered various tastings whilst you're there and there's a cheeseboard to help soak up all that excess alcohol). Gin School costs £150 per couple and they have sessions every Saturday (sometimes twice a day) and, usefully, every day in the time after Christmas and before New Year. If you're feeling indulgent then they also sell gift vouchers, should you wish to treat your family and friends. For details see [www.pistondistillery.com](http://www.pistondistillery.com) Cheers!

## Jazz News

Peter Farrall

"The Great Gatsby" Scott Fitzgerald's third "jazz age" novel, was set in 1920's New York and evokes pictures of opulent parties in luxurious houses with huge gardens and invitees turning up in massive cars to drink and dance the night away with uninhibited abandon. All this to a background of the music which had evolved in New Orleans, suffusing via cities like Chicago and Memphis and quickly arriving in New York, home of the fictitious Jay Gatsby, titular anti-hero of the novel and later, film. This was a prosperous period in US history when mass recording and broadcasting on affordable radios brought jazz within reach of everyone and triggered the opening of countless clubs and dance halls to satisfy the jazz inspired lifestyle of the "liberated" 20's generation. Prohibition, introduced in January 1920, gave rise to the

illicit manufacture of liquor by gangsters who owned secret stills and sold the booze in speakeasies hidden somewhere in their clubs or dancehalls. Men like Al Capone in Chicago and Owney Madden in New York (who owned the famous Cotton Club) gained a huge income this way, often bribing police and "eliminating" competitors. These establishments provided a level of financial and, in some cases, physical security for black musicians but often playing to all white, middle-class audiences. As Louis Armstrong once said "get yourself the biggest gangster you can" Jazz first came to Britain with a tour by The original Dixieland Jazz Band in 1919, ironically an allwhite group. There followed an increasing stream of records from the USA, nearly all of which were by white musicians, so much so that some listeners to the newly

established BBC, had not yet realised that jazz was essentially a black man's music. By the mid-twenties, the jazz age had truly arrived in Britain with British dance bands playing jazz influenced arrangements and appearances by American touring bands bringing the "Dixieland" style to dance halls and theatres. At the end of the decade the great depression in America and mass unemployment in Britain caused much hardship and, except for the privileged few, saw an end to the hedonistic lifestyle. But the music lives on! Hear it at this month's club session.



**The Gatsby Go-Getters**  
**Wednesday, 29th November**  
*The Function Room, Pershore Football Club*  
 Doors open at 7pm, music at 8  
 Admission £10 to include a raffle ticket.  
 Book in advance and pay on arrival  
[club@pershorejazz.org.uk](mailto:club@pershorejazz.org.uk) tel: 01527 66692 find us on Facebook

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## Country Watch



**'If there's ice in November that will bear a duck There'll be nothing after but sludge and muck.'**

October has been a very variable month weather wise. Some unseasonably warm days as well as floods and high winds brought about by storm Babette. This has been devastating in places for farmers' late crops which have ended under water.

All the trees are late in changing colour this Autumn. Only now are there signs that this is beginning with the rusty leaved oak and chestnuts. Over the next weeks we can expect a wonderful palette of browns, oranges, reds and gold before the shedding of the leaves.

In the countryside this is the rutting season. Strange groans and barks echo from the fields and woods in the darkness. Bucks compete to gain dominance over a patch of land to attract the females. It is best to steer clear of deer at this time of year as the males may attack humans. They are a magnificent sight though!

On recent warm days we have been invaded by ladybirds seeking places to hibernate over the Winter. They come into houses and may gather in clusters in corners. Wasps are

still around but they are drowsy now and less busy. Queen wasps will be looking for somewhere to hibernate until the spring.

Squirrels continue to be very active, collecting nuts and acorns which they bury in the ground. Hedgehogs disappear now to go into hibernation. Their body processes slow down almost to a standstill so that they cannot wake up in a hurry even when danger threatens. Finally the pheasant! Having been released for the shooting season, these birds seem to have a death wish and no notion of the danger of cars.

The females seem particularly prone to gather in groups and stray onto the roadside. The males, however, appear to be rather haughty, arrogant creatures, mainly preoccupied with finding females. They are splendid with their brightly coloured plumage compared with the dowdy brown females. It does seem a travesty that many of these poor birds will be shot and end up on the table! As October rolls into November the days will be shorter and Winter lies ahead. No matter what time of year it is, there is always something interesting to see in the countryside.



## Avon Green FINANCIAL

Financial advice of true family value

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SJP Approved 18/08/2023



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# Women's Hour! Here comes the night! Susan Catford



It's that time of year again - Rugby World Cup, Bake Off and Strictly Come Dancing. The summer days have gone; dark mornings and long evenings have become the norm. We all need a distraction, something to celebrate, something to inspire, something to simply entertain us. Perhaps surprisingly, I thoroughly enjoy the rugby. With two sons who played rugby and a husband who has always enjoyed the sport, I have been drawn into it over the years. Standing on a draughty touchline on a Sunday morning did require a degree of dedication. Watching games at rugby grounds can be very exciting and there's nothing like a cold, hard seat and a glass of chilled wine on a

winter's day! Armchair watching has to be the best way for me, particularly with a roaring fire, comfy seat and a cup of tea. I have mentioned before my enjoyment of Bake Off. Each new series provides new contestants who become increasingly diverse. They rise to the challenges and their end results are often very variable but there is entertainment and amusement along the way. I am impressed by the skills they have already and those they have to acquire. Hours spent practising and often holding down demanding jobs shows their dedication. Whilst I am impressed, I know that I probably won't ever bake my own bread, make home made pasta or create works of

art in cake or pastry. For me the problem with real baking is the havoc it seems to create in the kitchen and the number of dishes, pans and utensils required. I am happy to take advantage of prepared foods and 'dine in' meals where somebody else has done all the work! Which brings us to 'Strictly'. For sheer escapism and entertainment, it brightens our Saturday nights and allows us to become armchair critics of these celebrities, apparently putting life and limb at risk. For myself, I am equally fascinated by their dancing and the transformations using spray tans, exotic make-up and incredible costumes. The ability to dance around the floor in high heels and demonstrate incredible 'lifts' is awe-inspiring. Perhaps it could become an Olympic event???? Another programme that is awe inspiring is Portrait Artist of the Year (Wed Sky Arts channel 11). A mixture of professional and amateur artists are required to complete a portrait of a celebrity in four hours (we watch one hour of this). The skills and talents that these people display are remarkable.

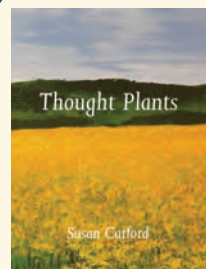
To watch a portrait emerge from a blank canvas certainly keeps me captivated. I also have tremendous admiration for the sitters! It has inspired me to have a go at portrait painting but I suspect I should have started many years ago and taken lessons. Nevertheless, I can still enjoy the challenge and if anyone out there is free, I will give it a go!! In our house we don't generally have a problem about who has the remote (we agree mostly) but the dog thinks otherwise and will take control of the remote as soon as our backs are turned. For us T.V. sustains us over the winter months and fills our dark evenings. We are not addicts - far from it- but it does provide us with entertainment, enlightenment and sometimes inspiration. So bring on the dark nights, there are always Christmas lights to come.

## Cheers!

It used to be so simple  
When asking for a drink  
But it's more complicated  
Than I used to think.  
A glass of red, a glass of white.  
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And when it comes to G&T  
It really was straightforward,  
A Shweppes tonic water  
With Gordan's gin you ordered.  
Now there are so many tastes  
To choose from, just the gin,  
From citrus fruits to spicy  
And what to put them in??

The tonics now have flavours  
To add a special taste,  
But drowning out that lovely gin  
Can sometimes seem a waste.  
And as for beers and lagers  
(Still mainly for the man)  
Were bottled or on draught before  
Not in a pack or can.  
It even seems that glasses  
With handles or a straight  
To slake the thirst with mighty gulps  
The youngsters just don't rate.  
But even with such changes  
There's nothing to compare  
With chilled white wine on sunny days  
To raise a glass and share.  
Cheers!!

Susan Catford



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

*120 pages A5 full colour illustrated by Susan Catford*

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# Garden Design For A Windy Garden in the UK

Creating a garden in a windy area can be challenging, but not impossible. With some planning, protection, and the right plant selection, you can create a garden that is beautiful, productive, and resilient. Here's my top tips to help you choose the right plants for your windy garden.

## Why windy gardens can be challenging

Wind can cause a lot of problems for plants such as:

- Wind can damage or break plant stems, leaves, and flowers, especially if they are thin, delicate, or tall.
- Wind can dry out the soil and the plants, causing them to wilt or die from dehydration.
- Wind can blow away seeds, pollen, and beneficial insects, reducing the chances of pollination and reproduction.
- Wind can increase the risk of fungal diseases, as it spreads spores

## How to protect your garden from wind

The best way to deal with wind is to reduce its impact on your garden. This can be done in several ways:

- Create a living windbreak on the windward side of your garden. This can be a hedge or

- a row of trees or shrubs that can filter and slow down the wind. Make sure that the windbreak is not too solid or high, as this can create turbulence and increase wind speed on the other side.
- Mulch your soil with organic matter, such as compost, bark, straw, or grass clippings. This can help retain moisture, prevent erosion, and add nutrients to your soil.
- Stake, tie, or support your plants with bamboo canes, trellises, obelisks or wires. This can help them withstand wind and prevent damage or breakage.
- Water your plants regularly and deeply, especially during dry and windy periods. This can help them stay hydrated and healthy.
- Prune your plants regularly to remove dead, damaged, or diseased parts. This can help them maintain a compact and sturdy shape and reduce wind resistance.

## Choosing plants suitable for a windy garden:

Some plants are more adapted to windy conditions than others, and they have certain characteristics that make them resilient. Some of these

characteristics are:

- Thick, leathery, waxy, hairy, or needle-like leaves that reduce water loss and prevent tearing.
- Strong, flexible, or woody stems that can bend without breaking.
- Low-growing or spreading habits that hug the ground and avoid wind exposure.



### Heather:

A low-growing shrub with needle-like leaves and pink, purple, or white flowers that thrives in acidic and well-drained soils.



### Stipa gigantea:

A gorgeous grass which grows to around 2.5m tall with



**Nikki Hollier**  
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arching stems of oat-like seed heads. It rustles when the breeze blows through it, so its ideal for a sensory garden too.



### Eryngium:

Commonly known as sea holly. A spiny perennial with blue or silver flowers and foliage that is loved by bees and prefers a sunny position.

# November gardening tips

## Early in November

Try to finish off bulb planting soon. In fact this is a great time to be planting tulips but if your soil is heavy, put some coarse grit into the planting holes. Mounded, fleshy leafed alpines benefit from protection against getting too wet. Cover with a small cloche.

Plant trees, shrubs, fruiting plants and roses of all kinds. They will be able to settle themselves in before the spring. Sow Aquadulce Claudia broad beans and round seeded peas, like Feltham First, in sheltered spots for cropping in June. Christmas roses (Helleborus niger) flower better and earlier with a little protection from a cloche.

Hellebores hate being disturbed but if you must move one, this is the best time. Lift it with a good large ball of soil around the roots.

## Mid November

Check tree stakes and ties before winter winds cause damage.

Plant Paperwhite narcissi for

Christmas flowers.

Clean the glass and insulate your greenhouse using bubble polythene.

Pinch out the tips of autumn sown sweet peas when they are 10cm (4in) tall.

Plant garlic by the end of this month, it enjoys a well-drained position. If in doubt plant cloves 10cm (4in) deep in mounded rows 15cm (6in) high. Take hardwood cuttings of soft fruit bushes and shrubs.

Plant bare root hedging plants. Keep greenhouses and frames ventilated on bright days.

Grass growth generally slows down a little this month, so only give your lawn a light mowing if the grass is dry.

If you have not already done so, treat the lawn to a dose of autumn lawn fertiliser and aerate it. This treatment will pay dividends in the spring. Some herbaceous plants – e.g. Dicentra spectabilis and Primula denticulata can be brought indoors for early flowers. If your garden is lacking colour, plant some winter

## Reg Moule BBC Hereford & Worcester

flowering shrubs now.

Sow fast maturing carrots, radishes, winter hardy salad onions etc in the greenhouse for April harvest.

Plant a container with winter flowering heathers to brighten up your patio.

Trim over summer heathers to remove the old flower stems. Slugs find greenhouse conditions ideal, so they will still be very active in there. Take some steps towards controlling them. Clean patios and concrete paths to remove potentially slippery moss and algae. Patio Magic, or Algon are some of the best treatments to use.

## Late November

Feed flowering houseplants weekly but foliage ones once a month.

Pot up pieces of chives, parsley and mint to bring indoors for fresh foliage all winter.

Begin pruning grapes as soon as the leaves have fallen.

Garden birds benefit from extra feeding all year round, but it is especially important in the winter months. Try to put out



appropriate food for the species living in your garden and make sure that water is readily available too.

Prune free standing apple and pear trees after leaf fall. Place houseplants on wide saucers of moist gravel to provide extra humidity.

Grouping them together on trays of moist gravel helps even more, as central heating is very dry.

Begin washing pots and trays in disinfectant ready for the new sowing season if you have had trouble with seedlings rotting off last year. There are safer ones available now based on citrus waste such as Agralan Citrox and Vitax Greenhouse Disinfectant.

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costumes this promises to be the biggest Christmas show, full of festive joy. *Don't miss out.... get yourself and others to an evening performance from 7.30p.m. Monday 4th – Saturday 9th December, or also on Saturday 9th a Matinee performance at 2.30 p.m. Tickets from Number 8 Box Office, call 01386 555488 or visit [www.number8.org](http://www.number8.org)*

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# Farming

Mike Page

Following on from last month's article, I have started the procedure for entering my farmland into the Government-sponsored Sustainable Farming Incentive (SFI). This is a collection of schemes promoted by The Department for Environment, Food and Rural Affairs (DEFRA) to encourage more environmentally-friendly agricultural procedures. Since WW2, the Government's financial support of agriculture has been aimed at maximising production, with conservation of the environment running a very poor second and reversal of climate change barely considered. However, more recently, environmental and climate considerations have been recognised as factors that cannot be ignored. That raises the difficult question of how to farm in a much more environmentally-friendly way that will not have a negative effect on total UK food production. Because of our large population and relatively limited available productive land, we find it difficult to produce enough food from our own resources to satisfy the country's basic food need. We import a lot of things (like, say, bananas and other foodstuffs that cannot be grown

here for climatic reasons), but we also import large quantities of basic foodstuffs like meat and grain. So, it is something of a conundrum: how do we help look after the environment (including the climate) and feed the Nation at one and the same time? Some of the SFI schemes will enhance the environment on many levels and that is to be welcomed; hopefully the SFI subsidies paid to me and other farmers by the Government will compensate for the loss in production, and farming will remain profitable; without that any scheme is bound to fail. It is easy to blame the fossil fuel industries for the huge increase in carbon dioxide levels within the Earth's biosphere, and its effect on climate, but agriculture as an industry has played a significant part in climate change. The more simplified crop rotations, including monoculture (i.e. growing the same annual crop repetitively), and other agricultural cultivation practices of recent times, pursued not only here but across most of the World, will usually lead to a downturn in soil organic matter content, and this can have a profound effect on atmospheric CO2 levels: Soil carbon can come



Here wheat is emerging in a field from which beans have just been harvested. Modern machines can plant seeds without the need first to plough and then to prepare a perfect seedbed. Also, instead of ploughing to the edge of the field, a grass verge has been left for wildlife.

from decaying plant material and from dead and decaying animal and insect species, many of which will have lived within the soil. Growing a wide variety of plant species as mixed crops or as parts of a wide and varying rotation will lead to measurable and beneficial increase in soil carbon content. There are some 10 million acres of arable land across the UK so there is the potential for many millions of tonnes of carbon to be released back into the atmosphere or being held in the soil as is being encouraged by the introduction of the SFI. Many of these schemes, which have come about with the intention of raising soil carbon levels and by improving soil organic matter, will improve

the soil's potential as a growing medium, leading to improved crop yields. Is it possible that two seemingly mutually opposed objectives might be achieved together? No doubt the schemes being introduced by DEFRA will be successful at some level, but as with so many Government incentives, change has to be introduced with the approval of the industry. Organisations such as the National Farmers Union (NFU) and Country Land and Business Association (CLA) have fought long and hard battles to try and ensure that all sections of the Incentive achieve their objective in environmental and climatic terms, but at the same time do not leave the agricultural community disadvantaged.



## VETERINARY ADVICE ESPECIALLY FOR YOU!



### Fireworks and Your Pets

For many pets the fireworks celebrations around Bonfire Night, Christmas and New Year can be scary events. Those with noise aversions can spend the night cowering and trembling or show erratic excitable behaviour. And even those previously unaffected can be triggered into anxiety by a firework blast too close to home.

There are numerous things that you can do to help make your home a comfortable and reassuring space for them, but if your pet is severely affected please seek help from your vet who may be able to prescribe anti-anxiety medication and offer further support.

Here are some tips to help your pet around fireworks nights:

- Place a **pheromone diffuser** in your house or use a pheromone spray, these help your pet to feel calm and reassured in their space, there are also some helpful 'off the shelf' anxiety medications that can work well. These products need to be started several weeks before the fireworks commence.
- Create a **calm and comforting environment** by using comfy beds, cardboard boxes for cats and providing treats, toys, food and water within easy access in a quiet part of the house. This provides somewhere they can retreat to if wanted but make sure they are also still able to access their usual areas of the house as well.
- **Walk dogs earlier** than usual to avoid the early start of some celebrations and try and **keep cats indoors** if they are happy to do so.
- **Close windows, curtains and blinds** to muffle sounds as much as possible and turn up the tv or radio a little bit to cover noises. Classic FM provide a calming playlist for fireworks specifically designed for dogs that you may find useful.
- **Stay at home** with your pet, your presence is likely to be the most reassuring thing for them. Remain calm and relaxed yourself and provide comfort if your pet seeks reassurance from you.
- Bring hutches for rabbits and other small furies indoors if possible and provide **extra bedding** for them to hide in.
- Make sure your pets are **microchipped** and the details are up to date, if they did happen to run away from home you want to be able to be reunited with them.

For future years sound therapy is something that can be used to accustom dogs to noises, this is ideally useful for young puppies but can be employed to help adult dogs, it should be started many months ahead of the fireworks season. Dog's Trust provide resources called 'Sounds Scary' that are free to access and download.

Above all keep your pets safe and enjoy the celebrations!

Best wishes *Eliza*

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## Cooking for fun! *Ailsa Craddock*

### Potatoes

The world's favourite root vegetable, the potato comes in innumerable varieties. Shapes vary from small 'finger' potatoes like Anya, to large, round types like the King Edward. Most have pale brown skins and cream or yellow flesh, but some speciality varieties are differently coloured. 'Waxy' potatoes such as Charlotte are great used in salads, while 'floury' potatoes such as Maris Piper are ideal for mash and baking. Older potatoes should be scrubbed well in cold water, and any eyes dug out with the tip of a peeler or a small, sharp knife. Much of the nutritional content is stored in or just under the skin, so leave it on if possible. Otherwise, peel very thinly with a potato peeler, then rinse. New potatoes just need a scrub in cold water – the skin is too thin to warrant peeling. Keep all potatoes in a cool, dark, well-ventilated place as, if exposed to light, they will sprout green shoots. They should be kept in paper, rather than plastic bags, as the latter will make them go mouldy. Stored this way, old potatoes can last weeks, while new potatoes should last for a good few days. Potatoes - you can do so much with them - boil them, roast them, bake them, mash them - even make cakes with them! The ultimate comfort (and cheap!) food so I thought I would give you some suggestions for something new to do with them.

#### Baked Potato with Smoked Haddock and Mustard

*Serves 1 so just double up as required*

*1 large baking potato  
150g smoked haddock  
100 ml double cream  
1 tablespoon grain mustard  
Chopped parsley*

Put the smoked haddock in a shallow baking dish. Season the cream with mustard and parsley and a little salt and pepper and pour over the haddock. Bake in the same oven as the potato – about 20 mins. Break open the potato and scrape into a bowl and return the empty skins to the oven to crisp. Mash potato with the cream from the haddock. Flake the fish and stir into the creamed potato. Pile back into the skins and place briefly under the grill to brown.

#### Warm potato, spinach and parmesan salad

*250g waxy potatoes  
2 tablespoons balsamic vinegar  
Juice of a lemon  
1 heaped tablespoon Dijon mustard  
6 tablespoons olive oil  
Lump of parmesan  
4 rashers streaky bacon  
3 - 4 handfuls of spinach leaves*

Lower the potatoes into boiling water and cook till tender. Drain and slice thickly. Whizz the vinegar, lemon juice and olive oil with 2 heaped tablespoons of grated parmesan. Fry the bacon till crisp and cut into small strips. Put the spinach in a bowl and the warm potatoes and bacon and toss lightly in the dressing.



#### Sweet potato cake

*200 g butter, at room temperature + extra for greasing  
500g sweet potato  
200 g fine caster sugar  
4 eggs, at room temperature  
250 g flour  
2 tsp baking powder  
1 tsp cinnamon  
1 tsp five spice powder  
1 pinch of salt*

Preheat the oven to 160 °C. Grease the cake tin and line with baking paper. Peel the sweet potatoes and cut into equal sized pieces. Cook in boiling water for about 15 minutes until tender. Drain and mash with the hand blender. Leave to cool to room temperature. Beat the butter with the sugar using the mixer for 5 minutes until light and airy. Add the eggs one by one. Beat well. Only add the next egg when the previous egg has been fully incorporated. Sieve the flour with the baking powder, cinnamon, five-spice powder and salt above the dough. Mix through as lightly as possible. Gently spoon the cooled mashed sweet potatoes through the mixture. Spoon the cake mixture into the cake tin. Bake the cake in the middle of

the oven for about 65 minutes until golden brown and cooked. Use a skewer to check if the cake is done. Insert it into the middle of the cake. If it comes out clean and dry, the cake is baked. Leave the cake to cool on a wire tray for approx. 20 minutes. Turn out of the tin and allow to cool completely.

#### Optional:

Add 100 grams of roughly chopped pecans or walnuts together with the mashed sweet potato.

#### Cream Cheese Frosting

*100g butter, softened  
1 tbsp orange juice (optional)  
100g icing sugar, sieved  
200g full fat cream cheese*  
Beat the softened butter to a soft and even consistency. Add the orange juice, if using, then the icing sugar. Cream until you have a smooth, soft buttercream consistency. Add the cream cheese and work it in – don't beat it in, just slowly mix with a wooden spoon. Depending on how soft the mixture is, you may want to put it in the fridge for 10 mins at this point. If it's runny, it will firm up again. It should be spreadable and not run off the cake.

## Local food community stall



Pershore Country Market is a co-operative of small producers, who believe local, high-quality food at reasonable prices is good for everyone. Our Community Stall can be found in Chapman Court, by Asda, Pershore from 10am - 1pm on the second and fourth Saturday of the month. (Apart from January when we hang our

aprons up for a well-earned rest.) Fresh and delicious homemade bread, savouries and cakes are on display. So too are jam, chutneys, honey and free range eggs. Seasonal fruit, vegetables and flowers are also sold when available. All produce is small scale, and home made or grown in the Pershore area. We enjoy meeting our customers and hearing your thoughts about our food, special diets and supporting the grass roots economy. Minimal and compostable packaging is used, and customers are welcome to return jars for re-use. Come and talk to us if you're interested in selling what



you cook, craft or grow at home. Traditional Christmas fruit cakes, 'Christmassy' cakes, and mince pies can be ordered in advance for collection on Saturday 23rd December.

*Please come along to find out more.*

*Upcoming Market dates are:  
27th October  
11th November  
25th November  
9th December*

*We hope to see you soon.  
Helen Oldham, Secretary  
Pershore Country Market*

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

## Travels with my air fryer

I like cooking. Cooking doesn't always like me.

Everyone's had a few hiccups in the kitchen before, haven't they? In my Year Nine food tech class, back at school, it was bread week and I was working my ball of dough. I kneaded, rolled and slapped that thing into shape, sprinkling it with rosemary and little studs of salt, let the oven look after it for twenty minutes ... only to realise I'd forgotten the yeast. Everyone else in my class could boast freshly baked loaves. I stood there with a tough old biscuit to take home. In chow mein week, I set fire to the noodles. It was a collaborative effort with a friend. I was helping her to tear open the packet, but I tore it hard enough for a sheet of rock-hard, bone-dry noodles to spin out and wedge itself under the flaming hob. The teacher didn't look happy. Neither did the noodles.

My mate, Nathan, once asked the teacher about his baking assignment and – so I'm told – she replied: 'Well, if Greg can do it, I don't see anyone who can't.'

But I won't glamorise this too

much. If cooking doesn't always like me, then it's my fault. I'm not exactly an adventurous soul when it comes to the culinary world. For the most part, I stick to what I know best: toast, sachets saying 'just add water', a bit of pasta (the shells – conchiglie – are my favourite), and the microwave's always got my back when the moment calls for vegetable soup or baked beans. If there are any fellow novice chefs reading, I would recommend finding your own way into it. In my case, I discovered an unexplored passion for cottage pie. We didn't have beef or lamb mince in the fridge, only pork, so we renamed it a 'sty pie'. I once cooked a sty pie so large that it won me a scout badge. I'm telling you all of this, fellow reader, because I've started a new term at uni and it has brought with it a few changes. Instead of living in my main college in the centre of Oxford, I'm now staying in a college-owned house on Abingdon Road (there are fewer noisy pigeons down here, thank goodness). Out of the whole of the main college last year, we had only one tiny kitchen hiding in the back of

the common room; the place usually looked as though it had been plundered and it was home to many interesting smells. Most of us never used it because we were encouraged to eat in the dinner hall, where – under its vaulted ceiling and the stern stares of its many portraits – I was privileged enough to enjoy roast duck, rump steak and even crab! Moving to alternative accommodation with its own kitchen, as you can imagine, took a bit of getting used to. It was as if I'd been pulled from my communal, firelit cave and pushed out into the wilderness with nothing but a Tesco Clubcard to defend myself with. At the moment, I would say I lack artistry in what I cook; I'm one of those people who eat to survive, to top up the battery, rather than to transcend into an aromatic world of flavours and taste sensations.

Who knows? Perhaps, as this new year develops, I will hone my craft and come to consider myself a part of that aromatic world. For now, though, I remain comfortably in Gregory's world – and Gregory's world has an air fryer. These are nifty gadgets



with an impressive skill of popping up in almost every cooking-related conversation people are having. When I tested mine over the summer, I left my potato waffles in it for too long; I've known Ryvita softer and fluffier than the dried-out slabs of hard, hot potato that my air fryer handed back to me. Fortunately, as with any meaningful and long-lasting friendship, I then got to know it (and its settings) better and have since enjoyed all kinds of meals, from the potato realm and beyond!

With any luck, I have made a new companion on my long and bumpy, yeast-less and overcooked, culinary odyssey. Care to join us?

## Evie's Teenage Focus

I believe one universal situation we can all relate to growing up, is the question, "What do you want to be, when you grow up?". Whether the question comes from parents, teachers or grandparents, they would all ask it. Whilst growing up I feel I had the usual answers: "I want to be a singer", "I want to be a mermaid", "I want to be an actor", "I want to be a unicorn" ... But then we grow up a bit, we start school, and it changes "I want to become a singer" changes to "I want to be a vet" which is all fine and dandy, until you grow up a bit more and learn what that would entail and that you wouldn't be able to stand it. So, then that "I want to be a vet" changes to "I want to be a marine biologist" But by then you're mid-way through your GCSE's and realize that science just isn't your strong suit. And so, you look into different subjects; art, history, geography, English. You look at everything and then, before you know it, you're

taking your final GCSE exam and picking you're A-levels, and that question your parents asked you as a child "what do you want to be when you grow up?" is still floating around in your head, and all those ideas that you had, just don't work anymore, and you still don't know what you want to be when you grow up. So, you look at it in a more practical way, what is the safest option allowing most flexibility? What are the grades you can get? Do you want to go to university? What do you want to be when you grow up?

It wasn't until the end of my 12th year at school when I got the faintest idea of what profession I wanted to go into. I realized that when I grow up, I want to go into the publishing industry. Don't worry though I still don't know which aspect of it I want to take on. At the moment all I know is that I would like to go into book publishing. And despite not knowing where I want to end up, I'm at the stage of going

## Evie Aubin

to universities to look at open days, (so far, my top choices are a Media, Journalism and Publishing course and an English Literature and Publishing course). I think the thing that surprised me most when trying to find a course, was how little courses offered in terms of publishing. The two courses I recently mentioned are the only ones I found in the UK that specialize in an aspect of publishing. I've found a few English Literature courses that offer a limited number of modules, maybe one or two over the entire three years, that would go into detail on publishing. I've found the change from having so many options, so many ideas of what I want to be when I grow up, to



having to narrow everything down into one single thing, that will define me, and change me for the rest of my life to be rather daunting. However, despite all the worrying, I cannot wait to be able to tackle my uncertainty as I believe it will end in something wonderful!

### At the eleventh hour on the eleventh day of the eleventh month – we will remember them!

The Armistice, an agreement to end the fighting of the First World War as a prelude to peace negotiations, began at 11 am on 11 November 1918. *Armistice is Latin for to stand (still) arms.* To this day we mark Armistice Day around the United Kingdom with a Two Minute Silence at 11 am on the 11th day of the 11th month.

## Self-Assessment

Carol Draper

Self-Assessment returns are completed by those who need to declare income that is not taxed at source. Such income can include earnings from self-employment, rents received, dividends, investment and foreign income and Capital Gains. It is an individual's responsibility to recognise if reportable income levels have been exceeded and thus to register for Self-Assessment. As interest rates increase and the tax-free limits on dividends and capital gains decrease, the number of people being pulled into Self-Assessment will inevitably rise. If you have reached the stage where your earnings require you to submit a Self-Assessment return the first thing to do is to apply for a Unique Tax Reference or UTR. By far the easiest way to do this is to register for an online tax account with HMRC and then to complete the online registration for Self-Assessment. Your UTR will be a 10-digit numerical code that is unique to you and is the code you need to communicate with HMRC about all your tax affairs. It is not possible to submit a Self-Assessment return without one. If you are due to submit a Self-Assessment return for the tax year ended 5 April 2023, you should have registered for Self-Assessment by 5 October 2023. While that deadline has passed, if you have not registered yet it is still possible to apply, though



you should do so as soon as possible. The deadline for submitting Self-Assessment returns is 31st January following the end of the tax year you are submitting the return for or within three months of receiving your UTR if this is later. 2023 Self-Assessment returns should therefore be submitted by 31st January 2024. Any tax due for 2023 should also be paid by 31st January 2024 or interest and penalties could be charged. While it is tempting to leave everything until the last minute, if returns are submitted before the end of December, it may be possible to have any tax due collected through next year's tax code rather than having to find the cash in January.

*If you want more advice about Self-Assessment visit <https://www.gov.uk/self-assessment-taxreturns> or speak to an accountant.*

*Carol Draper FCCA  
Clifton-Crick Sharp & Co Ltd*

## Bredon Hill with my camera phone

Angela Johns



If only my photo could convey - the sound of my boots brushing the grass, the slosh of tea in my flask, birdsong, the sound of my heart beating in my ears after the last steep push to the top, the breeze pushing its way through the Scots pines reminiscent of surf, stillness, the warmth of the sun on my face and cool air on my skin, the caw of the crows and the frenzied flapping of pheasant wings, the creaking of branches, the silence of the clouds gliding by, the smell of mud, of sheep poo, of the bread of my sarnie, of my strawberry lip balm. And of course the tightness in my cheeks from smiling. Remember when we used to wait a week for our photos to arrive by post? Would they turn out? What was on that film? Just a handful of photos to act as memory joggers. One or two photos to bring the event alive in our minds. An aid to retell the story of a particular day, month or even year. Now, however, we are able to be snap happy with instant results. All and any moments captured and digitally stored, to be lost in the library of multitudinous other similar photos held on our phones. As a therapist I try to bring all your senses to the party, to reconnect your mind to your body, and enable all the messages to be heard. This takes a little quiet, some effort and practice to consciously visit each sense.

Learning to be aware of the interplay between your senses can help you feel more alive. Think of food and joy, of butterflies in the tummy and excitement. But you could try this yourself with just one photo. Use it not just to picture the scene but to remind you of the experience in all its fullness. Feast all of your senses, not just your eyes. Take a ride on your remembered emotional journey, not just the rehashed story. If that is too difficult it may be a reminder to live in the fullness of our moments, creating rich memories on which to draw, rather than just take another photo. *Currently training as an Emotional Therapeutic Counsellor with the AETC, Angela is a qualified Reflexologist, Aromareflex Practitioner and Reiki Teacher/Practitioner. She is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing. You can find her at [angelajohns.co.uk](http://angelajohns.co.uk)*



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## GPS, and feet this time!

Karen Harris

I seem to write about feet a lot, but they are responsible for a fair amount, so we should take some responsibility for them. You might recall, (from September's article) your body's GPS is dictated to by your proprioception (your body's awareness of you in space) which of course involves the brain. When your foot strikes the ground, that impact is sensed as vibration, so your proprioception comes with the ability to perceive that vibration.....or it should do. The perception is felt by mechanoreceptors on the bottom of the foot, so your heel strike, loading response, peroneus reaction time (a deep muscle in the lower leg that moves the ankle), the timing of a shift in the centre of mass (as you transfer your weight when walking), strength in the foot, timing of glute (bum muscles) activation, and consequential opposing arm swing, are all providing information to the brain to stop you falling over! Cushioning in shoes takes away the vibration. At age 40, that sensitivity is at its peak, at age 70 twice the stimulation is needed to create the same response. Falls can be related to perception of the ankle joint and the proprioception of the ground underneath the foot, the delayed reaction being the catalyst, along with poor foot mechanics. Rehab, foot strengthening and balance exercises should all be done barefoot (under supervision if there is an underlying condition). It makes sense that the proprioceptive bottom of the foot is used and activated on a hard floor - think heel lifts on

both legs, and one at a time, in an upright position with both feet pointing forward. If you read my articles regularly you'll know that I'm not a big fan of 'normal' shoes, but if people are determined to squeeze, raise, cushion and support their feet to stifle their GPS/vibration, then the foot/ankle/leg complex needs exercise. A one inch thick foot sized piece of foam is great for one leg balances. On (or off) the foam, stand with both feet pointing forward approx 4-5" apart, lift the toes, spread and elongate, and place them back down. Link your hands behind your back, keep the body as straight as you can lean forward slowly, just enough to not strain yourself as you come back on your heels. Continue 10 times, you will be surprised how easy it is to progress as the chain reaction from toes upwards kicks in to strengthen and stabilise you. Only 50 degrees of plantar flexion is needed to release energy and transition off the back foot, but a lot of people don't have that, so.....one hand on the wall to balance, place a tennis ball (or similar) on the floor between the heels, set the feet as the previous exercise. Lift the ball with the heels, tucking them under, engage toes into the floor and lift higher, tuck heels into the ball to activate glutes, exhale as you lift & engage pelvic floor. N.B. If you have any foot/ankle conditions please consult a relevant expert before doing these.

## Love, not fear:

Emily Papirnik

### Choosing a path of compassion and Responsibility.

In a world often saturated with fear and uncertainty, it is paramount to redirect our focus towards love and compassion. Amidst the challenges and upheavals of our times, consciously choosing love over fear is not only a personal decision but a collective necessity. The fundamental question we must ask ourselves is, "What would love do in this moment?" One of the first steps towards embracing love over fear is to manage our exposure to the constant barrage of distressing news. While staying informed is important, drowning in negativity can have adverse effects on our well-being and the energy we emit to the world. It's about striking a balance between being aware of current events and maintaining a positive outlook. Taking responsibility for ourselves is another crucial aspect of choosing love. This means refraining from placing blame on others or imposing our beliefs on those leading different lives. It's about nurturing ourselves physically, emotionally and mentally without relying on external sources.

Simultaneously, it's vital to respect others' paths and understand that we are not responsible for fixing or making anyone else happy. A significant part of embodying love is setting aside judgments and opinions about others' actions. Understanding that we cannot truly comprehend someone else's life experiences or motivations allows us to approach situations with empathy and kindness. By prioritising our own growth and choices, we become the best versions of ourselves, making decisions aligned with our values and beliefs. In challenging situations, our compass should always point towards love, guided by integrity, kindness and courage. While we may falter at times, reflecting on our choices and learning from them enriches our journey. Every decision made with love contributes to a more compassionate and harmonious world. By consciously choosing love and over fear and listening to our inner guidance, we can elevate our vibrational frequency and positively influence the world around us. Remember, the responsibility lies within us, individually and collectively, to choose love and cultivate a more loving and understanding society.

### YES or NO?

- Do you want to take control of your aches and pains?
- Do you want to stop having to take pain killers?
- Do you want the knowledge to be able to help yourself?
- Do you want to feel how empowering that feels?
- Do you want to feel that weight lifted from your shoulders?

### YES, of course!

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

Karen Harris, Posture Alignment Specialist, Fitness Trainer  
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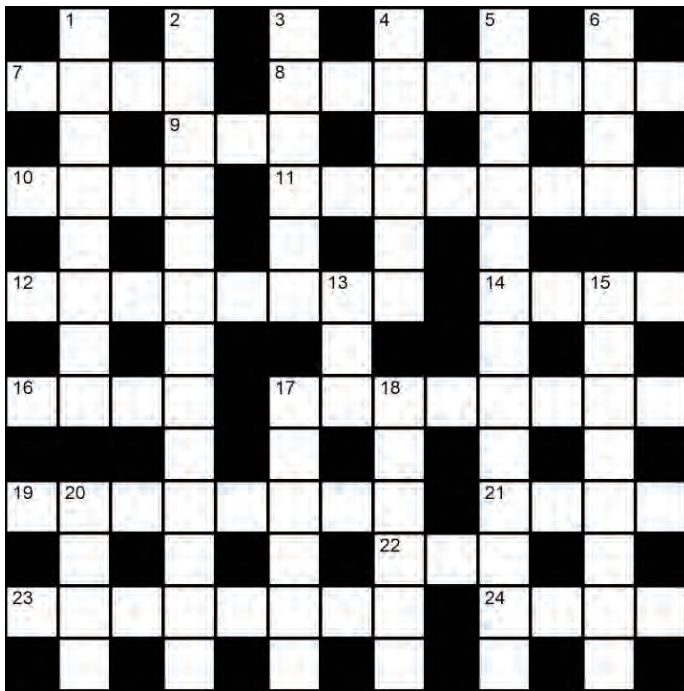
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# Coffee Break

## Crossword



## Across

- 7 Skirt worn by ballerinas (4)
- 8 Having ability (8)
- 9 Average (3)
- 10 Heap (4)
- 11 South American boa (8)
- 12 Leaf box for drinkers who don't use bags (3,5)
- 14 Woman's dress (4)
- 16 Stuff (4)
- 17 Surprised (8)
- 19 Burn without flame (8)
- 21 Boozer (4)
- 22 Wane (3)
- 23 Lackadaisical (8)
- 24 Lasting power (4)

## Down

- 1 Military rebel (8)
- 2 Powerful number cruncher (13)
- 3 Run aground (6)
- 4 Squalid (6)
- 5 Persistently memorable (13)
- 6 Feat (4)
- 13 Speck (3)
- 15 Crash debris (8)
- 17 Abrupt (6)
- 18 Take into custody (6)
- 20 Flesh (4)

## Sudoku

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

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

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

## Crosswords

## Sudoku

## Wordsearches

Jigsaw puzzles  
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online for FREE



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## Nautical terms Wordsearch

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

- AFT
- BEAM
- BELOW
- BINNACLE
- BOAT
- BOW
- CROW'S NEST
- DAVITS
- DECK
- FALL
- LADDER
- LIST
- MESS
- OFFICER
- OVERHEAD
- PORT
- PURSER
- SHIP
- SOS
- STACK
- STERN
- THWART

## October Answers



# Poets' Corner

## A Shropshire Lad

XX

Oh fair enough are sky and plain,  
But I know fairer far:  
Those are as beautiful again  
That in the water are;

The pools and rivers wash so clean  
The trees and clouds and air,  
The like on earth was never seen,  
And oh that I were there.

These are the thoughts I often think  
As I stand gazing down  
In act upon the cressy brink  
To strip and dive and drown;

But in the golden-sanded brooks  
And azure meres I spy  
A silly lad that longs and looks  
And wishes he were I.

A. E. Housman 1859-1936

## In Flanders Fields

In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders' fields.

Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high,  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' Fields.



John McCrae 1872 - 1918

## Spot & Shop - October Winners

- |                      |                   |
|----------------------|-------------------|
| 1) Linda Finnegan    | 2) Pam Rayner     |
| 3) Gary Hale         | 4) Peter Byng     |
| 5) Simon Kite        | 6) Chris Meredith |
| 7) Sharon Drinkwater | 8) Pauline Samuel |

Last month's answer:  
Avon Green Financial

# Fun Quiz!



1. Helvetia is the female national personification of which country?
2. Which Michael Jackson song was composed by Charlie Chaplin?
3. Which is further south - the capital of Spain or the capital of Portugal?
4. Olly Alexander is the lead singer of which pop band?
5. What year did West Ham move to the Olympic Stadium?
6. What is a misocapnist?
7. Which American inventor is credited with the creation of the rocking chair?
8. How many square inches are there in a square foot?
9. The name of which type of martial art means 'empty hand'?
10. Which three actresses played Charlie's Angels in the 2000 movie?
11. WADA is a foundation initiated by the International Olympic Committee, what do the letters WADA stand for?
12. Which two planets of our solar system have no observed moons that orbit them?
13. Which sport is Eddy Merckx associated with?
14. What is amp short for?
15. Who played Pussy Galore in Goldfinger?
16. Which English engineer invented the World Wide Web?
17. Which Shakespearean play features a character known as Puck?
18. Which famous sculpture has the faces of four American Presidents carved into it?
19. Which three countries border Norway?
20. What is a group of six performers called?

1. Switzerland 2. Smile 3. The capital of Portugal 4. Years & Years 5. 2016  
6. One who hates tobacco smoke 7. Benjamin Franklin 8. 144 9. Karate 10. Cameron Diaz  
11. Lucy Liu and Drew Barrymore 12. Mercury and Venus  
13. Cycling 14. Ampere 15. Honor Blackman 16. Tim Berners-Lee 17. A Midsummer Night's Dream 18. Mount Rushmore 19. Sweden, Finland and Russia 20. Sextet

**SPOT & SHOP!**

**COMpetition TIME!**

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

**This month's prizes!**

**1st - £25 cash**  
donated by Pershore Times

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

**3rd £20 Food Voucher**  
at Benvenuti Belle House, Pershore

**4th £20 Food Voucher**  
at The Queen Elizabeth, Elmley

**5th £10 Voucher**  
at Revills Farm Shop, Defford

**6th £10 Voucher**  
at Craftypyro, Bakers Arcade, Pershore

**7th Reg Moule Gardening Book**

**8th Pat's Pantry-**  
Jar of home-made marmalade/jam

**This month's anagram**  
**BREATHINGS SWANSEA UNENTAILED**

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

**Pershore Times closing date: 27th November 2023**

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

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

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

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



**HALLOWEEN READY!**

We want to say a massive thank you to **Sandfields Farms** for donating pumpkins to be used across all of our sessions. We have lots planned over half term, starting with our Juniors Party!

**WE WANT TO SAY A WARM WELCOME TO;**

**CENTRE HIRER ARTYS** Saturdays 10am - 11am

A Drama Comedy class for ages 4 -12 that will boost confidence and focus on social skills in a playful and fun way. Gemma's group is a great addition, do get in touch for more information.

**WATER HIRER Pershore Greyhounds**

We are now the new home to the Pershore paddling group Pershore Greyhounds. We are so excited to welcome them for their Sunday sessions at the Centre.



**GET IN TOUCH!**

\*New slot **FRIDAY DAYTIME AVAILABLE** for a regular or one-off hirer. We have limited availability throughout the week so please get in touch to find out more! We are already taking new water bookings for next year so book early!

[www.pershoreriversidecentre.org.uk](http://www.pershoreriversidecentre.org.uk) or call us on **01386 554713**

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

**In memoriam**

**Kateley, Clive**

Passed away suddenly on 8th October 2023, aged 87 years. Beloved husband of the late Kathleen, father to Martine and Mark, Grandfather and Great Grandfather. Clive will be sadly missed by he's family and friends. Funeral service took place at The Vale Crematorium, Fladbury on 25th October.

**O'KEEFE, June**

Passed away peacefully on 15th October 2023, aged 91 years. Devoted wife to Bernard, and a loving mother to Jonathan. June will be sadly missed by her family and friends. Funeral service at Holy Redeemer Catholic Church on Monday 6th November 11am followed by a burial. Family flowers only. Donations, if desired for Versus Arthritis or Cancer Research UK

**Wells, Marjorie**

Passed away peacefully at Latimer Court Care Home on 7th October 7th 2023, aged 95 years. A much loved Mum, Step Mother, Grandma, Great Grandma and a lovely friend to many. Marjorie will be missed so much by all her family and friends. Be at peace now. Funeral service took place at the Vale Crematorium, Fladbury on 30th October. Donations, if desired, for Dementia UK.

Donations may be sent to:

E Hill & Son Funeral Directors, Pershore WR10 1HZ  
Tel: 01386 552141

**Thoughts from Churches of Pershore**

Jesus was a great storyteller and many of his stories are well known. There's one about a wedding. Guests are invited but rather than coming along to the festivities they make excuses or simply can't be bothered. The father of the bridegroom is so disgusted that he sends his servants out into the streets to invite anyone they find to come to the feast instead. So in the end it's a community made up of all and sundry that celebrate together. It doesn't matter who we are, or what our background is, or what we do or don't do for a living. God invites each one of us to be with him and to discover peace and joy in his presence.

*Christine Dodd, Holy Redeemer Catholic Church*

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## Copy Deadline

December Issue - 23rd November 2023

## Letters to the Editor

Dear Editor,  
My wife and I very much enjoyed seeing your Red Ensign picture and Merchant Navy Day report – Pershore Times, issue 87. We are frequent visitors to Halifax, Nova Scotia and were in the city the same September day the Red Ensign added a splash of colour to Pershore Civic Centre.

Seeing the report – and the coincidence of being in Halifax on Merchant Navy Day – I thought it important to remind readers of the debt of gratitude we also owe to Canadian men and women who lost their lives in the Battle of the Atlantic.

Chris and Mary Watkins

Mrs Joan Lloyd

would like to say Thank you to family and friends for cards and messages on the occasion of her 100th birthday on 5th October

## Social Car Scheme Drivers Urgently Required

We are looking for additional volunteer drivers for our Social Car Scheme which provides a service for local people without a vehicle or unable to use public transport.

Please contact us if you can help:-

Pershore Plus Volunteer Centre  
1 Billing House, Pershore WR10 1EY

Tel: 01386 554299

Email: [volunteering@pershorevolunteers.org.uk](mailto:volunteering@pershorevolunteers.org.uk)

Registered charity No.1166141

## What's On?

### Cinema Listings

#### Maigret (15)

Thursday 9 November - 7.30pm;  
Wednesday 15 November - 2.00pm  
1hr 29 mins, French with subtitles  
Tickets: £9.00, Daytime £8.00

#### And Then Come the

#### Nightjars (15)

Monday 13 November - 11.00am  
& 7.30pm 1hr 21 mins  
Tickets: £9.00, Daytime £8.00

#### The Old Oak (15)

Friday 17 November - 2.00pm  
& 7.30pm 1hr 53 mins  
Tickets: £9.00, Daytime £8.00

#### Past Lives (12A)

Monday 20 November -  
11.00am & 7.30pm 1hr 46 mins  
Tickets: £9.00, Daytime £8.00

#### The Great Escaper (12A)

Friday 24 November - 7.30pm;  
Monday 27 November - 11.00am  
& 7.30pm (ST); Tuesday 28  
November - 7.30pm 1hr 36 mins  
Tickets: £9.00, Daytime £8.00

### Events Listings

#### Sea Legs Puppet Theatre:

#### The Ugly Duckling

Thursday 2 November - 2.00pm  
45mins + meet the puppets,  
suitable for ages 3+  
Tickets: £8, 16 & under £6

#### Treorchy Male Choir

Saturday 4 November - 7.00pm  
2hrs 10mins (inc. interval)  
Tickets: £22

#### The Royal Ballet: Don Quixote

Tuesday 7 November - 7.15pm;  
Encore: Sunday 12 November -  
2.00pm 3hrs 30 mins (inc.  
intervals) Tickets: £17,  
Seniors £16, 16 & under £10

### Watch This Space

Friday 10 November - 7.30pm  
16 & under £8 1hr 45mins (inc.  
interval)

Tickets: £14, Students £10

#### Callas - Paris, 1958

Saturday 11 November - 7.30pm  
Tickets: £14 1hr 30 mins

#### Dear Ted...

Saturday 18 November - 7.30pm  
Tickets: £8, Seniors £6 1hr

### Exhibition on Screen:

#### Klimt & The Kiss

Tuesday 21 November - 7.00pm  
1hr 30 mins  
Tickets: £12, Students £10

### National Theatre Live:

#### Skylight

Thursday 23 November - 7.00pm  
Tickets: £16, Seniors £15,  
Students £10, 16 & under £10  
2hrs 43 mins (inc. interval)

Tenors Unlimited - A New Era  
Saturday 25 November - 7.30pm  
2hrs (inc. interval) Tickets: £25

### Orchestra of the Swan:

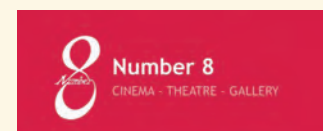
#### Midwinter

Thursday 30 November - 7.30pm  
1hr 50mins (inc. interval)  
Tickets: £16, 16 & under £10

### A PODS Christmas

#### Spectacular

Monday 4 - Friday 8 December  
- 7.30pm; Saturday 9 December  
- 2.30pm & 7.30pm  
Tickets: Mon £12, Tue - Thu £14,  
Fri £16, Sat matinee £12, Sat  
evening £16



Box Office Opening Hours

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

Telephone Bookings: Mon - Sat 4pm - 6pm

High Street Pershore Worcestershire WR10 1BG

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

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



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**Worcester Philharmonic ORCHESTRA**

Flute Soloist  
Emily Hicks

Conductor Joe Davies  
Leader Graham Longfils

**Saturday 11th November 2023**

**Pershore Abbey**  
WR10 1BL

**Butterworth**  
- A Shropshire Lad

**Ravel**  
- Pavane pour une Infante Défunte

**Gordon Jacob**  
- Flute Concerto

**Vaughan Williams**  
- Symphony No. 5



Tickets £15 (under 16s free) available from:  
Tourist Offices in Worcester, Pershore\* and Malvern  
Ticket Secretary 01905 353013  
Online at [www.ticketsource.co.uk/](http://www.ticketsource.co.uk/) (Booking fees apply online)  
\*cash only. Registered Charity Number 512073

*An opportunity to buy many  
handcrafted gifts and  
treats for Christmas*

## CHRISTMAS CRAFT & GIFT FAYRE

**Saturday 25th November**

**12.00 midday – 4.30pm**

**ELMLEY CASTLE VILLAGE HALL**

*Deer Park Wines*

*Tilesford Cottage Pork Products*

*Preserves, Honey, Chocolates, Sweets*

*Artisan Woodcrafts and Resin Products*

*Jewellery, Beauty, Bathroom*

*Woollen Products*

*Oscar Pet Foods*

*Tombola and Refreshments*

*and at 4.30pm Send Santa off to 'The Queens'*

**Pinvin Poppies WI**  
invites you to our  
**CHRISTMAS FAYRE**



**FREE ENTRY!**

**Sunday 26th November 12-3pm**  
**Pinvin Memorial Hall**

**Meet Father Christmas in his grotto**  
Craft stalls, tombola, raffle  
Refreshments and much more!



**November Monthly Meeting**

**Tuesday 21st November 2023**  
**at 2pm**

### DRIVING SKILLS REVISITED

*Join Val and Howard Allen to  
hear how to refresh your skills in  
modern situations*

*All welcome, no need to book!*

All monthly meetings held at  
**Number 8 High Street Pershore WR10 1BG**  
*Everyone welcome, no need to book*

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

## 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**



## 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:*  
**Maureen Speight - Tel: 01386 556772**



"Lord God of Hosts, be with us yet, Lest we forget —  
lest we forget!"

*Rudyard Kipling's*

**PERSHORE FLOWER CLUB**  
Presents

**VANESSA WELLOCK**

**'TIS THE SEASON'**

**Thursday 16th November 2023**

Starting at 7.30 pm.  
at Number 8, High Street  
Persore WR10 1BG

Doors open at 6.30.

**Raffle and Bar**

**Jenny Masser Tel 07704722433**



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](http://www.organdonation.nhs.uk)**  
or email: [michaelamies36@gmail.com](mailto:michaelamies36@gmail.com)  
**07807 070249**

*Sponsored by: Hughes & Company*

# Vale Golf Club Seniors - Eclectic Competition



Seniors Captain, Will Reading (Right) presents the trophy to Peter Richards

A bright early autumn day attracted 63 section players of The Vale Golf and Country Club to contest the final round of The Eclectic Trophy. This is played over five rounds.

A players score card is compiled by selecting for each hole the best net score across five rounds played. The player with the lowest net score wins the Dave Morgan Trophy. This

year's winner with a gross score of 60 was Peter Richards. Second with a score of 60.5 was John Eastoe. Third was Rick Hawkins with 60.9.

## Autumn Trophy

71 players contested the final Board Trophy competition of the season on a fine autumn day. Results were:

### Division 1

1st Ian Geden	71 net
2nd Nigel Smith	72
3rd John Jarvis	72

### Division 2

1st Ian Perry	73
2nd Alan Watson	74
3rd Peter Lewis	75

### Division 3

1st Rob Taylor	73
2nd Joe Bryan	77
3rd Mike Daniels	78

The overall winner of the

Autumn Trophy was Ian Geden. Thanks to Jenny and Carl Braithwaite for donating the trophy, **Salter White Tee Medal**

The final White Tee competition of the season attracted 40 players the winner with the best gross score was Mike Roberts.

The results were:

### Division 1

1st David Hamilton	76 net	96 gross
2nd Mike Roberts	77 net	90 gross
3rd Duilio Perla	77 net	91 gross

### Division 2

1st Carlo Martinello	77 net	106 gross
2nd Martin Foley	81 net	107 gross
3rd Bernard Rayner	81 net	107 gross

# Pershore paddling group, Pershore Greyhounds are on the move!

Pershore paddling group, Pershore Greyhounds are moving. This popular little group are relocating from The Star Inn to Pershore Riverside Centre. We will be at the Riverside Centre for Sunday sessions from Sunday 5th November 2023. For further information please contact Keith Burton on 01905 356628 or Email: keithburton42@gmail.com



# How they've grown!



Swans at King George's Field

No longer ugly ducklings! It's great to see the cygnets in this Pershore swan family have grown into young swans, gracing the waters of the River Avon at King George's Field. Of course the river was then transformed by the Storm Babet flood last month, inundating

low lying meadows, as shown in our second photo. Fortunately, levels have now returned to normal. These two photos were taken by wildlife photographer Mark Everett, who has been appointed as "Photographer in Residence" to the Pershore River Festival.



Flooding at the old bridge

The River Festival Committee is now starting to prepare for next year's event, which will be held on Saturday July 20th 2024. Details are yet to be decided and will be announced in due course. Pershore is often said to turn its back on the river, so over the

next nine months we're planning to show just what people are missing! Mark Everett will be taking photos of river life every month, and we'll post them on our Facebook page and the Festival website and - with their permission - in the Pershore Times.

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# Pershore Times



## From Green Care to a Christmas Fair!



by Wick Care Farm

provider to make a referral or get in touch directly with Isobel Meikle at [info@wickgrange.co.uk](mailto:info@wickgrange.co.uk) Although everyone is treated individually at Wick Care Farm, we consider ourselves a community at heart, and are pleased to announce the return of our Christmas Fair on *Saturday 2nd December 11am-2pm!*

From animal encounters to live music, fantastic stalls and a cafe stocked with homemade bakes, cakes, soups and snacks – it's set to be a fantastic day out (rain or shine!).

Entry is free and Park & Ride is available at Pershore College. We also heard a rumour that Santa Claus may or may not be in attendance...

People often ask the very valid question – what is a care farm? In short, care farming is the therapeutic use of farming practices. It sits alongside other forms of green care such as ecotherapy, animal-assisted therapy and wilderness therapy – occupying the space where outdoor activity meets mental health. What makes care farming itself unique is that it operates a unique mechanism of action, combining nature, purposeful

activity, socialisation, and therapeutic support. At Wick Care Farm, we are incredibly proud to have recently been awarded the Green Care Quality Mark. This sector-wide accreditation shows that we are meeting industry standards as a safe, professional organisation looking after the people and animals in our care. It's a fantastic achievement for the staff, volunteers, clients and community at Wick Care Farm,

and a wonderful milestone as we approach our tenth anniversary! At Wick Care Farm, we offer a structured day of farm-based therapeutic activities designed to sustain and improve mental wellbeing. Our clients come from all walks of life with varying levels of support needs, and everyone is treated individually to engage with the benefits of care farming. To enquire about attending Wick Care Farm, ask your health and social care



Heathlands Residential Care Home in Pershore are delighted to launch

## the Allard Respite Suite



Our newly refurbished, eight bed suite provides dedicated pre-bookable respite breaks.

This unique offer ensures peace of mind for those looking to pre-book a short term care break.

Call our dedicated Enquiry Support Team on free-phone **01386 571 067** [sanctuary-care.co.uk](http://sanctuary-care.co.uk)

“Dad is very well cared for 24 hours a day, his room is lovely, food is lovely too and staff are super caring, professional and friendly. Thank you.”

Daughter of resident - February 2023



carehome.co.uk Review Score for Heathlands Residential Care Home 46 reviews

Based on independent review scores in the last 24 months at the time of going to print.

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Sanctuary Care Limited and Sanctuary Care (North) Limited are subsidiaries of Sanctuary Housing Association, an exempt charity

