

Pershore Times

A free monthly newspaper for Pershore and surrounding villages



Issue 76

October 2022

FREE



Early Autumn Morning, River Avon © Jayne Winter FRPS, www.jaynewinterphotography.co.uk

God Save the King! We pay tribute to our new King and to our late Queen Elizabeth the Great! A truly great Queen, an outstanding leader, a fine human being. She symbolised all the finest qualities anyone could possess, an example for everyone to follow. The world has lost a remarkable lady the like of whom we will never see again. We as a nation are very grateful to her. The incredible outpouring of grief shows the level of affection and love everyone had for our Queen. With Prince Philip it was a magic partnership. King Charles III is also a remarkable man, a man in some ways before his time. He has led the way in so many areas, the Prince's Trust, environment, architecture, agriculture, the homeless, to name a few. Massive changes have taken place through his influence and drive. He will have learnt so much from his mother and father and will also have his own plans. He is

experienced, well trained and ready. He will be a brilliant King. We wish him a long and happy reign! We have a new Prime Minister. A very experienced Parliamentarian and cabinet minister, well trained and ready to lead with total commitment and drive. Action this Day' seems to have been reintroduced!

Bold decisions have already been made and the establishment is being shaken-up and made to rethink. Economic growth is the objective! We have exciting times ahead.

We will win the economic and bloody war, Mr Putin is waging in Europe. A new era has begun and as always, there will be some challenges ahead for our new leaders, but nothing we can't handle.

Autumn is upon us, the nights are starting to draw in, and it's getting cooler. The leaves will begin to turn and a lovely time of year begins, when nature gets ready for its annual rest.

Remember!
Clocks go back one hour
on 30th October



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Charity appeal to aid vulnerable this Winter



A Pershore-based charity is asking for help to aid the vulnerable in our local community this coming Winter in the midst of the rising cost of living crisis. They are asking those who feel able to spare some of their Winter Fuel Benefit or Energy Bills Support Scheme money to consider donating some of it to aid those for whom Winter heating costs will be a major financial struggle. Chairman Canon Claire Lording said: "Pershore United Charities (PUC) is a local charity serving the Pershore area whose aim is uniting the churches and community in easing hardship amongst residents and organisations of Pershore and surrounding villages". Trustees are from local churches or have been nominated by the Town Council.

This winter we are encouraging residents who feel able to, to kindly consider donating some

of their allowance to a designated fund managed by PUC, which has been set up to help with rising energy costs and the knock on consequences of high bills for the most vulnerable in our community. To date we have been able to help with bills or with purchases that can make homes warmer, for example with appropriate floor covering. Any help will be gratefully received and we thank you for the difference it will make to the most vulnerable in our community"

Anyone who would like to support this fund can contact PUC's Clerk, Andy Walton via the Pershore Abbey and Benefice Office, Alveston House, 11 Broad Street, Pershore WR10 1BB. Similarly any cheques, clearly labelled for Pershore United Charities, with a note saying they are for the energy costs fund, can also be left at this address.

Town Choir fund to aid Ukrainian children

Pershore Town Choir is launching a fund to help young Ukrainian and other refugees needing musical instruments and help with musical tuition. The fund was launched in an Appeal at their Concert held on 1st October in Elmley Castle Church. This was a joint concert with the Tapestry Chamber Choir.

Organiser of the fund, Tony Mealings, said, "The matter of Ukrainian and other refugee children staying in our area needing instruments and help with music tuition first came to my notice in social media from the Riverside Youth Centre in Pershore. As we're a choir, help with musical instruments and tuition was a no-brainer. The Concert was an ideal launch pad

for the fund."

The Concert, under the batons of David Barclay (Pershore Town Choir) and Sandra Burne (Tapestry Chamber Choir), included classical and modern pieces, including hits "Bring him home" from Les Miserables and Bach's "Jesu Joy of man's desiring."

Tony Mealings added "The intention is to establish a fund which can be offered to local schools in the Evesham and Pershore areas to support children and young people who need help obtaining musical instruments and tuition. This would be for all refugee children, irrespective of country of origin. The fund will be held and run by Pershore Town Choir."

Abbey turning pink and blue - Baby Loss Awareness Week!

This October Pershore residents will be able to see Pershore Abbey illuminated in pink and blue to show support for Baby Loss Awareness Week 2022 (9th to 15th October). Evesham charity Action on Pre-eclampsia (APEC) have collaborated with Wychavon Council and the Vicar of Pershore Abbey to have the landmarks lit up for this special week, now in its 20th year. APEC strongly supports Baby Loss Awareness Week, primarily because pre-eclampsia causes the deaths of 1200 babies and up to ten mothers in the UK every year. APEC's office administrator, Abbie suffered with it in 2017 when devastatingly, her baby son Jude passed away. Abbie said "it is a week that is close to our hearts and an opportunity for everyone in the baby loss community and beyond to come together, support each other and remember our much-loved and missed babies."

All of the buildings and landmarks turning pink and blue for Baby Loss Awareness Week 2022 will be featured on an interactive map and on the official Baby Loss Awareness Facebook page. We would be delighted if anyone in Wychavon can share their photos of Evesham Bell Tower and Pershore Abbey on social media and include the hashtag #BLAW and #APEC to reach as many people as possible. Baby Loss Awareness Week is recognised across the world and culminates with the "Wave of Light" on 15 October. This is a special time when people across the world light a candle at 7pm local time and leave it burning to remember all babies that have died too soon. Visit www.babyloss-awareness.org to find out how you can get involved or www.apec.org.uk to learn more about this Evesham charity.

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New housing proposal near Tiddesley Wood

A new proposal for housing development near Tiddesley Wood in Pershore has been put forward by planners.

At the end of 2019 the three South Worcestershire Councils – Worcester City, Malvern Hills District and Wychavon District – held a Preferred Options Consultation. This set out the initial housing allocations to be included in the review of the South Worcestershire Development Plan.

At the time, the proposal was for 450 homes to be built on a 26.27 hectare site on land north of Defford Road next to Tiddesley Wood, with a large buffer zone to reduce the impact of development.

During the consultation concerns were raised by members of the public about the scale of the development and the impact on the wood. Similar responses were also received from organisations including Natural England and Worcestershire Wildlife Trust.

A draft of the South Worcestershire Development

Plan has now been published for councillors at all three councils to debate and decide if it is ready to go out to public consultation from 1st November. In it, a new proposal has been made which would see 112 homes built on a 6.29 hectare site on land south of the Holloway. This is not only a significant reduction in the numbers of homes planned but leaves an extensive gap between the proposed development and the wood. It is also nearer to existing housing so is more in-keeping with the area.

The Plan is still a draft and needs approval from all three South Worcestershire Councils before public consultation can begin. It will then go to examination by an independent planning inspector who will decide if the Plan can go forward to be officially adopted.

Worcester City will consider the Plan on 17th October, Malvern Hills District Council on 18th October and Wychavon on 19th October.

i-Sing Choirs celebrate their first birthday

At 7.30 p.m. on Saturday the 29th of October the i-Sing Choirs celebrate their first birthday in the magnificent setting of Pershore Abbey. Tickets may be bought at Blue, the Town Hall and via the Choirs' website.

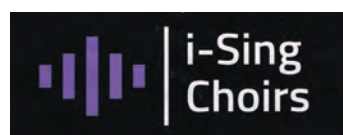
Together with guest appearances from the Wigornia String Quartet, the concert will feature 160 members from the massed i-Sing Choirs, drawn from choirs in Cheltenham, Cirencester, Droitwich, Malvern, Tewkesbury and Worcester.

i-Sing Choir were founded by Helen Jones in 2021. She is passionate about supporting local communities and charities. The celebration concert, in support of the Pershore Wellbeing Hub, will be another opportunity to continue fund-raising activities as the choirs feature feel-good, contemporary and uplifting songs.

Many choir members, together with Helen, have recorded at

London's world-famous Abbey Road Studios as well as singing at the Notre Dame cathedral and Disneyland Paris. Closer to home, the choir has performed at charity concerts in Birmingham's Town Hall as well as regular appearances at venues such as the Three Counties Showground in Malvern and working with BBC Hereford and Worcester during the annual "Children in Need" event.

*Contact details:
Helen Jones – 07968 836978
Email: helen@i-singchoirs.co.uk
John Bennett - 07866 689108
Email: john15050@hotmail.com
www.i-singchoirs.co.uk*



Peopleton show



The Peopleton Autumn Show was held on 3rd September and despite some of the events being cancelled due to COVID, it was well attended and all the usual competitions were held. There were 175 classic cars and also some commercial and military vehicles. As usual, there was a prize for the best vehicles and presentations to the owners. Children were entertained with games in the arena, a bouncy castle, tug of war and circus games. There were local bands playing in a large marquee for most of the day and the adjacent bar served food and drinks to those watching. Tea and locally made

cakes were also available in the village hall, whilst Peopleton Cricket club sold hot dogs and burgers from their BBQ. The fruit and vegetable competitions were well attended and exhibits showed villagers managed to produce excellent results despite the drought of the last few months. Stalls were set up around the field for vendors and craftsmen and these were popular with the attendees.

The Show was a success and we hope was enjoyed by all who attended.

We look forward to next year's Show to be held on 2nd September 2023



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£375m Cost of Living payments made

HMRC has made its first Cost of Living payments to more than 1.1 million tax credits claimant families. The first HMRC payments total £375m. These payments of £326 were made between 2nd-7th September 2022. If tax credit-only customers believe they are eligible but have not received a £326 payment between the published payment dates, they should wait until 16 September to contact HMRC. This is to allow time for their bank, building society or credit union to process the payment. A second Cost of Living Payment will be made to eligible tax credit-only customers from Winter 2022. The payment schedule web page will be updated with more

specific payment dates in due course. The Government is offering help for households. Customers should check GOV.UK to find out what cost of living support they could be eligible for. As well as the Cost of Living Payment, other government support includes: £400 discount from the Government to help with the cost of energy bills from October onwards, £150 council tax rebate for council tax bands A-D in England, £300 Pensioner Cost of Living Payment that will be paid alongside Winter Fuel Payments, £150 Disability Cost of Living Payment from 20 September for those receiving an eligible UK disability benefit.

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



Government goes for growth with tax cut plan

Harriett Baldwin has backed plans to protect her constituents from sharp energy price rises and a boost for growth which set out a range of tax cuts for working people and businesses. New Chancellor Kwasi Kwarteng laid out measures which will aim to help people with higher energy costs with average household bills capped at £2,500 for the next two years and the Energy Bill Relief Scheme will discount wholesale gas and electricity prices for all businesses, charities, schools and hospitals. Measures which were

announced earlier in the year, including a £400 payment to all households to help with their energy bills and specific extra measures for lower income households of up to £2,200 will also stay in place. The Chancellor also announced a range of tax changes including the reduction of income tax to 19 per cent from next April and the reversal of plans to increase corporation tax and National Insurance. The Chancellor has also frozen alcohol duties, including cider, increased the stamp duty threshold to help more first-time buyers and families to own their own home. Harriett said: "We are facing extreme economic challenges with rising inflation and the weaponization of energy prices following Putin's illegal invasion of Ukraine. The Government has moved swiftly to offer support to householders and businesses and this further plan for growth will help local people and employers to raise their incomes this year and beyond.

This plan will allow people to keep more of the money they earn in their own pockets and give a helping hand to business to develop ambitious plans to grow and create more jobs and wealth. As a member of the Treasury Committee, I will be looking closely at the fiscal

economic forecasts and monitoring the impact on growth and inflation closely."

Business support for energy bills

Harriett Baldwin MP has welcomed measures which will help companies, schools and other organisations facing higher energy bills this winter. The Government has announced a relief scheme for businesses, voluntary organisations and public sector bodies like hospitals and schools to provide a discount on wholesale gas and electricity prices. The scheme, which will be equivalent to the Energy Price Guarantee put in place to help households, will be confirmed to the House of Commons tomorrow (Thursday). It will apply to fixed contracts agreed on or after April 2022, as well as to deemed, variable and flexible tariffs and contracts.

It will apply to energy usage from October 2022 to March next year, running for an initial six-month period. Harriett said: "A desperate President Putin is using energy as a weapon against the West. The rising cost of energy is causing serious concern for homeowners and business owners alike. Government has stepped in to prevent this having the devastating impact on our economy that Putin wants. Households will also be capped and a lot of extra support for lower income households has already been announced and people should have been receiving support if they are on benefits or are in a home with a council tax band A-D. More help is on its way, and if you need more detail on how your own business or household can be supported, please make sure you look at the Government's internet sites or speak to Citizens Advice."

BEST-BUSINESSES NEWSLETTER

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Thank You

To everyone for your generous donations to the Motor Neurone Disease Association in memory of the sad passing of Annmarie, earlier this year - 6 months after being diagnosed with MND at the age of only 54. A wonderful wife, mother and grandmother, She will be sadly missed by all who knew her.

In particular, we would like to give our special thanks to two of our major fund raisers: to Mark at the Royal Oak at Kinnersley for setting up, and helping fund the recent charity cricket match that raised £1,875 for Annmarie's MNDA fund, and to Claire and Grahame at the Anchor Inn in Upton and their amazing team for their sponsored sky-dive that raised a further £2,400

To date, with your help, we have raised an amazing £8,000 for the MNDA and still rising. Further donations will, of course, be greatly appreciated

Martin & Jordan



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30m NHS App sign-ups for organ donation



The NHS App has now recorded more than 30 million sign-ups, and almost 450,000 new organ donation decisions have been registered via the app. People are being encouraged to use the NHS App as an easy way to register their decision during Organ Donation Week (26 September to 2 October) as more than 6,500 patients are actively waiting for a transplant across the UK.

NHS Digital figures show that:

- NHS App now has more than 30 million sign-ups
- Organ donation preferences have been managed over 3.7m times through the NHS App. These include:
 - Over 832,000 updates to existing organ donation decisions
 - 448,000 organ donation decisions registered for the first time, (183,000 of these since September 2021)
 - Over 19.3 million repeat prescriptions ordered via the app in the last year (September 2021 - August 2022)
 - 1.4 million GP appointments booked via the app in the last

year (Sep 2021 - Aug 2022) The NHS App now has more than 30 million sign-ups and its use could also have a life-saving impact, with hundreds of thousands of new donors registering their decision for the first time via the app in the last year. The total number of organ donation decisions registered for the first time through the NHS App has increased by 69% in a year – with a rise from 265,000 last September to 448,000 in August 2022. Since September 2021, 183,000 new organ donation decisions have been registered via the NHS App. Overall, organ donation preferences have been managed 3.7 million times through the app. Registering a preference on organ donation helps NHS specialist nurses to quickly understand people’s wishes, which can ultimately save lives.

To find out more and register your decision, visit www.nhs.uk/nhs-app or the NHS Organ Donor Register at www.organdonation.nhs.uk

50th Anniversary concert in the Abbey



The Worcester Philharmonic Orchestra will be celebrating its 50th Anniversary at their Autumn Concert in Pershore Abbey on November 12th.

To mark the occasion the orchestra used a legacy from their founder, Ian Pattinson, launching a competition to commission a new piece celebrating Worcestershire and the orchestra. The winner was George Owen.

George is a classically-trained composer, whose works have been played across the UK and abroad by amateurs and professionals alike. He is currently a PhD Composer at the University of Bristol. His piece 'Silent City' was recently played by BBC National Orchestra of Wales and is due to be broadcast on BBC Radio 3 later this year.

His composition style draws from composers both famous and unknown, with Holst, Mahler, and Bax among his favourites. George follows the ethos that a piece must be more rewarding than it is difficult. His orchestration talent has

been described as 'very well imagined and exciting'. The commissioned piece, 'Worcestershire Rhapsody', will explore the geography of Worcestershire (the Malvern Hills, and Rivers Avon and Severn) before portraying the Border Morris tradition using local folksongs. George loves making musical connections – He asks "Did you know Elgar played violin in Dvorak's Sixth Symphony under the baton of the composer? Listen out for hints of both composers in the celebratory finale."

The concert opens with Dvorak's Slavonic Dances. These pieces were played by the orchestra in its first ever concert. Elgar's Enigma Variations will end the concert, providing a celebratory climax to the evening.

The concert starts at 2.30pm in Pershore Abbey. Tickets £15 (free for accompanied under 16s) online at ticketsource.co.uk or from Tourist Information Offices in Pershore, Worcester and Malvern.

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u3a helps out a 'Neighbour'



Wick Care Farm offers support to people to carry out farm-based activities to improve their health. During August, work was scheduled to refurbish the farm's kitchen, meaning normal activities for clients had to be suspended. Support workers from Wick Care Farm

contacted the u3a to ask whether some of their music groups would be able to perform "al fresco" as an alternative activity and members of Pershore & District u3a were only too happy to assist. The Ukulele group and Pop

Players group (known locally as Band-Age) were both well rehearsed after recent performances for fellow u3a members, so were happy to offer their services. An added bonus was that both groups play music from the 1960s, an era much-loved by clients of Wick Care Farm, offering them a welcome chance to reminisce about happy times in their past. A support worker commented:

"We have been wonderfully entertained by Band-Age and the Ukulele Band and they were thoroughly enjoyed by all. They have really helped during our Wick Care Farm 'Camp' days. Our renovations are well under way and the entertainment provided was appreciated as an alternative to these unusual days we have had to plan for. We would love to welcome them back one day."



u3a
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For more details contact **Sally Whyte**,
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Embroiderers & Textile Artists



A Community project completed by PETA for the Wellbeing Hub, Pershore 2022

Pershore Embroiderers and Textile Artists are a local group of like-minded people who meet on a monthly basis at Defford cum Besford Village Hall. We come together to share our love and enjoyment of textiles and embroidery. We regularly invite local textile artists to give talks about their own work and regularly run textile and embroidery based workshops. We meet on the 3rd Tuesday in the month from 10am - 12pm at Defford cum Besford Village Hall, Harpley Road, Defford, Worcs. WR8 9BL. Our membership fees are as follows:
Membership Fee: £12 per annum (renewable in April 2023). £6 charged from October 2022
Members Entrance Fee: £1 per meeting
Visitors Entrance Fee: £3 per meeting
 Here is our programme of events for the rest of 2022 and into 2023:(All dates could be subject to change.)
18th October 2022
 'A Journey in Stitch' - A talk by textile artist Theresa Clarke
15th November 2022
 'Sadie's Surprise'- (usually a small hand stitched project)

6th December 2022
 Christmas Party - more details to follow
17th January 2023
 Sit and Sew
21st February 2023
 '3D Hexies'- A workshop led by Janet Arnold
21st March 2023
 AGM and Workshop
18th April 2023
 'Making my Mark' - A talk by Malvern based artist Lesley Brankin
16th May 2023
 'My Life in Textiles' - A talk by textile artist Louise Parker
20th June 2023
 'Try Something Different' - A series of mini workshops
18th July 2023
 Talk by local textile artist and illustrator Michelle Flint
 Come and join us, we are a very friendly and welcoming group. You can join as a member or just for the occasional visit, whatever suits you the best.
If you are interested please contact our Chairperson, Anne Newbon at: anne.newbon@btinternet.com or pop along to Defford cum Besford Village Hall on any of the above dates, you will be made very welcome.

Need help with your technology?



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Saturday 29th October 2022
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October Events at community run The Queen Elizabeth Inn

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

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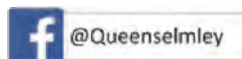
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English Country Dancing

Our club resumed meetings after the summer break on 13th September. We began with a minute's silence and then our caller, Laura, chose an appropriate programme of dances, starting with 'The Queens Jig' from 1701. Many dances date from the mid 1600's and new dances continue to be written right up to the present day, so there are literally thousands to choose from.

A short while ago two of our dancers celebrated their Diamond wedding anniversary and a local caller wrote a new dance in their honour which included their names in the title. This dance has been passed on to other clubs and every time it is called, friends and fellow dancers will be reminded of them for years to come- what a lovely memento. If this dance is published it may even find its way to the thriving folk dance communities in the

States and Canada. English Country Dancing is a very social activity which means you don't have to attend with a partner. The style of the dancing enables you to dance with lots of different people. There are no fancy steps and as you are usually moving in a mirror-image way to your partner it is quite easy to take the position of either gender. Music is usually in the form of CD's but occasionally we have live musicians.

During the Autumn/Winter months, when you can't get out in the garden and you don't want to go out on a cold, wet evening, this is an ideal new pastime to pursue.

Our club meets on Tuesday afternoons 2-4pm at Stoulton village hall, Church Street, Stoulton WR7 4RE

If you would like more details, please ring Sue Jeavons on 01386 750695



Flower Club News



Pershore Flower Club were welcomed Linda Seabrook from Daventry to Bishampton Village Hall to give her demonstration entitled "The Green-fingered Flower Arranger". Her first design in a miniature wireframed wheelbarrow into which she had placed a mixture of foliage with 'manipulated' phormium leaves which brought some movement into the design. She added fern leaves, grown in a pot which needs plenty of water, and a further phormium leaf rolled - which could also be knotted. To this foliage, she placed shocking pink roses, succulent pink sedums, purple lisianthus and short stems of a crimson rose, then sprays of chamelaucium also known as

wax flower. The colours were truly stunning. Next she produced a shiny silver watering can in which were stems of eucalyptus and dogwood. On one side of the watering can she draped stems of blue aconitum (which is very poisonous so has to be handled with care), then placed two large heads of a light-coloured hydrangea in the centre and stems of pink germini - the miniature strain of gerbera - and pink gerberas whose stalks she had reduced. She placed these stalks in the arrangement and inserted one or two hypericum berries into the tops of the stalks. She added model toadstools, threads of turquoise sisal and turquoise midelino sticks. For design number three, she

used a terracotta pot with orange pyracantha and euphorbia and two different types of sedum into which she inserted tall beautiful copper-coloured roses, tall Columbian carnations and then stems of leucospermum which is the pincushion plant.

Next was a birdbath container holding stems of tall grasses with hosta leaves at the base and pieces of trailing mint. Linda inserted tall lilies and small-headed sunflowers, the heads and foliage of blue eryngium and then a few onions on sticks; this she called "our bird bath which we keep full of water through the autumn and winter." The fourth design was a "window box" formed with laurel leaves, folded and bent. The bracts of a blue hydrangea were inserted into

the "box" and stems of tiger lily into the centre of the "box". Shocking pink carnations were placed in the arrangement and then a couple of pink and white two-shaded chrysanthemums. Finally, she produced a basket containing golden phormium, fern leaves and dogwood with a "robin" sitting on one of the branches. She added peach blush roses, lime green chrysanthemums and stems of hypericum with beautiful peach-coloured berries.

We meet again on Wednesday, the 19th October at 7.30 pm. at Bishampton Village Hall and would give a warm welcome to guests. For further information, contact our Chairman on 01905 936477

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Property market *Nigel Poole*

This month I'm looking at the most recent statistics on purchasers search levels. I have produced upto date figures showing that local buyers have now reduction just over 10%! Frightening. Out of area buyers requirements are up to:

£250,000	6%
£250 to £400,000	28%
£400 to £600,000	19%
£600 to 1 million plus.	37%

Thinking through this is helpful to local buyers starting on the ladder as most are looking at the upper end. Many are retired and moving from more expensive areas such as Birmingham

suburbs, Solihull, Edgbaston, Stourbridge for instance. Look in the coffee shops or restaurants the majority are 60 plus .
What lies ahead??

With all current turbulence in government and financial markets this will affect the housing market but at the moment nothing serious,yes buyers are not chasing every new instruction but good demand is still the order of the day,after all we are in late autumn and a slow down is expected. I don't feel we have a crash coming but determined/necessary sellers may have to adjust to attract buyers.

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2022 A special year for Charlton



Charlton village nestles by the Merrybrook and contains several buildings of historic interest. Among these is Charlton Church which celebrated its 150th anniversary on July 30th this year. In 1863 Henry Workman purchased the estate, previously owned by the Dineley family, and occupied the manor house. Concerned that the Charlton residents were expected to walk to Crophorne for church services, he converted the medieval threshing barn into a

church and his coach house into a Sunday School room regularly attended by over sixty children. The new church opened on 30th July 1872, as did his new bridge across the Merrybrook, coinciding with his 70th birthday. The celebrations were enjoyed by all. The church and village celebrated the anniversary on Sunday 18th September with a service and the annual Harvest lunch. The latter not quite on the scale of the banquet provided by Henry Workman in 1872

Behind the church is The Old Schoolroom. Building of this began in 1879 with completion in 1880. It had a legal capacity for 66 children and was heated by a fireplace, whose chimney had the school bell attached. The large east window contained stained glass heraldry which sadly disappeared during repair work in the 1990s. A coach house, stabling, saddle and harness rooms were added to the west of the building for the use of the teacher and churchgoers. The schoolroom was managed by a trust initiated through Joseph Baker Workman, Henry's brother. This trust now with charitable status still manages the schoolroom today. There have been many changes over the years. The full history can be found on the Parish Council Website alongside photographs old and new. In 2021 the trustees in conjunction with Charlton Parish Council obtained a legacy grant from Wychavon District Council to modernise and improve the facilities generally and to better cater for children, the disabled and the

elderly. A further grant was obtained in 2022 from the National Lottery enabling the full project to be completed. The Trustees and Parish Council are delighted that the building work, which consisted of two phases this year, was completed on time and the refurbished Old Schoolroom reopened this September. To celebrate the reopening there will be an Open Day on Saturday 15th October between 11.00am and 3.00pm, with an official opening at 11.15am by a representative of Wychavon District Council. Refreshments will be available provided by the ladies of the village.

Diane Barlow
Secretary to the Trustees

With thanks to Julian Hawley for his history of Charlton and the many photographs on the website. Information on events in Charlton can be found on Facebook, What's on in Charlton or Charlton News and www.charlton-worcestershire.org.uk

New club brings board game cafe experience

A new pop-up board games club is offering tabletop gamers from across Worcestershire the chance to meet, play, or get into the modern board games hobby for the first time. The Wyvern Tabletop Games Club, based in Bishampton between Evesham and Pershore, is founded by several friends and families from across the region. The founding members already claim a combined 250 years of tabletop gaming experience between them! The tabletop games hobby has grown massively in recent years, especially among 20- to 30-year-olds, with board game kickstarters among the highest-funded projects on crowdfunding websites. Dozens of dedicated board game cafes have appeared across the UK, usually in larger towns and cities. But now the Wyvern Tabletop Games club aims to bring something of that experience to the mid-Worcestershire countryside. One of the founding members, Chris Churchill from Bishampton said, "We've been running a miniatures gaming group from

the hall for several years, attracting people from Evesham, Worcester and further afield. Now, with more and more people interested in board games, we've decided to expand. We are open to everyone. And whether you're into board or card games already, or miniatures, or we even have a potential gamesmaster for role-playing, there should be space for you at the venue." "And more importantly, if you're completely new to tabletop gaming and none of that means anything to you, then that's even better! If you just have a fond memory of a children's game as a kid, this is a chance to explore a new hobby." Those attending the club can either bring their own games to play, or choose from a rotating library of around 200 titles. "Between us, the founding members have more games available than a lot of board game cafes!" said Chris. "We have lighter games, sometimes called gateway games, like Catan, 7 Wonders, or Boss Monster, as

well as heavier games like Agricola, Terraforming Mars, or Concordia. We also have party games like Codenames and Dixit, strategy games like Star Trek Ascendancy and Scythe..." The group is also open to miniatures wargaming, casual play of card games like Magic the Gathering, and role-play games.

The Wyvern Tabletop Gamers club will meet initially on the second Sunday of the month at 6pm, in the Villages Hall, Bishampton. Snacks and refreshments will be available to buy. Tabletop gamers are encouraged to express their interest at [facebook.com/groups/wyverntabletop](https://www.facebook.com/groups/wyverntabletop)



Women's Hour! *Susan Catford*

Whether the weather be fine....



In this country we seem to have an insatiable appetite for discussing the weather – perhaps not surprisingly so. It really can (and does) change, not only from day to day, but from hour to hour! The good old BBC weather forecast does its best but doesn't always get it right; Nature likes to play games. For those of you who are not familiar with the rhyme above, it goes like this:

Whether the weather be fine,
whether the weather be not.
Weather the weather whatever
the weather, whether it raineth
or not. (I think!)

That could be our philosophy for both the weather and our lives. Whatever is coming our way we will have to 'weather' it and sadly, the forecast is not looking great. 'Changeable' is inevitable as we move forward from historical changes to our

monarchy and to our government. I will not dwell on this; I am, after all, a glass half full person. So in the spirit of optimism, I will salute the seasonal changes and anticipate the good things to come. The summer wardrobe is being consigned to its wintry hibernation and extra layers are needed. We might all be purchasing thermal underwear to combat the need for heating and rising energy costs.

When we were children, we always had a barometer in the house which was our means of predicting the weather. A couple of taps were necessary it seemed to ensure the needle hadn't stuck, not something we children were supposed to do but, of course, we did! 'Fair' 'Changeable', 'Stormy' etc. was as far as it went. No hour by hour forecast as we get today at the tap of a finger on our phone or tablet. Somehow we ended up with the barometer, although it was broken so not much use! Still it hung on the wall for years for its sentimental value, permanently set at 'Fair'. A friend recently bought us an Australian weather stick. This is what it says, and has to be attached to a tree or fence in the garden. It changes its

position according to the weather, upright for good weather, downward pointing for bad weather and horizontal for undecided! Mostly it does its job but tends to tell us what we already know. In the recent heatwave it was almost vertical then in the wet weather it dipped dejectedly. The birds prefer it when it is horizontal as it provides a convenient perch! Just now it has a slightly cheeky upward turn so perhaps it is going to be a nice day. We have had an interesting Summer with some long hot spells. This has been good for the UK holiday industry but not so good for farmers, gardens and reservoirs. Our garden has gone from overgrown field to barren wasteland and now, back to overgrown field! Next door have sheep and goats which we could do with to keep the grass down but they can be very noisy, smelly creatures so perhaps not. Our Indian Summer has produced some lovely September days. This time of year may be the threshold for more inclement weather so we have been making the most of it. It is strange that we are two-thirds of the way through the year but September is also a month of new beginnings for students and school children.



So even though the days are getting shorter and the mornings chillier, there is a freshness in the air which holds promise. We have the prospect of Autumn with all its beautiful colours to look forward to. Anyway, I will be bringing my woollies out, adding more layers to the bed and preparing for the dropping temperatures. I'm told M&S does a good range of thermal undies in a variety of colours and designs, so I will be heading that way. Unfortunately, they will only be on show to a very limited audience though!!

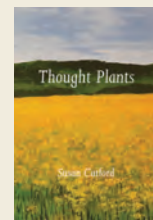
Whatever the weather (and it will probably be a wet Winter now) I will be prepared. My broly and boots are ready so I will be 'singin' in the rain', not minding the raindrops that 'keep falling on my head' and it might even be 'raining men-hallelujah'!

Harvest time

The fields lie gold and waiting.
Their crops have ripened so
It is the time for reaping
As Nature seems to know.
The ears of wheat are heavy,
Full of the fattened grain.
The sun has done its job,
Together with the rain.
And now the beasts are coming,
Huge monsters wide and high
With wheels as big as ferris rides
As they go roaring by.
Once in the gate they start
their task
With open arms spread wide,
They slice their way through
golden swathes,
The grain they take inside.
As clouds of dust are rising,

Behind are left the trails
Of golden stalks left waiting
For gathering into bales.
With slow and steady purpose
The ravenous monsters eat,
Filling their greedy bellies
With ears of corn and wheat.
As up and down they trundle
Throughout the dark hours too,
These prowling beasts with
glaring eyes
Do what they have to do.
At last the task is finished.
It's time for them to go
But soon they will be called again
To plough the fields and sow.

by Susan Catford



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Garden Watch



It is remarkable what a drop of rain can do for the garden.

There has been a transformation! Suddenly our brown, patchy dried up lawn has a green lushness and seems to be growing by the minute. This is not popular with the resident gardener who has had to bring out the lawnmower to tackle the developing field.

We have had two renaissances in the garden as well. Our magnolia which had shed virtually all its leaves, still retained a few buds from which, to our amazement, a few flowers appeared. It seems to be rather confused! It has now grown new leaves so is obviously determined to survive. Likewise, the climbing rose which had died right back, has come into flower again and is covered with beautiful red blooms. The pots are hanging on still too, providing splashes of colour until the temperature really drops.

The birds are obviously unaware of the rising cost of living and keep devouring the food as soon as it is replenished. Fortunately there are a lot of berries out there to provide an alternative diet. The pyracantha is groaning with clusters of bright orange berries and the crab apple has larger dark fruit.

Sophie likes to bring these into the house but doesn't eat them so they become a potential slipping hazard in the kitchen. She is still eating pears at every opportunity and not just bringing them to us. She seems to have decided they are part of her five-a-day diet!

The insect population has diminished, only a few bees and butterflies now. However, one of my less favourite insects, the crane fly has appeared. These always seem to be very ungainly and blunder about if they get into the house. The name 'daddy-long-legs' suggests a rather friendly creature but I prefer them not to share my space, though they are welcome to the garden. I have a similar relationship with moths but it is not their fault if they are attracted to light sources.

The trees benefitted from the rain and are still hanging on to their leaves. They have lost their lustre though and have a faded look before they change colour. The year is moving on and Autumn is definitely advancing. There will be a different aspect to the garden soon.

The pear tree still has a fine crop of pears but without a cherry-picker to harvest them from the top of the tree, they will probably go to waste. Such a shame! There is definitely a different feeling in the air. Shorter days, chillier nights and soon the clocks will change again. Time moves on and Christmas is not far away; something to brighten the darker days ahead.

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Country file - Moths



Moths and butterflies together form the order called 'Lepidoptera', meaning scaly-winged. There are no simple rules for telling them apart. There are over 2,500 species of moth but, surprisingly, fewer than 70 of butterflies. They both share the same biology and have more similarities than differences.

Moths vary greatly in appearance and size, some much more robust, others quite delicate. They can be found in almost every kind of habitat and different species are active throughout the year. Unfortunately the moth population has decreased significantly in recent decades. This has implications for other wildlife as moths and caterpillars are important food items for many other species from bats to small mammals. Moth caterpillars are an important source of food for the chicks of many garden birds including tits, robins and wrens. Blue-tit chicks are

estimated to need 35 billion caterpillars a year!! The shortage of hairy caterpillars on which cuckoos feed, may account for the reduction in the cuckoo population.

Gardens are important places for moths. There can be as many as a hundred species in an ordinary urban garden. To make the garden moth-friendly, moths need fallen leaves and plant stems to hide from predators, particularly over Winter. Moth caterpillars also feed on weeds and long grass so it is an excuse not to have a completely tidy garden! Having a variety of plants encourages a range of moth species and flowers with plenty of nectar are a good source of food for adult moths. There are many beautiful butterflies and also moths but moths do not have a reputation for their beauty. It may be that we assume the pretty ones are butterflies but this is not the case! Moths are not the plain cousins and there are many species that demonstrate this.

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Cooking for fun! *Ailsa Craddock*

I think we have to accept that Summer is over and Autumn, with all its gilded colours is with us. I actually love all the different seasons and never regret the passing on as we do different things in them and I look forward to the changes. One of the things I like is that in Autumn and Winter we have friends for Sunday lunch more often. In the Spring, there is lots of gardening and the Summer brings days out so we tend to eat in the evening.

In these days of looking after our pennies, you may think a Sunday lunch a bit of an extravagance, but if you choose a really nice piece of meat from your local butcher, there are ways of stretching it on for at least another meal. Cook one, make one free!

Anything-you-Have Coconut Curry Soup

*1 tablespoon of olive oil
1 chopped onion, 1-2 cloves garlic, smashed, Small knob of ginger, grated. 1 tablespoon red curry paste,
1 tablespoon turmeric, Salt to taste, 1 dessertspoon sugar,
1 14 ounce can of coconut milk
1 pint stock (boil up the bones of the joint)
The fun part - any vegetables you have in the house! You can add any left-overs or fresh - there is always an escaped vegetable at the bottom of the fridge.*

Heat the oil in a large pot over a medium heat. Add the onion, garlic and ginger and stir fry for a few minutes. Add the curry paste, turmeric, salt and sugar. Stir fry again to combine. Add the coconut milk and stock - and whatever leftover or lost vegetables you have found! Simmer until soft (adjust the

timings – leftovers will take much less time than fresh) blend to silky smooth and serve with some crispy fried onions and/or coriander on top.

Leftover Chicken Wraps – makes 2

*1 tsp vegetable oil
4 spring onions, finely sliced
1 red pepper, seeds removed, finely sliced
½ tsp ground cumin
½ tsp smoked paprika
125g leftover roast chicken
2 wraps (find them in packets in the bread section)
1 tbsp roughly chopped fresh coriander
1 lime, halved
25g/1oz sour cream or creme fraiche
Salt and freshly ground black pepper*

Heat the oil in a frying pan over a medium heat and stir fry the spring onions and pepper for one minute, until just softening. Add



the ground cumin and smoked paprika, season with salt and pepper and stir fry for another minute. Stir in the chicken, then cook for 3-4 minutes, until the chicken is coated and heated through. Place a wrap on each plate, top with the chicken and vegetables, scatter the coriander over the top and finish with a squeeze of lime. Dollop the soured cream on top and roll up before eating.

Apple Betty (using stale bread and windfall apples)

*120g leftover bread for breadcrumbs
180g unsalted butter
3 - 4 apples, peeled, cored and thickly sliced
1 tablespoon fresh lemon juice
80g light brown sugar
1 tsp ground cinnamon
1 tsp ground nutmeg*

Preheat the oven to Gas Mark 6, 200°C, fan 180°C. Spread the breadcrumbs onto a large shallow baking tray and toast for 5-6 minutes or until golden. Tip into a bowl, add the melted butter and stir well to coat. In a separate bowl, mix the apple slices with the lemon juice, sugar, cinnamon and nutmeg and half the toasted breadcrumbs. Tip into a well-buttered one litre ovenproof dish and then scatter with the rest of the toasted breadcrumbs. Grate over a little more nutmeg, cover tightly with foil and bake for 35-40 minutes or until the apple is tender. Remove the foil and bake for another 15 minutes or until the breadcrumbs are golden and crisp. Serve hot with thick cream.

Jazz News *Peter Farrall*

The period after the First World War saw a consumer market boom in the USA. Nearly everyone found that they had money to spend and spend it they did. Fridge, washing machine and vacuum cleaner manufacturers were promoting the latest “must have” models almost daily and even automobiles came within reach of ordinary folk (good old Henry Ford!) Probably most beneficial for jazz was the huge increase in sales of radios and phonographs so that, now, people had a varied choice of music on hand and could go and buy their favourite artist’s latest record. It is reported that over 100 million records were sold in 1927, of course not only jazz, but all types of music. These would have been single, 78 rpm on shellac discs and until 1925 recorded mechanically, not electrically, giving the distinctive sound of the very old records.

All this affluence swiftly led to a hedonistic lifestyle especially for “liberated” young ladies who spent their time in clubs, dance halls and at parties where they drank, smoked and tended to use racy language whilst exhibiting the latest, immodest fashions. They became known as “flappers” (possibly from English slang for a rebellious young teenager) and what they really liked was to dance. The favourite music for dancing was jazz which had already become established by bands filtering northwards from New Orleans and soon entrepreneurs white and black were opening jazz nightclubs and dance halls in all the big cities. The 1920 prohibition laws most probably helped jazz musicians in an indirect way when many illicit drinking establishments, known as “speakeasies” were owned or controlled by gangsters who employed jazz musicians at very reasonable rates with



guaranteed job security. Chicago and New York were most notable for this type of arrangement and there is anecdotal evidence that Al Capone, the most notorious gangster of all, was quite friendly with his jazz bands and would often tip \$100 to have his request played. The “Jazz Age” came to an end, almost abruptly, with the Wall Street Crash of 1929 and subsequent years of the Great Depression. Jazz music lived on as it always does, and the public found escape from dreary everyday life dancing to the sound of the emerging big

Swing Bands of the 1930s. But the happy, good time, carefree music of the Roaring Twenties is still alive a hundred years later. Hear it like it was at Pershore Jazz Club’s October session. Dress for the part if you dare!
*The Roaring Twenties with Washington Whirligig plus guests Wednesday, 26th October in the Function Room, Pershore Football Club, Doors open at 7pm, music at 8, Book in advance and pay on arrival Admission £10 to include a raffle ticket.
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An Autumnal evergreen garden

Nikki Hollier - Border In A Box



With climate change happening in front of our eyes, the seasons have been affected and we're finding that gardening is a year-round activity. Therefore, it's important to consider our plant choices even more as they're expected to work hard by offering maximum flowers from the minimum space for the longest time.

There are so many lovely shrubs with great colour and shaped foliage that can create interest and texture to your garden all year round and I always include them in every border I design. Evergreen shrubs are great for adding structure in the garden. Larger and mature shrubs can have their lower branches pruned back and thereby raising the canopy (crown lift) – this is where all the leaves are located in the top section of the plant.

This pruning technique can also improve the health of surrounding plants due to increased light and air surrounding them.

These look great when they're underplanted with flowering perennials and bulbs such as Colchicum 'The Giant' which is an autumn crocus.

One of my favourites is the Photinia x fraseri 'Red Robin' – these are commonly used in hedges, but I love the lollipop tree versions as they're great for adding height and interest in a small garden. In the spring the new foliage is bright red which turns green as it matures. Alternatives to use are Bay trees – both trees are happy in a sunny or part-sunny spot. Bay leaves have an added benefit as they can be used in cooking. Keep them clipped to the desired height and shape.

Plants with different heights also create interest – low growing evergreen grasses such as Carex oshimensis 'Evergold' which provides movement in the border and looks fantastic underplanted and around Cornus sanguinea 'Midwinter Fire' with its bright orange stems. Although this is a deciduous shrub, it is grown for its colourful winter stems. The Carex will grow to around 50cm tall and wide when mature and the Cornus will grow to around 2m tall and wide.

Abelia x grandiflora 'Hopleys' has a pretty variegated leaf, with white flowers in spring. It's an evergreen shrub that grows to around 1m tall and wide but can be easily cut back to the desired height. It's one of those plants that I just leave to do its thing in my garden and always looks good! All these plants can be grown in containers too – which you could place in gaps in the borders during the winter months.

Here are some tips for container gardening in the cold months:
 - Make an impact – as plants grow much slower in the colder months, it's best to fill the planter right from the start, so choose larger specimens, or more of them. Add ivy to spill over the



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sides of the pots and winter pansies and violas for instant colour and bulbs for seasonal interest. Remember to dead head the pansies to encourage more flowers.

- Raise the pots off the ground to aid drainage – don't over-water or underwater the pots, as the water can freeze, damage the plant roots and ultimately may kill them.

- Choose frost-proof containers. In severe weather protect the plants and pots by placing in your porch and/or insulation to wrap around them.

September gardening tips

Reg Moule BBC Hereford & Worcester

Early in the Month

New lawns can still be seeded (soon) or turfed this month. This is a good time to plant trees, shrubs, roses, fruit trees and soft fruit plants. Clear summer bedding from tubs and borders and replace it with plants which give colour through to spring. Garden Centres will have an extensive range of suitable species in their planterias including Winter Pansies, Violas, Wallflowers, Ornamental Cabbage etc. Don't forget to add some spring flowering bulbs to your planting scheme. Osteospermums, Arctotis, Argemone and other tender perennials should be lifted from the borders, potted and brought inside for the winter. Spray peaches and nectarines with Vitax Copper Mixture against peach leaf curl. Spring flowering bulbs of all kinds can be planted outdoors this month.

Middle of the Month

Rake up fallen leaves both for general hygiene and to use to make leaf mould – a valuable soil conditioner. Continue planting spring flowering bedding like Wallflowers, Brompton Stocks, Forget-Me-Nots and Sweet Williams. Allow the first frosts to blacken off Dahlia foliage before lifting and drying the tubers ready for winter storage. Treating the tubers with sulphur dust before storage helps to prevent rotting. If you have light soil, consider leaving the tubers in the soil over winter. Gladioli corms should be lifted, dried and stored in a frost-free place until spring. Clean up dead foliage from the centres of Pampas Grass clumps, but wear strong gloves to avoid being cut by the razor sharp leaves. Lift and divide large clumps of early flowering perennials. Late flowers can be left until spring. Mow lawns less frequently and treat them with an autumn lawn fertiliser.

Lawns also benefit from a good wire raking to clear "thatch" and spiking with a hollow tined aerator. Hardwood cuttings can be taken from now onwards but the sooner the better. Tidy up pond plants, removing the foliage from water lilies before they decompose in the water. Feed your fish less often as they begin to slow down for the winter. Remember to use a wheatgerm based food as these are much easier for the fish to digest. Prune blackcurrants, blackberries and hybrid berries e.g. loganberries, tayberries. Watering and ventilation need careful attention in greenhouses in order to avoid fungal diseases. Sow winter lettuce under cloches and frames. Plant lily bulbs in pots in a cold greenhouse to get early flowers. Sow sweet peas in pots in a cold frame. Protect against damage by mice. Pick apples and pears. Remember to remove any mummified fruits as these



harbour brown rot disease. As houseplants slow down for the winter they will require less watering and feeding. If you wish to move any deciduous shrubs, do the job now. Lift the plants with a good rootball intact and re-plant firmly.

Late in the Month

Tall deciduous shrubs – e.g. roses, Lavatera and Buddleia can be cut back by one third in order to prevent wind rock. Dead foliage on any herbaceous plants can be removed between now and next Spring. Sow broad bean Aquadulce Claudia in mild areas to crop next June. Plant Paperwhite Narcissi now for flowering in mid-December. Keep the planted containers in a light warm place.

Healthy Heart Tip:

Sleep



Poor sleep can negatively impact our heart health, along with many other areas of our physical and mental wellbeing. Prioritising your seven to nine hours shut eye every day is one of the best things you can do to support your overall health. During sleep, our body gets to work helping us to recover both mentally and physically, which helps us feel energised, alert, and ready for the day. Sleep isn't something to overlook, so here are some tips for helping to improve your sleep.

Limit Caffeine

Who doesn't love a morning cuppa? Whilst a small amount of caffeine early in the day is unlikely to impact our sleep, caffeine can stay in our blood stream for many hours after consumption. This can negatively impact the quality of our sleep and ability to fall asleep. So, say no to caffeine after lunch!

Turn off the Screens

Melatonin is our sleepy hormone, and we need to allow our body to produce lots of it to ensure a good night's sleep.

Bright lights in our environment can reduce the production of melatonin, specifically the blue light from computer screens, tablets, and mobile phones. Try switching off screens an hour before sleep time and read a book or have a bath instead.

Spend time Outdoors

Research shows that simply being inside during the day, rather than spending time outdoors, reduces our melatonin production at night by 50%! Grab your trainers and hit the pavement for a walk or run outdoors for at least 20 minutes every day.

Create a Routine

Humans are creatures of habit, and we thrive on routine. Creating a bedtime ritual can help signal to our bodies that it's time for sleep. Try to choose low stimulation activities like reading, listening to music, or even having a cup of (caffeine free!) tea such as camomile.

For more tips on how to stay healthy visit
www.heartresearch.org.uk/healthy-tips

Politeness

Angela Johns

It started to rain hard and as everyone else scurried inside, I sat safely dry under the awning alone. As soon, as the rain started to subside, a woman came out and gestured to the seat next to me. I nodded and politely scooped over to make room. She sat down next to me and my senses told me that she was just about to get her smokes out. I'm definitely not inhaling her second-hand smoke. I shall tell her, sorry but no, when she asks. I assume she'll ask. It was my table she joined, my seat, my personal space I was sharing. I was here first.

"No, it's fine," I squeaked as she held up her packet of cigarettes and wagged them asking if I minded. I didn't even pause. I gave that strange positive/negative answer that made her feel right at home in my personal space. My ingrained personal rulebook of politeness that holds me to defer to others and doubt my authority to assert my preferences, did not serve me well. It's time I changed it.

Politeness destroys our boundaries. Politeness means we work too hard when we are tired, go to places we don't enjoy and listen to people's selfishness that goes against our own values. Politeness means we put our own needs further down the list, having a detrimental effect on our health. It leads us to lie and fib in order to keep the peace. Politeness keeps us dutiful and bound to a life that is not our own.

It means our outward actions are incongruent with our inner feelings. This imbalance makes



us act unpredictably with a risk of our finely tuned outward appearance disintegrating at a moment's notice when we can no longer contain our truth behind the mask. It leaves others wondering, "Where did that come from?" when our truth unskillfully spills out. Politeness has its place and it's just on the other side of my boundary. Politeness is that weird social construct with its nuanced rules from hazy origins. The lifelong lesson is to make loving kindness Queen of my life. Surely this will be easier than the fight within.

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

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Body myth busting

Karen Harris

Body myth busting. We all know them, commonly held beliefs that if said often enough start to be both common, and believed. I hear these very often and have to dispel them; they are all myths.....

It's genetic. If you are talking about your brown eyes or red hair, then yes that's genetics. But if you are talking about your 'bad knees', 'weak back', 'poor posture', or 'bunions', that's not genetics. Those are not things you inherit from your parents. As well as speech and mannerisms, the way that we walk & hold ourselves is learnt behaviour from the people that raise us and we come into close contact with most often, and this is also due to the way you develop, or use, your body from then on. Sorry, nothing to do with genetics.

It's your age. We are told normal ageing causes loss of strength, balance, flexibility, bone density, height, and our metabolism.

We are also told that with normal ageing we will develop degenerative discs, arthritis, neuropathy, atherosclerosis, high blood pressure, and cancer. None of this is true. If it was everyone would have the same problems at the same time of life, and they don't! 80 year olds run marathons; I have a 91 year old lady in my class who does things people half her age struggle with! It's very much down to how you use your body and your state of mind; stay positive, eat well, be young at heart and keep moving!

It's inflammation. Knee hurts? It's inflammation. Bad back? It's inflammation. Foot pain? It's inflammation. As a society, at some point, we decided that anything that is sore and hurts, is caused by inflammation. Many times when we actually look at the tissue level, there is no inflammation present. For example, in a study (<https://pubmed.ncbi.nlm.nih.gov/12756315/>) looking at

plantar fasciitis, when tissue samples were studied it was found there was very little, or no, inflammation in most patients but rather necrosis - tissue death. With many "itises" there is little or no inflammation even though we've given them the name of a "disease characterised by inflammation." The other problem with blaming everything on inflammation is that it is an effect not a cause. To fix anything we need to address the cause not the effect. It's overuse. Carpal tunnel? It's overuse. Achilles tendonitis? It's overuse. Iliotibial band pain? It's overuse. Sound familiar? But how can "overuse" be the cause of achilles tendonitis if both legs are running the same miles and only your left achilles hurts? How can typing on a computer be the cause of your carpal tunnel syndrome when everyone else in your office is pain free? Overuse is the easy answer, but one that doesn't make sense.

You need to strengthen your core. How many times have I heard 'I've been told I need to strengthen my core'! (Too many!) It's a favoured recommendation from many medical professionals: Knee pain? Weak core. Hip pain? Weak core. Poor running form? Weak core. Inconsistent golf drive? Weak core. The problem starts with very few people understanding what actually causes injury. Hint: it's not a weak core. The next problem is not understanding what the "core" really consists of and how to strengthen it. Would you believe me if I said your big toe was part of it? Well, it is! The final problem happens when we strengthen the core before correcting the body's alignment. I get to see the results of this when people are still in pain after lots of incorrect 'strengthening'.



It's your choice to feel better

Emily Papirnik

Don't judge someone for making a choice you think is wrong...choose for you and feel better.

Don't complain about someone you don't know because of how you see them...look at yourself and feel better.

Don't feel angry that you don't have something that someone else does...notice what you can appreciate that you do have and feel better.

Don't be sad when someone isn't kind to you...focus on the fact that you would never behave like that and feel better. Don't feel jealous of someone...be pleased for them



and feel better.

If you are feeling low then do something to make you feel better NOW, don't wait, feel good

- The choice is yours.



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Heritage & History Society

What's in a name? - Wyre Piddle

There's an old local couplet which runs:

"There's Upton Snodsbury,
Tibberton and Crowle
Wyre Piddle, North Piddle and
Piddle in the Hole" which
featured for many years in the
bar of the Anchor inn in the
village's main street creating a
great deal of mirth and
merriment. Many will also, no
doubt, be aware of the Piddle
brewery and the former hotel
and restaurant in the main street
"Pièce de Piddle."

But a well known and much
loved former local resident
Catherine Hammond, whose
family had lived in the area for
centuries before a relative
opened the village shop in
1840, remembers that as
children they were always
taught to call the village just
Wyre as the full name was
thought rather rude!
Early in the 20th century there
was even a campaign launched
by some members of the village
to have the "Piddle" dropped
from the name! However, no
less than the the chairman of
the County Council Mr J.W.
Willis- Bund intervened in

1905 defending the name in a
report which suggested that to
allay susceptibilities the village
could revert to the old spelling
of the name of Pidele or Pidelet
which "did not suggest
anything improper even to the
most prudish."

The report continued: " It can
hardly be said that there is any
doubt as to the name of a
Parish which has had the same
name for eight centuries. If
there is, then Wyre should be
dropped.

" Therefore, on the ground of
the inexpediency and illegality
of the proposal, I strongly
recommend the council make
no Order on this application."
Catherine was inspired to write
a book about the village "Wyre
Piddle - The Passing Years"
back in 1982 following a talk to
the local W.I. by a speaker from
the County Archivist's office
and was at the forefront of a
local committee formed to
research all available
information to create a
historical record of the village.
The Domesday Book compiled
in 1086 provided the first proof
that a hamlet existed at Wyre at
this date although it is not
recorded as Wyre but as
"Pidele". Wyre Mill is also



recorded in the Domesday
survey as "a mill at Pidele
under the land of St Mary of
Persore." Five hides of land at
Pidele and Moor and Hill were
leased from the Bishop of
Worcester by Robert le
Densper which, on his death,
passed to the powerful
Beauchamp family whose main
seat became the castle at
Elmley. In his Worcestershire
Place Names book published
in 1905, W.H. Duggan believes
that the word "Piddle" is an old
English word for a small stream
and that the name of Wyre
Piddle derived from the
amalgamation of the name of
Piddle Brook and the weir,
developed into Wyre, where it
joins the River Avon.
Catherine's book highlights the
many village name changes
over the centuries which have
seen the change from Pidele to
Wyre Pydele in the 14th

century to an incredible variety
of forms in the 15th and 16th
century including Wirepedill,
Werpedell, Wepedyll, and
Wyre Pydle and appearing in
the 17th century as Wire
Puddell and even Warpdale
(sounds like a place in
Yorkshire!) before it finally
assumed its present form.
My parents, Walter and Effie
Palfrey spent ten very happy
years in the village from 1988
and were good friends with
near neighbours Alan and
Jenny Melhuish. He was a dog
handler at Long Lartin Prison
and the couple later moved to
Devon. My mother was very
amused when Jenny phoned up
one day with the couple's new
address to be told that they had
moved from Wyre Piddle to a
village on Exmoor in Devon -
called Crapstone!!

Julian Palfrey

VETERINARY ADVICE ESPECIALLY FOR YOU!



Parasite Control – What, When and Why? Part 2

Keeping your furry friend free of unwanted critters can be a minefield when it comes to knowing what to use and when to use it. There is a wealth of information available across the pet industry and internet but unfortunately it is not always too reliable. To know the facts we recommend speaking to a vet, vet nurse or other suitably qualified person (SQP).

Flea infestation can seem like a nightmare for some households. To properly treat a flea infestation every cat, dog and rabbit in the house needs to be treated for a minimum of 3 months to eliminate every stage of the flea life-cycle. A tapeworm species is also spread by fleas and so treatment for tapeworm is also recommended.

Like with worming general protection is based on risk. Some people will monitor their pets and treat as necessary (though as explained flea elimination can be more difficult than prevention), others will keep continued preventative cover. With our centrally heated houses there is no real 'flea season' anymore, they are prevalent year-round. Animals with allergies are best treated year-round to minimise skin flare ups.

There are a variety of products available for flea control from collars and spot-ons to oral treatments. Prescription products offer the most reliable protection.

Ticks are solitary parasites that attach to skin and fill with blood before falling off. They can cause irritation and reaction in themselves but are also a risk for spreading diseases such as Lyme disease. Infestations are usually seasonal in Spring and Autumn, but they can be picked up throughout the year. Ticks are often found around sheep and deer and can be picked up on humans as well as our pets.

If you find a tick attached to your pet you should remove it as soon as possible by twisting, never pull a tick as this can leave parts of it behind. You should also never try and burn a tick off as this can cause harm to our animals, especially when a skin tag has been confused for a tick!

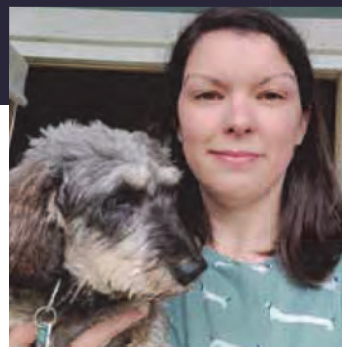
Many of the flea products have tick protection combined and products can deter as well as kill attached ticks.

Mites are a microscopic external parasite, there are a range of species that cause different symptoms but generally cause an intense skin irritation.

Ear mites are common in puppies and kittens. Older animals can pick up mites from other animals or from the environment. The most common mite in older animals is sarcoptic mange which can also come from foxes.

Mite treatment and prevention is most often in the form of topical spot-ons but more specific treatments may be needed for individual mite infections.

Best wishes *Eliza*



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Local Hero *Tim Hickson*



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Amongst the photographs from post-War times at RAF Defford are two showing the tall figure of Worcestershire's then Lord Lieutenant greeting members of The Royal Family who have just landed there. The first features the Queen Mother, on her way to the races at Cheltenham; the second includes Princess Margaret who was travelling to Worcester to inspect a parade of St John's Ambulance cadets. The Lord Lieutenant, the monarch's personal representative, on these occasions was Admiral Sir William Tennant, KCB, CBE and MVO. Tennant was born in 1890 and lived on the edge of Upton upon Severn. He attended Hanley Castle Grammar School (as it was then) and left, aged 15, to join The Royal Navy as a cadet. Throughout his adventurous and very successful career, Upton remained his home. During World War 1, he served on a number of ships including the light cruiser, HMS Nottingham which was sunk by torpedoes fired from a German U-boat. Lieutenant Tennant, of course, was amongst the survivors. In the years that followed, he was promoted further reaching the rank of Captain by the start of WW2. When the rapid and effective German advance had trapped the British troops, Belgian

soldiers and a big part of the French Army at the port of Dunkirk, it seemed at first that all was lost. However, it was decided to evacuate as many as possible. Captain Tennant was sent across with the destroyer, HMS Wolfhound to organise this operation code-named Operation Dynamo. He landed with 12 officers and 180 men and immediately called the Naval headquarters at Dover for 'every available craft' to be sent. He was dealing with about 300,000 demoralised soldiers. He and his men embarked most allied and British troops from Dunkirk's harbour wall into 39 Royal Navy and 4 Royal Canadian Navy plus French destroyers together with merchant ships. Others waded out to the flotilla of hundreds of small boats, fishing boats, pleasure cruisers, lifeboats and yachts, which ferried them to the bigger vessels. It was a masterpiece of organisation; right up to the end, the tall figure of the Naval officer walked up and down the beach with a megaphone calling out, 'Are there any more troops?' Of course, not all were rescued, huge amounts of equipment was lost but many more were evacuated to fight again than had ever been thought possible. Churchill was advised that 20,000 to 30,000 might be rescued; in fact 338,000 were

saved. William Tennant, beach master, received much praise. The following year, he was put in charge of the battlecruiser, Repulse, which took part in actions against German battleships before being sent to Singapore. That was to try to counter the Japanese attack on Singapore, the day after the US base at Pearl Harbour had been savaged from the air. However, Repulse, after the Japanese assault on Malaya, was sent there but without air cover.

assembly and management of the two artificial harbours named Mulberry to be placed just off the Normandy beaches. Then he was in charge of the Navy's part in the laying of the fuel pipeline across the Channel from England to France, Operation PLUTO (Pipeline Under The Ocean). Both ventures were completed successfully. (Incidentally, it is interesting to note that one pipeline from The Liverpool refinery passed through



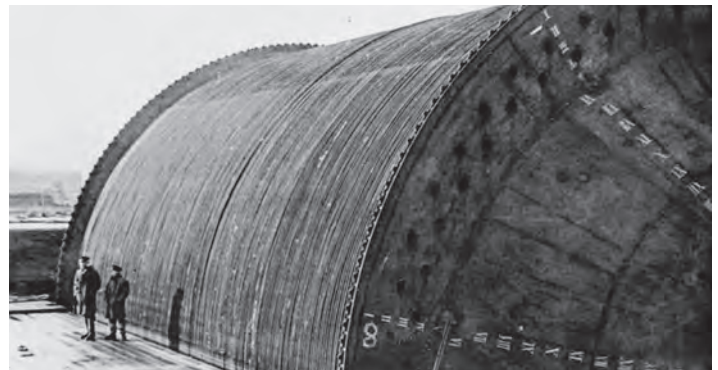
Mulberry harbour

Consequently, enemy torpedo bombers were able to attack the ship. Having managed to dodge 19 torpedoes, eventually 5 hit and sunk the ship. Once again, Tennant managed to escape. By 1944, Operation Overlord, D-Day, the Allied landing in France was about to begin. Now Rear Admiral Tennant was put in charge of the Royal Navy's part in the transport,

Worcester, Upton and Gloucester. Exactly where is still a secret.) Tennant ended his career as a full Admiral and after retirement in 1948, he was knighted for his war service. He was then appointed Lord Lieutenant of Worcestershire. What a career was ahead for the 15-year old from Upton!



Dunkirk evacuation - winding queue



Operation Pluto

A Royal Connection – ish

Brian Johnson-Thomas

By a happy coincidence this month's destination figured – albeit briefly – in the formative years of our new King as Aberystwyth is where he spent a University term learning Welsh language and culture (mind you it's one of life's little ironies that both the man who taught him the language and his next door neighbour in the Hall of Residence were – and, indeed, are – convinced Republicans...).

Nevertheless, the town is an ideal spot to spend a short break and we chose the nearby holiday park of Clarach Bay for a long weekend since it has a lot of stand-alone facilities and is just three miles from the town by road, it is also accessible by a short walk uphill from the Bay, followed by a descent into town via the Cliff Railway, if you fancy something a little different. Clarach Bay has a lot to offer, for families especially, since it's situated on, not near, a nice beach and also has the usual holiday accoutrements – a shop, chippie, pizzeria, pub with standard pub fare, swimming pool, good play areas for the kids. For details see www.clarachbay.com Prices seem reasonable – we chose a six berth top-of-the-range Platinum caravan for just £309 from Friday afternoon till Monday morning and it came well equipped, including wi-fi and even Netflix on the TV. But if you can tear yourself away from the beach (did I mention that it's also a good surfing spot?) there's a whole lot to see and do in the hinterland, ranging from little

steam railways to stern and forbidding mediaeval castles. (My late Great Aunt Sal's take on them was that, whilst the English built them at great expense we, the Welsh, were now able to charge the English copious amounts of money to come and visit them....)

Where to start? Well, just a short way back towards England is the visitor centre at Bwlch Nant yr Arian where, every day at 3pm (summer) or 2pm (winter) upwards of 200, rather large, red kites are fed. The feeding frenzy has to be seen to be believed. The forest around also has a couple of well marked walking trails and also ditto mountain bike runs.

For details see www.naturalresources.wales Not far away lives the Vale of Rheidol railway which has spent the last century or so chugging contentedly from Devils' Bridge to Aberystwyth and back through bucolic scenery. On 'big' holidays they also offer visitors the chance to drive a small steam loco (under supervision, of course) on a short bit of track at the terminus, where there's also a small gift shop and a rather nice coffee shop, which also has very reasonable prices see www.rheidolrailway.co.uk Mind you, the proper 'big' railway is also a good deal, with the coastal line up via Machynlleth ultimately to Pwllheli offering the most spectacular scenery anywhere in Europe, and possibly the world! All this from £22 for a family of four for a day rover ticket see www.thecambrianline.co.uk



The line runs past the stunning remains of Harlech Castle on a crag overlooking the sea. Famous for being the last Royalist stronghold to give in to Cromwell (in 1647)- and that only after a direct order from King Charles- it was also during its' time the base for the rebel lord Owain Glyndwr, whilst at one time hosting Margaret of Anjou, who must have found it a bit chilly after the more clement climate back home. To be fair, they're quite hospitable still and we only paid the same price for a coffee as Number Eight charges here in Pershore. Good on them, good on Cadw (the Welsh word for 'keep' which runs all the historic sites in the Principality) see www.cadw.gov.wales When the time comes to head for home, then please do leave enough time to eschew the main A44 road for the little single track mountain road that runs from near Devils' Bridge over stunning terrain and via

the Elan Valley reservoirs down to rejoin the main drag at Rhayader. There's a lovely picnic spot miles from anywhere and, if you should need a cafe and toilet break, then the Visitor centre at the foot of the Caban Coch dam is just the spot.

Not only is the valley the catchment area for Birmingham's water supply, it also has lots of activities – especially, for example, hiring out mountain bikes, offering a well equipped adventure playground and being a centre for Dark Skies events, due to the area's exceptionally starry skies, as there's not much light pollution ('cos there's not much human activity...)

see www.elanvalley.org.uk The area's not far from home – if you drove non-stop, it's only about three hours to the coast – but it is, nicely, different and a real change of pace. Try it soon?



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Teenage Focus

Romy Kemp (17)

The five stages of grief:

After the tragic loss of the Queen, her death may bring up painful memories of others that have been lost- friends, family, any one.

There are many different ways in which people handle grief. It is ok to handle grief however it is that you need to, but closing yourself off from others isn't the most healthy way to cope with it. This is sometimes known as absent grief. Even so, letting your emotions out is a good thing- cry, scream, whatever it is that you need to do. It's never something to be afraid of.

As well as the ways in which people experience grief, there are five stages of grief- denial, anger, bargaining, depression and acceptance. These stages can be seen in many books. For instance, one of my favourite books (that I've had to do in my A-Levels) is The Lovely Bones. This book demonstrates how a family reacts and mourns after the loss of their family member- a daughter, a sister (Susie).

But it is not only her family that grieves- her friends and her first boyfriend/ love interest grieve too, and they all handle the loss differently. Her mother shuts off from all of her family,



including her other two children, her father is initially shocked and panic but then he becomes angry. Her sister shuts off completely and throughout the years she becomes attached to a boy called Sam. That is all I can tell you about the book without giving too much away. It is a great novel and is a good insight into so many different aspects of life. Nevertheless, it is not healthy for you to bottle up your pain. Talk to someone, anyone. It may help, it may not, but it's a way to get it out! As well as dealing with loss, there is also stress to think about- from school, possible friends, work, new hobbies, family, as well as it being the beginning of the new school year.

Good luck for the year!

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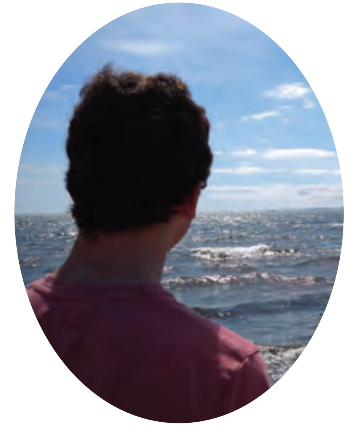
Gregory's world!

Gregory Sidaway (18)

In Memoriam

Hello, fellow reader, I hope you're safe and well. Our monthly meeting, this time, comes at a poignant reflection for the country and the Commonwealth. For me, it has been nearly a week since the passing of Her Majesty Queen Elizabeth II. According to data from the 2021 census, 86% of people in England and Wales have only ever known one British monarch. I have only known her as an elderly lady with a handbag in the crook of her arm and smiling from underneath the large brim of a Caprilite hat; these hats came in every colour, of course, except for beige – a strategic fashion choice of hers, enabling her to stand out in a crowd at whichever event she attended. The novelist, Joseph Conrad, writes about experience as “the mother of wisdom”. The quote came to mind as news reports detailed her seventy years as Queen, her fifteen Prime Ministers, fourteen Presidents, seven Popes – but also her four children, eight grandchildren, and twelve great-grandchildren. Her role as a great-grandmother, her experience over her reign, allowed the public to gravitate towards her with an abundance of respect that few leaders could dream of. I think we all knew that there were libraries of wisdom in every twinkle of her eyes, good humour in each smile, and devotion in every handshake and nod to the subjects of the country she loved.

People often talk about the immense change that happened during her reign, even in her final years. I remember covering the televised speech made on Sunday 5th April 2020 in an article when we were well and truly in the thick of the first lockdown. In the words of my sixteen year-old self, her address “once again reminded me of the scale of this crisis – yet I believe it helped to boost public morale in reassuring us that this would not last forever.” I stand by that remark. It's strange to look back on but this was when Covid was at its most formidable, with the Prime Minister out of action in intensive care; of course she would act as a beacon of hope in those dark times, just as she had always done.



And now, we have King Charles III, who – after what has to be the longest apprenticeship in history – has tremendously large shoes to fill, but I'm confident he will remain a figurehead for us through times, good and bad. On a slightly different note, I am finishing this article in a completely different place to where I started it. It is now late September and I am working within view of the Exeter College Chapel; it is a majestic sight of golden-brown stone, hewn arches, and slender stained glass, blurring the boundaries ever further between this place and Hogwarts. Oxford is a beautiful city, to think how many footfalls have worn away the front steps of my college, how much chatter has pulsed through the Front Quad and the Fellows Garden, how many generations of students the dorms have sheltered ... it's all quite a lot to digest. I needed to buy an academic gown for a Freshers dinner at the start of October (which, it transpires, is not really like a wizard's robe but more like a waistcoat with extra flappy bits) and we found a shop called Walters of Oxford. This place is the real deal, a myriad of suits, brogues and tweed; there are model bicycles and ships in bottles on the walls, evincing polite sophistication which reminded me of the Kingsman films and Trabb's tailors from Great Expectations. Needless to say, the staff were very helpful and I found my gown. I hope to bring you more insights into my new world over the months! For now, though, let us end by marking the passing of one era and the dawning of another. Goodbye, Your Majesty.



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

If one joint account holder loses mental capacity, banks or building Societies can decide whether they will restrict the use of the account for essential transactions.

Should that happen, then the

family have to deal with the Court of Protection and they are a nightmare. They do not understand the word Urgency let alone spell it. The writer has terrible first hand experience with a family member. The Pershore Times have made a special arrangement with Resolve Law Group on behalf of their readers using the Newspaper Code PT75. The arrangement is that the fee for each LPA is £175.00 plus the fee to the Office of the Public Guardian of £82.00. Any person should have this in place whether you are 30 or 70 years old.

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

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

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What recent news means for Worcestershire home movers

As an agency that believes in honesty, it would be highly disingenuous for us to say it's business as usual. It's not. With interest rates rising and mortgage rates following suit, home buyers and sellers are concerned. We've spoken with many people buying and selling their homes over recent weeks and our advice to them has been simple.

The property market has had significant ups and downs over the decades. BUT – if you look at it in ten-year cycles, property prices always increase. Media predictions of a property market crash are just that – predictions.

In June 2016 – after the Brexit referendum, it was predicted that property prices would plummet by up to 33%.

They didn't!

During the years of protracted Brexit negotiations, it was predicted that property values would sink by 25%.

They never!

And when the pandemic hit in

March 2020, it was predicted that the housing market would come to a juddering halt for years. Instead, it stopped for a couple of months before seeing record price increases.

It's highly likely it will become harder to sell or buy a home over the next three to six months. Harder, but not impossible. When you choose an agent based on their expertise, support, marketing, negotiating skill and ability, rather than a cut-price fee and fingers-crossed approach, you give yourself the best chance of success.

Some people with a sale or purchase in progress may be getting nervous. This is totally understandable. But it's worth considering this.

If you agreed on a sale and onward purchase two to three months ago, you are in 'a relative market', meaning that the price you agreed then is relative to what the market was doing then. You may not feel like you've gained, but you

certainly haven't lost.

For first-time buyers thinking of pulling out of a deal and returning to the market in 6–12 months, remember, it's a big gamble.

Will you get as good a mortgage deal in 12 months? (You won't). What if prices remain the same? What if they increase? (Think back to Brexit and Covid-19 property predictions.)

Have you factored rental costs into your decision? Is it better to start paying off your own mortgage now or continue paying off someone else's?

According to industry data, most people stay in their homes for 12–20 years. It's highly likely that your property will be significantly more valuable in the future if you buy now, even with the news swirling around the housing market.

Let's also not forget lessons of lockdown; life is for living and not to be put on hold.

A home is much more than a financial asset. It's the place



Tom Tarver BSc Est. Man, MNAEA MARLA

01386 761515

email: tom.tarver@johnson-property.co.uk

your children grow up. Where you enjoy your sunset years. Where you grow the relationships that really matter. Where you make memories that last a lifetime – not just an economic cycle.



Business accessibility

Early in August I broke my ankle and since then I have been in plaster, unable to put any weight on my right foot and have relied on using a wheelchair. While it has been frustrating it has made me appreciate the challenges faced every day by those with mobility issues.

The Equality Act 2010 made it a legal requirement for businesses to show they are taking positive steps to remove barriers that individuals face due to their disabilities.

Whether actions taken are deemed 'reasonable' depends on the level of disability, the finance and resource a business has available and the ease of taking the proposed actions. It is estimated between 15% and 20% of the population suffers from a disability and about 50% of those have mobility issues so whatever your business it is worth taking time to review your current set up and to consider if there is anything else you can do to make your premises more

accessible for both staff and customers.

If you have a step or steps into your premises, is it possible to provide a ramp? Even if the entrance into your premises is flat, is the door manageable for someone who is seated and once inside is there room to manoeuvre a wheelchair?

For any business wishing to provide an accessible toilet, take advice on the space and facilities required to make it fully usable rather than guessing and ensure the door can open wide enough to allow wheelchair access.

If you have employees who have mobility issues, it is not just about making their desk and computer accessible but the whole workplace such as meeting rooms, social spaces and car parking. If there is a kitchen is the equipment safely accessible and is there space to allow staff with disabilities to join in with group conversations.

I know that my mobility issues will be short lived, but others

Carol Draper

are not so lucky. If you can please take time to review your premises, take advice from customers and staff, and where possible make changes to improve the accessibility and inclusivity of your business.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd



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Poets' Corner

A Shropshire Lad iv

Reveille

Wake: the silver dusk returning
Up the beach of darkness brims,
And the ship of sunrise burning
Strands upon the eastern rims.

Wake: the vaulted shadow shatters,
Trampled to the floor it spanned,
And the tent of night in tatters
Straws the sky-pavilioned land.

Up, lad, up, 'tis late for lying:
Hear the drums of morning play;
Hark, the empty highways crying
"Who'll beyond the hills away?"

Towns and countries woo together,
Forelands beacon, belfries call;
Never lad that trod on leather
Lived to feast his heart with all.

Up, lad: thews that lie and cumber
Sunlit pallets never thrive;
Morns abed and daylight slumber
Were not meant for man alive.

Clay lies still, but blood's a rover;
Breath's a ware that will not keep
Up, lad: when the journey's over
There'll be time enough to sleep.

A. E. Housman 1859-1936

Reveille

Linda Hart

The word "reveille" makes us think of the bugle call that wakes soldiers at sunrise. But despite the poem's title this is not one of Housman's soldiering poems. It is a poem directed at a Shropshire lad, but also at those of us who are at times lazy, idle or apathetic. The first two stanzas use metaphors to describe the end of night and the start of a new day. The next three stanzas tell

the lad (and all of us) to get out of bed, so something, make something of the day. You will "never thrive" by lying on a sunlit pallet (mattress or bed). The final stanza tells the young man that now he has blood and breath (i.e., he has life), and he won't have them forever. When you are dead (and under the earth) there will be plenty of time for sleep.

"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live."

The Dalai Lama

Fun Quiz!



1. What is the collective noun for grass?
2. How many degrees do the angles of a quadrilateral add up to?
3. What colour is alabaster?
4. What paper size is the next biggest after A7?
5. Who crossed the Atlantic on his raft RA II in 1970?
6. Which beer 'refreshes the parts other beers cannot reach' according to the advert?
7. What are jockeys not allowed to have on their face?
8. Which nursery rhyme ends with the line 'What a good boy am I'?
9. In what field was Terence Donovan famous?
10. Cartoonist Reg Smythe created which cartoon character which has featured in the Daily Mirror?
11. Complete the title of this famous Vermeer painting: Girl with a Pearl ...?
12. The Great Barrier Reef is located off the east coast of which continent?
13. Who played Chuck Noland in the 2000 survival film Castaway?
14. Which British band had a 2004 hit with 'Somewhere Only We Know'?
15. Which UK confectionary brand are known for their Love Hearts, Palma Violets and Drumstick Lollipops?
16. Which Italian city is known as The Eternal City?
17. The television comedy series Ted Lasso features which sport?
18. Who played James Bond in the 1973 film Live and Let Die?
19. Which Heavyweight Boxing champion was known as 'Iron Mike'?
20. Roger the Dodger and Billy Whizz are characters from which British comic?

Answers: 1. Tuft 2. 360 3. White 4. A6 5. Thor Heyerdahl 6. Henneken 7. A beard 8. Little Jack Horner 9. Photography 10. Andy Capp 11. Larring 12. Australia 13. Tom Hanks 14. a) Keane 15. Swizzels 16. Rome 17. Football / Soccer 18. Roger Moore 19. Mike Tyson 20. Beano



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 - 5th Masons Arms £10 Guest Voucher
 - 6th - Reg Moule's Gardening Diary
 - 7th - Pat's Pantry - Jar of home-made marmalade

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In memoriam

Summerton. Heather

Passed away peacefully on September 11th 2022, aged 86 years. Widow of Bill, much loved mum to Paul and Sue and a wonderful nanny. She will be sadly missed by all her family and friends. Funeral service at Worcester Crematorium on Friday 7th October at 11.30am. No flowers please. Donations, if desired, to the Coronary Care Unit, Aconbury 2 at Worcestershire Royal Hospital (cheques to WAH charity please) may be sent to E Hill

Willis. Alan

Passed away peacefully at his home on 26th August 2022, aged 92 years. Loving husband of the late Jean, much loved dad of Jackie and Colin, grandad to Robert and great grandad to Arthur and Ruby. Alan will be greatly missed by all his family and friends. Funeral Service took place at Pershore Abbey on Wednesday 14th September at 2.30pm followed by interment. Flowers or donations for the British Heart.

Perrins. Ian Francis

28.07.1970 - 19.08.2022 Passed peacefully away in St Richards Hospice after a short illness. Much loved brother of Jane, Andrew, Janet, Malcolm and Stephen. Funeral service to be held at St Edburga Church, Abberton on Wednesday September 14th at 11am. Family flowers only. Donations, if desired for St Richards Hospice and Macmillan Cancer Care may be sent to E Hill & Son Funeral Directors.

Donations may be sent to:

E Hill & Son Funeral Directors, Pershore WR10 1HZ
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John Ward Trio Saturday 15th October 8pm

John Ward's songwriting has been inspired by a life lived on the Suffolk coast but also draws heavily on his extensive travels. The trio's powerful three-part harmonies and varied instrumentation give life to John's songs with show-stopping bodhran playing and accomplished guitar work the trio's performances are authentic and heartfelt.

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

Copy Deadline

November Issue - 21st October 2022

Notice

Re-printing of 'Memories of a Childhood' Book

We would like to republish 'Memories of a Childhood' in memory of Ruth Jackson. A remarkable story by a remarkable lady. The original book was written by Ruth Jackson in 2004, Sadly Ruth died some years ago and we have been unable to trace the present copyright holder. Any information about this should be passed to the publisher so that it can be acknowledged in future editions. We do not wish to offend the copyright holder in any way but this story of heartbreak and courage should never be out of print.

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What's On?



Cinema Listings

Mr. Malcom's List (cert tbc)
Mon 3 Oct - 11.00am & 7.30pm
Tue 4 Oct - 7.30pm
Dir. Emma Holly Jones, running time tbc
Tickets: £8.50, Daytime £7.00

Official Competition (cert tbc)
Fri 7 Oct - 7.30pm
Wed 12 Oct - 2.30pm
Dir. Mariano Cohn & Gastón Duprat, running time tbc,
Spanish with subtitles
Tickets: £8.50, Daytime £7.00

Downton Abbey: A New Era (PG)
Mon 10 Oct - 11.00am & 7.30pm
Tue 11 Oct - 7.30pm
Dir. Simon Curtis, 2hrs 5 mins,
Tickets: £8.50, Daytime £7.00

See How They Run (12A)
Fri 14 & Sat 15 Oct - 7.30pm;
Mon 17 Oct - 11.00am & 7.30pm
Tue 18 Oct - 7.30pm
Dir. Tom George, 1hr 38 mins
Tickets: £8.50, Daytime £7.00

Ticket to Paradise (cert tbc)
Sat 22 Oct - 7.30pm
Mon 24 Oct - 11.00am & 7.30pm
; Tue 25 Oct - 7.30pm
Dir. Ol Parker
Tickets: £8.50 Daytime £7.00

Tad the Lost Explorer & the Curse of the Mummy (cert tbc)
Tue 25 Oct - 2.00pm
Thu 27 Oct - 11.00am
Dir. Enrique Gato
Tickets just £6!

Operation Mincemeat (12A)
Fri 28 Oct - 7.30pm
Mon 31 Oct - 11.00am & 7.30pm
Dir. John Madden, 2hrs 8 mins
Tickets: £8.50, Daytime £7.00

Mrs. Harris Goes to Paris (cert tbc)
Fri 4 & Sat 5 Nov - 7.30pm;
Mon 7 Nov - 11.00am & 7.30pm
Wed 9 Nov - 2.30pm
Thu 10 Nov - 7.30pm
Dir. Anthony Fabian
Tickets: £8.50, Daytime £7.00



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Box Office Opening Hours - Telephone Bookings:
In Person Bookings: Mon - Sat 10am - 4pm & from 6pm on performance evenings
Telephone Bookings: Mon - Sat 4pm - 6pm

Events Listings

National Theatre Live: Jack Absolute Flies Again
Thu 6 Oct - 7.00pm
Sat 15 Oct - 2.00pm
Tickets: £15,
Students £10, 16 & under £10

Breabach
Sat 8 Oct - 7.30pm
Tickets: £16
1hr 50 mins (inc interval)

The Royal Opera: Aida
Thu 13 Oct - 6.45pm
Tickets: £17, Seniors £16
3hrs 25 mins (inc interval),
Sung in Italian with English subtitles

Foyer Folk: John Ward Trio
Sat 15 Oct - 8.00pm
Tickets: £8

The Royal Opera: La bohème
Thu 20 Oct - 7.15pm
Tickets: £17, Seniors £16
3hrs, Sung in Italian with English subtitles

Orchestra of the Swan: Americana
Fri 21 Oct - 7.30pm
Pre-concert talk at 6.45pm
Tickets: £16, 16 & under £10
2hrs (inc interval)

Morgan & West: Unbelievable Science
Sat 22 Oct - 2.30pm
Tickets: £13, 16 & under £10
1hr, Suitable for ages 7+


RSC: Richard III
Thu 27 Oct - 7.00pm
Tickets: £15, Students £10,
16 & under £10
3hrs 10 mins (inc interval)

Topsy Turvy Theatre presents: Christopher Nibble
Fri 28 Oct - 2.00pm
Tickets: £10, 16 & under £8
1hr


Northern Ballet: Merlin
Sat 29 Oct - 7.00pm
Tickets: £16, Friends £15,
16 & under £10
2hrs 10 mins (inc interval)

Nosferatu
Tue 1 Nov - 7.30pm
Tickets: £12, Friends of Number 8 £11, Students, 16 & under £10 1hr 35mins

Rotary News




**PERSHORE ROTARY
TREE OF REMEMBRANCE
APPEAL 2022**




“Remember a Loved One”


In 2021 the people of Pershore raised over £4,000 for three charities. This year, with your help, we are supporting:



Alzheimer's Society
Alzheimer's
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St. Richard's Hospice
FUNDING THE CARE

Families throughout the UK have continued to lose relatives, friends and colleagues to Covid-19. If there is someone you would like to remember this Christmas, please support our Appeal. To do that, please complete this form in CAPITAL letters and send it with your donation to the address below. Alternatively, you can donate online at:

www.pershoretreeofremembrance.com

Your Name: _____

First line of your address: _____

Postcode: _____ Email: _____

I wish to remember the life/lives of: (names clearly and in BLOCK CAPITALS);

I enclose a cheque for £ _____ made payable to "The Rotary Club of Pershore". We suggest £5 for each life remembered and please send it to; Rotarian Peter Gardner, Middle Cottage, Church Street, Wyre Piddle, WR10 2JD. Ref: PA22. Please boost your donation by 25p for every £1.00 you donate through Gift Aid, by confirming in writing your name and date below. Thank you.

"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."

Name: _____ Date: _____

The Pershore Tree of Remembrance Appeal will continue throughout the Christmas period. The list of those remembered will be shown on Pershore Rotary's website. Personal information is only used for this Appeal and for Gift Aid (if applicable). It is not shared with any other party.

Rotary is an international organisation with 1.4 million members in over 200 countries. We've had a taste of this over the past few weeks meeting Rotarians from clubs in the UK, New Zealand and British Virgin Islands. We were delighted to welcome Jackie Holland (Stafford Knot Rotary, UK), Tazmina Crisp (Whangerei South Rotary Club, NZ) and Ellie Crespi (Tortola Rotary, BVI). One of the pleasures of being in Rotary is that, wherever you are in the world, you can drop into the local Rotary club and be made welcome by likeminded people. Pershore's new Mayor, Matthew Winfield, was guest speaker at our meeting on 7th September. Mayors are, by tradition, honorary members of Pershore Rotary. New members bring new ideas for us to consider and we look forward to working with Matthew during his term of office.

Plum Festival Monday was a great success. Lucky to have been allocated prime sites in Broad Street, our champagne and kiddies tombola stands benefitted from excellent footfall throughout the day and raised over £450 for local good causes.

This would not have been achieved without the support of club members, our Social Group team and the enthusiastic members of Pershore's Business over Breakfast Club, who succeeded in attracting many to their family games stand. From now till Christmas, we will be inviting everyone to 'Remember a Loved One' through our Tree of Remembrance Appeal 2022. The notice, with all the relevant details, is printed in this month's Pershore Times. Funds received will be donated to our three nominated charities, the Alzheimer's Society, Acorns Children's Hospice and St Richard's Hospice. Charities that do amazing work for our community in so many ways. They deserve our support.

For more information, follow Pershore Rotary on Facebook or see what we do on www.pershorerotary.club and it may inspire you to help us at times with our local community projects.





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Vale Golf Club Seniors



Captain Brian Bunn (right) and Competition Secretary Nigel Smith (rear) congratulate two of the Vale winners Keith Round and Will Reading

Fourth Open Takes Charity Total to £2170

The fourth open of the season, a team AM/AM with two scores to count, attracted 112 players from 21 different clubs. There were two competitions, one for the visitors and one for Vale members. The results were: Visiting team with 93 points were Neil Bentley, John Stone, Robert Richardson and Gerry Henderson. Hagley GC Second, with a score of 89 points were the team of Tony Marchand, John Hornby, Mike Williams and Tony Welford. Minchinhampton GC The Vale winning team were Will Reading, Andy Struthers, Peter Richards and Keith Round with a score of 83 points.

Nearest the pin was Ian Macrae, the Vale, and nearest the pin in two was Neil Bentley. Thanks go to Clare Bunn who organised the charity raffle raising £500 for the three captains' charity MYELOMA UK which takes the total raised over the four opens to £2170. Thanks also go to Nigel Smith and his team for organising a very successful day. Sixty-nine players contested the fifth and final round of the Eclectic competition Winners

on the day were: Division one Ian Macrae 41 points, Division two Rick Hawkins 39 points, Division three Martin Foley 39 points. This competition decided the winner of the Eclectic. After five rounds played over the summer, congratulations go to winner Stephen Marsh, second was Adrian Duggan, third was Steve Hampton.

The Captain held his Home Day Competition on the popular cross-country course, the two biggest challenges being the drive from the 6th tee to the 7th green and from the new tee behind the lake on the 17th. The day was enjoyed by 72 seniors. Many thanks go to John Milward who organised the day, also to Rodrigo for the excellent food and beverage plus Mark for setting up the course. The winning team were Rob Sharp, Peter Beach, Dave Carrington and Joe Bryan. With the Summer season coming to an end, winners of the knockout competitions have been declared.

Seniors Vale Singles - Ian Haywood
Jim Rushworth Trophy - Steve Hampton
Summer Pairs - Mark Harris and Brian Trace

Captains Autumn away day



Past Captains Mike Hird (left) and Roger Hawes present the Brian Coleman Cup to Captain Brian Bunn

The Captains' Autumn Away Day was held at Gaudat Luce Golf Club on a beautiful autumn day. The competition was played in a strokeplay format for the Brian Coleman

Cup. After organising a very successful day, Captain Brian Bunn was rewarded by winning the cup with a score of 39 points, second with a score of 38 points, was Duilio Perla.

Reg Moule

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Tennis Centre hosts Championships Tournament 2022

The tournament runs annually through the summer months, with finals over the weekend of 17th and 18th September 2022. Simon Corbishley, Coach and Championships Event Manager at Pershore Tennis Centre, said: "This year 148 entries were received over eighteen events. 71 years separated the youngest player (6 years old) and the oldest (77 years old) just going to show what an inclusive sport the game is. With 210 matches played, the courts have been seeing plenty of action!" Simon's report: Youth has certainly been a theme. The winner of the men's singles was Alfie Mills who, it is believed, is the youngest ever winner of the event at age fifteen. Having battled through four opponents to be in the final he faced off against another youngster in

Christian Vatahov (14 years old). A good quality match with Alfie edging it 6-3 7-6. More youth was on show in the ladies singles final with Emma Bowen seeing off the challenge of fifteen year old Ruth Teale. A very good performance was put up by Ruth and her partner Caoimhe Guppy in the final of the ladies' doubles. Playing the defending champions Emma Bowen and Sarah McCormick, the youngsters picked up a set which they hadn't done in the head to head previously. Momentum was swiftly regained by Emma and Sarah as they defended their title. In the men's doubles Christian and Alfie faced one another again. In a tussle lasting well over two hours Christian and Simon Corbishley edged the match 7-6 4-6 10-8. Christian is

believed to be the youngest winner of this title. In a well contested mixed final Jack Austin and Sarah McCormick got the better of Guy Ramus and Lucy Taylor Radmore. At the same time an equally fascinating over sixty mixed final was taking place with Peter Corbishley and Sandra Foulkes turning the match around to overcome Chris Lowe and Ginny Lowe 7-5 6-4. While important to recognise the club champions of the year, the tournament is a good way of bringing together the club's membership. On many an occasion players are meeting each other for the first time. This weekend in the club's calendar is more than anything a good social time for the people of Pershore Tennis Club.

To join in with tennis at Pershore Tennis Centre please call 01386 556677 or go to the website for more information: www.pershoretennis.co.uk



L-R: Emma Bowen wins the Ladies Singles with opponent Ruth Teale

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