

# Powick Times

A free monthly newspaper for Powick, Callow End and surrounding villages



Issue 2

April 2023

**FREE**



An aerial view of Callow End

**S**pring has sprung! Lovely sunny days, a slight nip in the air, spring flowers, shrubs and trees in blossom. The hedgerows slowly changing colour, the big trees' leaves will soon be in view. A lovely time of year when nature wakes up and shows us how lucky we are. We are also fortunate to live in a glorious part of England. We have lots of good things to look forward to and many are right on our doorstep.

Easter Bank Holiday is upon us. Let's hope the weather keeps up and we can have a super end-of winter break! We like, many more, are beginning to make preparations for the Coronation of our new King. What an event that will be. Probably be the biggest TV audience ever! The monarchy is a unique part of our way of life and envied by many. A head of state above politics! This is what makes it unique, unelected too.

Celebrations will take place all over the world due to the Commonwealth, a friendly partnership of 56 countries consisting of 2.5 billion people over one third of the world population! All quite remarkable! A small country with great influence through friendship and trade. Our new King who is also head of the commonwealth, has been well trained by his mother and father to be a great king.

## Covid strikes!

*We have to apologise for being a few days late with this month's publications but I am afraid Covid made its presence felt. Three of us went down with it and it took some time to recover.*

*Thank you for all your positive comments on our first edition.*

*Wishing all our readers a Happy Easter!*



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**Ten facts about King Charles III**

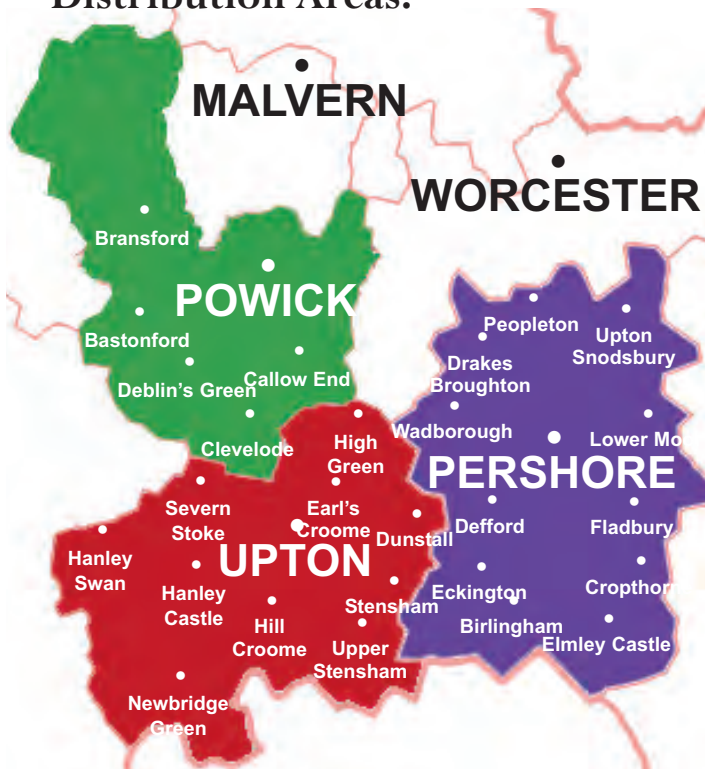
1. King Charles III was born at 9.14pm on 14th November 1948. To parents Queen Elizabeth II (then Princess Elizabeth) and Prince Phillip, at Buckingham Palace, London.
2. He became King on 8th September 2022. After his mother the Queen (below, left) sadly passed away in Balmoral, Scotland. Aged 73, King Charles III is the oldest monarch ever crowned in British history, having been heir apparent (the next person to be crowned) since he was three years old.
3. From 1967 to 1970, he studied history at Cambridge University. Making him the first monarch in UK history with a university degree!
4. King Charles III can speak Welsh. After spending two months learning the language as he prepared to become the Prince of Wales in 1969. He still speaks it today, while visiting and addressing the country.

5. The King is a qualified pilot and diver. While serving in the military, King Charles III trained as a jet and helicopter pilot and became an accomplished diver. He's even explored shipwrecks like The Mary Rose – King Henry VIII's flagship!
6. He is a keen watercolour painter. As well as a published author and music lover, playing the cello in his university orchestra.
7. As Prince of Wales, he founded nearly 20 charities. Which together raise £140 million each year for good causes! He's also passionate about the environment – as Prince, he spoke out about plastic pollution as early as 1970, drove an electric car and planted many trees during royal engagements.
8. He's the reigning monarch in 14 other countries, as well as the UK. These include Australia, New Zealand, Canada, and Jamaica. As King, he's also the only person in the

- UK who can travel without a passport and drive without a licence.
9. King Charles III is no stranger to an audience. Having featured in UK TV show Coronation Street, participated in stage magicians' group the Magic Circle and presented the BBC weather forecast.
10. His son, Prince William, is next in line for the throne. The King has two children – Princes William and Harry – and five grandchildren. Prince William (below, right) is next in line to become King, and was named the Prince of Wales in 2022.



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## Rural jobs boost

A Government initiative which will see £1.3 million spent on local rural job creation.

The cash award is part of the £110 million Rural England Prosperity Fund and will be allocated to Wychavon and Malvern Hills District Councils to support projects which will help to create jobs and expand business.

This is on top of the £1.5 billion UK Shared Prosperity Fund which replaces the funding which was allocated from European Union funds to support growth.

Both councils are currently developing their plans for delivering the cash to boost rural businesses including those in the agricultural and horticultural sectors and tourism businesses.

Harriett said: "The Government is allocating significant cash to

local authorities to replace the European Regional Development Fund. This new strategy encourages local authorities to find and support projects which will enhance opportunities for rural businesses. I am aware that Wychavon and Malvern Hills District Councils are developing their plans and I look forward to seeing how this cash will help our rural economy to thrive."



## 88 candidates to contest local elections

More than 80 candidates are standing in local elections taking place in Malvern Hills next month.

Voters will go to the polls on 4 May 2023 where 88 candidates will contest 31 seats available on Malvern Hills District Council.

Elections to town and parish councils and the Malvern Chase Division of Worcestershire County council will take place on the same day.

There won't be an election to every town or parish council though as some are uncontested, meaning the number of candidates does not exceed the number of seats available, so there is no need for a vote.

People can find out more about who is standing for election in their area by visiting [www.malvernhillsgov.uk/voting-and-elections](http://www.malvernhillsgov.uk/voting-and-elections)

The deadline to register to vote for May's local elections is midnight on 17 April 2023. Anyone wanting to vote by post has until 5pm on 18 April 2023 to apply and until 5pm on 25 April 2023 if they want to vote by proxy (sending someone else to vote for you). Next month's poll is also the

first election people will need to show valid Photo ID at a polling station before being allowed to vote.

Residents are being urged to take five minutes to check to make sure they have the right photo ID. If they don't then they have until 5pm on 25 April 2023 to apply for a free voter authority certificate.

More information can be found on the elections page of Malvern Hills District Council's website.

Andy Baldwin, Returning Officer for Malvern Hills District Council, said: "These are really important elections that will decide who will represent you and make key decisions about the place where you live.

"Don't lose the chance to have your say. Registering to vote takes about five minutes and checking you have the right photo ID now can avoid issues later on. If anyone has any questions then please do contact our elections team who will be happy to help."

People can contact the MHDC elections team by emailing [elections@malvernhillsgov.uk](mailto:elections@malvernhillsgov.uk) or by calling 01684 862200

## An Easter message from Rev Gary Crellin

Some stories never lose their power to captivate us. My children enjoyed many of the same stories that I loved as a child - The Lion, the Witch and The Wardrobe, The Tiger Who Came to Tea. As adults, we love to see familiar stories told in new ways, whether it's the latest BBC adaptation of Great Expectations or the suggested rewrite of Fawlty Towers. Maybe the jury will be out on both!

The Easter story possesses particular power. It is the most important moment in the whole story of the bible and therefore the most important celebration of the Christian year. In it we remember the trial of Jesus Christ at the hands of the Romans. He was betrayed by a friend and brutally executed on Good Friday. On Sunday morning, his friends visit his tomb and discover it is empty. Then, he appears to them, risen from the dead.

This encounter changes their lives forever and a scattered band of grief-stricken mourners suddenly becomes a movement that changed the world.

The church in this country is reliving this old story today. Confidently pronounced dead not long ago, the church is confounding expectations and coming back to life: but as Star Trekkers know all too well, "it's life Jim, but not as we know it".

Our churches are being blessed with some green shoots of recovery - new people are



joining but familiar issues remain: the number of volunteers to keep the church going continues to fall, where are the families and children? Well, they are mostly doing other things or at school, so perhaps that is where we should be.

The power of the Easter story lies in the fact that we all need our lives renewed and transformed and that includes the church for this generation. Each of us experiences death in some way - perhaps in the loss of a relationship, a job or a cherished dream. And each of us longs for the hope of resurrection, however impossible it may seem. Maybe your kind of church is dying and you are grieving. Two thousand years after the first Easter Sunday, God is still in the business of bringing life out of death and changing lives and churches.

*My Easter Blessing to you all.*

Gary

## Wicket-keeper Ben Cox's Testimonial year

Tickets are now on sale for the next event in Worcestershire wicket-keeper Ben Cox's Testimonial year. The 2018 T20 - A Blast from the Past event takes place at 7pm at Worcestershire County Cricket Club, New Road on Friday 5th May 2023 and will feature:- Highlights of the 2018 semi-final and final - the year that The Rapids were crowned champions. Ben talking us through both matches.

Chats with players from Worcestershire and Sussex including Ross Whiteley, Pat Brown Brett D'Oliveira.

The opportunity for a photograph taken with Ben and the 'Vitality Blast' trophy. The chance to win an exclusive item from the day.

With Ben being the first player to win Man of the Match in both games on Finals Day it promises to be a great evening. Tickets cost just £25 and include a pie & chips supper and can be booked by contacting Mark on 07506 747619 or emailing [ma004g2691@gmail.com](mailto:ma004g2691@gmail.com) For further information of events please go to [info@bc23.co.uk](http://info@bc23.co.uk)

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



### ***MP Secures Autism Free School Win***

Harriett Baldwin MP has today welcomed news that a new school will be opened up in Malvern to support children with special educational needs. Harriett first called for a new autism free school in 2017 after meeting with teachers at Dyson Perrins Academy and hearing plans for a dedicated school to help local pupils with extra support requirements. The new school will offer extra

places for children with autism and other related conditions significantly reducing the number of council-funded car journeys to schools across the county.

The MP has also met with local parents to hear of the challenges of finding spaces at appropriate educational settings and has shared her concerns on several occasions with Worcestershire County Council, pressing for a new autism free school in Malvern. The Department for Education today wrote to Harriett confirming the new school which will be delivered as part of a £2.6bn high needs capital funding, to deliver 60 new special and Alternative Provision free schools. Harriett said: "This is wonderful news which I know will be welcomed by the parents who have reached out to me about the challenges of supporting their children with Autism. I've been supporting this project for many years, and I am over the moon that this project will be moving forward in Malvern but offering hope to many families across the county who will benefit from this major financial investment."

### ***Parkway Expansion***

Harriett Baldwin MP has offered her support to efforts to add extra train services at the popular Worcestershire Parkway train station. The station was opened to customers in 2019 and despite a reduced demand during the pandemic, the new facility is operating well ahead of projections.

Harriett met with representatives from Network Rail and the train operating companies to hear plans to add extra services stopping at the station. The MP has previously met with senior management at Cross Country trains to urge the company to use the station more and she offered her backing to negotiations to make more use of the county station.

Harriett said: "Worcestershire Parkway has been a great success story with high passenger numbers and strong projections for future growth. The new timetable is promising

faster trains to London, with the removal of the Slough stop, and I am pleased to see the rail industry becoming more supportive of local rail users travelling to and from the South East. When the station was first discussed, I met with Cross Country to urge them to plan for extra services stopping there beyond the current service between Nottingham and Cardiff. I am hoping that the Cross Country service between Manchester and Bristol will stop at Worcestershire Parkway as originally proposed before the pandemic, and I have offered my support as these negotiations take place. With its central location and extensive parking, I am confident that it will play a much larger role helping people to come to Worcestershire and allowing more people to access the whole of the country by train."

## *Callow End Primary School*



*L-R Headteacher Sarah Wilkinson, school librarians Millie Wilson, Edith Ridgeway, Esme Mills and Coco Huckerby with Harriett Baldwin MP*

### ***MP turns page for next generation of Politicians***

MP Harriett Baldwin joined pupils at a Callow End Primary School at a reading session in their new library. The MP also answered questions about Parliament and pupils shared their thoughts about local issues with some saying they wanted to get involved in politics when they get older. Harriett was invited to visit the school to formally open the school's new library and to talk to pupils about her work in Parliament. After formally opening the library with the school's librarians, Harriett read a story to year 2 pupils in the library snug. The MP also took a tour of the school and chatted to head teacher Sarah Wilkinson about the school's plans for growing the school and taking over the existing nursery provision. Harriett said: "One of the best parts of my job is visiting primary schools and it was an honour to be invited to Callow End Primary School to help to open their new library. I was particularly impressed with the quality of the hand-writing of the pupils. I have encouraged them to write to me whenever

they want to share their thoughts with me, and I have invited them to visit me in Parliament when they are able. Some of them expressed an interest in politics and I was pleased there was so much interest in sharing their views with me. Although they are currently too young to vote, every child matters and I feel that it is important to listen to them. It is their country and their planet too, and I am grateful that Sarah invited me to come and talk to the school. Headteacher Sarah Wilkinson added: "We were delighted to welcome Harriett to our school. The children enjoyed hearing about her work in Parliament and expressed their views about a number of issues that were important to them. They are delighted that their new library is open and can't wait to enjoy borrowing the books and reading for pleasure. I would like to thank our Friends Association committee who worked tirelessly to raise funds for the library last year - we are very grateful for their hard work and enthusiasm."

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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.

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# Powick & Callow End News

## Hospital Lane playing field pavilion

Following unbelievably protracted legal negotiations, the opening of the new pavilion has moved closer. Contracts have been signed for the supply of power which will be installed at the beginning of

April, so we would hope to be able to have a functioning facility in mid summer. We appreciate that there have been a number of false dawns, but there is genuine optimism currently.

## Powick E-bike loan scheme



We are delighted to announce that with help from Transition Malvern Hills and MHDC, we have launched an E-Bike Loan Scheme for Powick residents. Based on the trials we carried out previously and the support we received, we have a high quality e-bike available for free two week loans within the community. Quality e-bikes aren't cheap but we believe in their transformative power, in offering a viable alternative to the car in many cases. The environmental benefits are clear: reducing emissions,

noise, and traffic volumes. Additional benefits in terms of health and wellbeing are also well documented and you'll recoup money on journeys too! With a two week loan, you will be able to test, or even try-before-you-buy, an e-bike for journeys you might otherwise hop in the car for. Maybe you'll get the bug. Maybe you'll reconsider the second car on your drive. Why not give it a go?

Contact us for more information:  
[ebike@powickclimateaction.org](mailto:ebike@powickclimateaction.org)

## Car Club update!

With new platforms becoming available we are reviewing the best way to proceed with this. We have contacted those who expressed an interest but we welcome anyone else interested

in being part of a future Powick car club.

If this is you, please get in touch:  
[contact@powickclimateaction.org](mailto:contact@powickclimateaction.org)

## Come and join us!

PACE has projects that we'd like to develop in the community. Could you help? We need volunteers for individual initiatives, as well as people willing to join PACE. Are you interested in . . .

**Rewilding** -  
Tree planting, wildflower/bulb planting

**Managing waste** -  
Reduction of food waste, recycling, upcycling

**Energy efficiency** -  
Reducing heating costs,

insulation, alternative sources  
**Carbon Reducton** -  
Target setting, planning and management

**Transport** -  
Electric bike loan, car share, car club

**Fundraising** -  
Designing and running initiatives, grants, crowdfunding.

We would welcome your help or suggestions.  
Email: [contact@powickclimateaction.org](mailto:contact@powickclimateaction.org)

## Callow End Playing Field Association



Callow End Playing Field Association organised a fantastic night for 250 Villagers & friends at Stanbrook Abbey in January.

The Burns Night event featured a three-course meal, with a Piper entertaining us and piping in the haggis, a magician working the tables, a Ceilidh band with caller leading Scottish dancing and a late-night disco. There was also a bar!

We raised just over £4,000 and our objective is to buy an additional piece of play equipment for the playing fields. Over the last ten years

we have added a climbing frame, basket swing, slide, mountain bike track and the fantastic tarmac path around the park.

Unfortunately, maintenance of the grounds and pavilion is very expensive. Coupled with our existing reserves, we still need to raise about £2,000 in the next six months.

So, please send us your suggestions as to what type of additional play equipment we should consider. Donations very welcome!  
Email: [roy@priorscourt.co.uk](mailto:roy@priorscourt.co.uk)

## Contact the Parish Council

Clerk to the Parish Council  
Ms Michelle Alexander, 'Guestwick', Suckley WR6 5EH  
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Chairman of the Parish Council  
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Parish Council Meetings  
Meetings are held on the first Weds of each month, except during August when there is no meeting held.  
Planning Committee Meetings start at 7.00 pm  
Parish Council meetings start at 7.30 pm

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# Women's Hour! *God save the King!!*

Susan Catford



These words were strange on our lips at first after so many years of 'God save the Queen!' A Queen who had won the hearts of so many both at home and abroad, carrying out her duties until her very last days. But now her son, previously the king-in-waiting, is our new sovereign, King Charles III, and a new era has begun.

There will be celebrations on the day of his Coronation but it is a very different world from Elizabeth's Coronation in 1953. The post war years were a time of peace and rebuilding for the

future. An excuse to celebrate with street parties and (for the fortunate ones) the chance to watch the Coronation live. It was a day when everything stopped as the country came together to celebrate. For those who were alive at that time, it has lived on in their memories.

This year we will have another Coronation but how things have changed! There will be street parties and celebrations across the nation and millions of people across the world will witness this magnificent ceremony take place.

The reign of Queen Elizabeth II saw a world transformed. King Charles has inherited a different world which will be filled with challenges as we all have to face significant changes to protect our planet. He has had many years to prepare himself

for this time and with Camilla, his wife and Queen Consort, by his side, he will bring his own interpretation to this role. He has already shown strength of character and determination when addressing important issues. He will, perhaps, be a different kind of monarch with a more updated, less traditional approach. He is our King and, hopefully, will have many years ahead to demonstrate the determination and commitment he has already shown to lead this nation.

No doubt there will be a flood of souvenirs and memorabilia for the Coronation but it will be a major event in all our lives. We had a Coronation mug in our house for many years. It held my father's shaving kit so came out every morning bearing the face of a very



young Queen Elizabeth. It only seems a short time since we were celebrating the Queen's Jubilee, represented by images of her smiling face and wonderful colourful outfits. Now we prepare for another event which will bring us together and be watched by the world. Charles will ascend to the throne with traditional pageantry and ceremony. It will be a spectacular event and a truly memorable day that marks the beginning of our new monarch's reign. God save the King and may he have a long, happy and peaceful, reign ahead.

## King Charles III

A King in waiting for many years  
And now his time has come  
To take this role of sovereign  
And sit upon the throne.

Since childhood he has known one day  
That he would be our King.  
So much to learn and be prepared  
To take on anything.

And soon this child became a man  
Both confident and proud.  
Now able to perceive this world  
And share his thoughts out loud.

His learning then continued,  
The Queen his teacher still.  
To follow her example  
And emulate her skill

So patiently he's waited,  
Quite happy to remain  
Devoted to his special Queen  
Until his own time came.

Now that our Queen has left us,  
This role has passed to him.  
Charles is our trusted monarch.  
He is our noble King.

## Country Watch

April always seems to be a month full of promise even though we could be faced with all kinds of weather. The days are now longer and the dawn chorus is becoming more vociferous. Nature is stirring from its Winter sleep and colour is returning to our gardens and the countryside.

Early blossom is dusting the trees - cherry, plum and pear produce pretty pinks and whites. Golden forsythia is bursting out and the magnolias with their variety of flowers are a stunning sight. Spring flowers are popping up in the garden: daffodils, crocuses, hyacinths and delicate snowdrops. Tulips will appear later with their range of colours and upright flowers. Even dull days are brightened by these blooms. Bare trees and shrubs are putting forth buds and the first delicate leaves. These will grow over the month and gradually restore our greenery. Naked skeletons of trees will be clothed once more, presenting a softer, fuller aspect.

'If you go down to the woods....' Primroses and wild garlic carpet the woodland floor. The delicate scent of the pretty, starchy white garlic wafts in the air. Cheery primroses peak from between tree roots but they won't stay long. The early shoots of green bluebell leaves are slicing up in the shady woods but it will be a



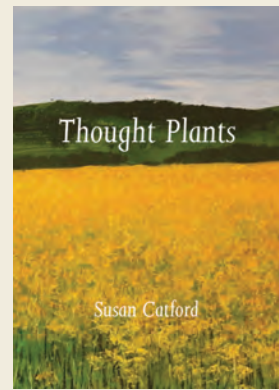
while before the clouds of scented flowers appear. Catkins dangle delicately by pathways. Big sticky buds (my favourites!) can be seen and felt on the horse chestnut trees which will be followed by the unfurling of hand-sized leaves. Everywhere there are small nodules of tiny buds which have appeared from nowhere and will become leaves of all shapes, sizes and colours over the coming weeks. Birds and animals are busy nesting and preparing for their offspring. Time to look out for young foxes frolicking in the grass and baby rabbits dashing through the undergrowth. April is a busy time, full of promise. An optimistic month to carry us onwards towards even longer days and, hopefully, warmer weather.





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**CORONATION 2023**



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## VETERINARY ADVICE ESPECIALLY FOR YOU!



### Acupuncture for dogs and cats

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

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



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

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



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

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

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

*Monica*

## Cooking for fun! *Ailsa Craddock*

I am very lucky to live in the heart of asparagus country - and even more to be within walking distance of a lovely farm shop which grows its own. By the time I have walked there, bought and walked back I have more than justified the butter that simply has to go on it! There are lots of ways to eat this delicious vegetable other than just boil and serve, - from risottos to soups (our farm shop sells bits that have come off when picking which is ideal for soup so ask your local shop) to using cooked stalks to dip into runny boiled eggs. Try wrapping parma ham around each stalk and putting under a hot grill for a few moments. Make the most of the British season - it is all too short!

### Salmon Rolls with Asparagus and Butter Sauce -

2 thick or 4 thin asparagus spears ) per portion  
1 thin salmon fillet )  
juice of a lemon  
2 shallots, finely chopped  
6 - 9 peppercorns  
120 mls white wine  
4 tablespoons double cream  
150g butter, cut into small cubes  
fresh parsley

Steam the asparagus for 6 - 8 minutes till tender, refresh under cold running water. Lay on top of the salmon fillet and roll up. Place on a rack over a pan of boiling water, sprinkle with lemon juice, cover and steam for 3 - 4 minutes till tender (I use one of those cheap bamboo steamers on top of a saucepan). Sauce: Put the shallot, peppercorns and wine into a small saucepan and heat gently until the wine is reduced to a tablespoonful. Strain and return to the pan.

Add the cream and bring to the boil then lower the heat. Add the butter to the sauce in small pieces, whisking all the time. DO NOT ALLOW THE SAUCE TO BOIL AS IT WILL SEPARATE! Season to taste, add a little parsley and serve with the salmon roll, some new potatoes and tenderstem broccoli and/or spinach.

### Green baked eggs with asparagus Serves 2 - just double up as necessary!

1 - 2 teaspoon olive oil  
200g asparagus, cut into 4 cm lengths  
2-3 salad onions, roughly chopped  
1 garlic clove, crushed  
1/2 pointed spring (sweetheart) cabbage, shredded  
1/2 green chilli, sliced  
few drops lemon juice  
10 grams feta cheese (or as much as you like!)  
2 eggs

Heat a frying pan over a high heat. Add some oil, season the asparagus and fry, turning now and then, until slightly charred, for about 3 minutes. Take out and set aside. Lower the heat and add remaining oil, cooking the onions and garlic for a minute. Add the cabbage and chilli and fry for 3 - 4 minutes, turning regularly. Add lemon juice, some feta and the asparagus. Turn heat to medium-low. Make two holes in the mix and crack in the eggs and leave to for about 5 minutes till the white is set but yolks still soft. Serve with some sourdough toast to mop up!

### Asparagus soup

This creamy soup is a refreshing spring recipe, marrying pure asparagus taste with the richness of cream and fresh herbs. One of my favourite things about this soup is its versatility. It's rich enough to be a light meal served with roasted veggie sides or crusty bread, but also satisfying enough to be a fresh spring appetiser to your Easter dinner. It can be served hot, straight off the stove, or cold (if you manage to have any leftover). Tip: Though it's totally great by itself, this soup is even better when sprinkled with



some homemade breadcrumbs that have been toasted in butter and garlic.

2 tablespoons butter  
1 clove garlic, minced  
2 lb Asparagus, ends trimmed, cut into 1" pieces  
Salt  
Freshly ground black pepper  
500 mls chicken or vegetable stock (a cube will do)  
100mls cream, plus more for garnish, Freshly chopped chives, and dill for garnish

In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes. Add stock and simmer, covered, until asparagus is very tender but still green, 10 to 15 minutes. Using a blender, puree soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste. Garnish with more cream and herbs.

Asparagus available from [www.revillsfarmshop.co.uk](http://www.revillsfarmshop.co.uk)

## Jazz News

There will be a truly international atmosphere at this month's club session with band members from USA, Canada, Scotland, Germany and England. The Frog and Henry band, formed by street musicians in New Orleans in 2013, mirrors the instrumentation of the popular "string and brass" bands of the late nineteenth century. Violin, guitar, banjo, cello etc, backed by tuba and percussion played for a variety of events from genteel parlour soirees and party entertainment to street music, with a repertoire of rags, polkas, quadrilles, current popular songs and some jazzlike syncopation for dancers. Popular emergent dance styles demanding a more robust front line and a heavier beat led to the addition of reeds and brass to the front line creating a separate line of musical evolution leading to the traditional six piece jazz line up. Frog and Henry retain the original pattern of

### Peter Farrall

instrumentation with two violins, two sax/clarinet players, piano, guitar/banjo and tuba but have extended their repertoire to include later jazz standards from the likes of King Oliver and Bunk Johnson as well as old dance tunes from USA and England. A selection of blues, rags, waltzes and ballads adds to the rich flavour of the evening's presentation. This quirky band, on their April tour of Britain and Europe will delight fans with their music, humour and history. Not to be missed are Ewan Bleach's clarinet solos playing two instruments at the same time and the foot operated tuba enabling Dave Neigh to play tuba and banjo simultaneously. And the origin of the name? Seems to be a nod towards Clarence "Frogman" Henry the new Orleans born R&B singer and pianist, but we'll ask them whilst they're here. Corman Atkins & George Ashmann violins Ewan Bleach & Laurin Habert clarinet/sax,



Joplin Parnell piano,  
Dave Neigh tuba & banjo,  
Ryan Baer guitar

The Frog & Henry Band

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## Sensory plants for a wellbeing garden

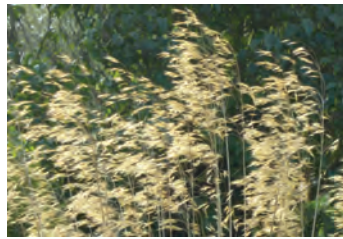
Gardening is renowned for supporting our wellbeing, and, in the process, it helps nature to thrive too, so it's a win-win! This month, I'm thinking about plants to help all our senses rather than focusing on how the garden looks. There are plenty of plants to choose from regardless of the size of your plot – even a window box can accommodate a sensory planting scheme.

**Colour** – is emotive and can help stimulate or calm the senses. An all-white garden such as the white garden at Sissinghurst is famous for its calm colour palette and is very soothing. Compared to a 'jewel garden' which provides a much more energised and fun vibe. Use plants with white flowers such as *Convallaria majalis* (commonly known as lily-of-the-valley) which



flowers in May and is scented too and is ideal for a restful shady garden. Or if you want bright colours try *Erysimum 'Spring Breeze Sunset'* which is a wallflower with cheery orange and purple flowers and blooms from February to July and prefers full or part sun. They look lovely planted with tulips in containers or borders.

**Sound** – ornamental grasses and trees are ideal for this. The breeze rustling through the leaves of trees such as Poplar and Silver Birch make a great sound. Use tall grasses such as *Stipa Gigantea* (which look fantastic with frost on them) at the back of a border as they grow to around 2.5m tall and 1.5m wide. There are plenty of shorter grasses to choose from so you can find a suitable size and colour for your plot.



**Scent** – there are so many scented plants to choose from such as roses, daphne, sarcococca, nicotiana, lilac, lavender, viburnum and pelargonium to name a few. You can choose plants that follow on flowering from each other so there is year-round scent in your garden. Read my blog for details [www.borderinabox.com](http://www.borderinabox.com)

**Texture** – ornamental grasses are also ideal for this. I love the cute Bunnytail grasses (*Lagurus ovatus*) with their soft seedheads which are also brilliant for drying and using in wreaths and flower arrangements. The most tactile plant is Lambs Ears (*Stachys byzantine*) which have thick fluffy evergreen silvery leaves and are perfect for a sunny border for ground cover.



**Nikki Hollier**  
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[www.borderinabox.com](https://www.borderinabox.com)

**Taste** – herbs such as rosemary and thyme are useful plants for the garden. Rosemary is evergreen, with beautiful blue delicate flowers. They make great hedges too and have very aromatic foliage. Great for cooking which makes it a brilliant all-rounder for the garden. I use Thyme to fill in any gaps in the front of a border or go around the base of pots. It's also scented and tastes delicious on pizzas.



## April gardening tips *Reg Moule BBC Hereford & Worcester*

### Early in the Month

Sow annual climbers e.g. *Asarina*, *Eccremocarpus*, *Cobaea*, *Ipomoea*, *Tropaeolum* and *Rhodochiton*.  
 Dead head daffodils and narcissi – feed them but DO NOT cut off the foliage.  
 Keep an eye out for slugs and take steps to control them.  
 Prune out any frost damaged shoots on less hardy shrubs such as *Pittosporum*.  
 Plant summer flowering bulbs outdoors e.g. *Gladioli* and *Nerine bowdenii*, if you already have overcrowded clumps of *Nerines* in your garden lift and divide them now.  
 For trouble free roses, spray with one of the safer rose combined pest and disease treatments or Uncle Tom's Plant Tonic for an organic solution to rose diseases.  
 Prune Forsythias and winter Jasmine after flowering.  
 Finish dividing overcrowded herbaceous perennial plants.  
 Plant summer flowering bulbs eg. *Gladioli*, *Dahlias* etc.  
 Straggly silver foliage plants can be cut back now e.g. *Saintolina*. (but not down into old wood - that is risky).

Lift and divide pond plants. This is also a good time to introduce new plants too.  
 Plant *Asparagus* crowns and Jerusalem artichokes.  
 Divide overcrowded clumps of *Nerines* and *Siberian Iris*.  
 Treat potted ornamental plants with Bug Clear Vine Weevil Killer, as it acts as both a control measure and an insurance policy. One treatment lasts three months.  
 Organically, place a half inch layer of horticultural grit on top of the compost to prevent successful egg laying.  
 Cover some established strawberry plants with cloches to get an early crop.  
 Plant new conifer hedges and trim established ones.

### Mid April

Tackle pernicious weeds, like bindweed, with a systemic weed killer containing glyphosate, it is best to use an "extra strong" version.  
 Hardy annuals can still be sown in situ outdoors.  
 Plant dormant dahlia tubers 10cm (4in) deep outdoors at the foot of support stakes.  
 Undertake lawn renovations by repairing damaged edges and

removing bumps and hollows. Watch out for whitefly appearing in your greenhouse, hang up some yellow sticky traps to monitor them. Plant some French marigolds or *Coleus cannina* near your tomatoes to deter the pests.  
 Take conifer cuttings. Pull off 7.5 – 10 cm (3-4in) side shoots. Trim up the base. Dip in hormone and insert in free draining compost.  
 Watch out for attacks of gooseberry mildew and gooseberry sawfly, these devastate bushes.  
 Plant out cabbage, cauliflower, Brussels sprout and celery plants.  
 Finish planting sprouted maincrop potatoes.  
 Sow tomato seeds now for outdoor planting in June.  
 Begin planting up hanging baskets, keep them inside until frost risk is minimal.  
 Check your greenhouse regularly, as watering, shading and ventilation are important.  
 Sow Basil indoors, but do not plant outside until there is no risk of frost. Start successional sowings of salad crops eg. Lettuce, carrots and radishes.



### Late April

Sow tender veg. indoors for planting out next month e.g. courgettes, French and Runner beans. Sow marrow, courgette and squash seed on its side and soak Sweet Corn seed in water for 4 hours before sowing.  
 Prune early flowered Clematis after blooming e.g. *C. alpina* and *C. macropetala*. This is only necessary where space is limited.  
 This is a good time to re-pot any houseplants that are pot bound. Store unused seeds left in open packets in an airtight container in the refrigerator.  
 Treat your lawn to an application of lawn food.  
 Miracle Gro Thick and Green is my favourite as its food is release according to the weather conditions.

# Everything you need to know about Pilates

Rachel Garwood-Gowers



Everything you need to know before your first Pilates class

*Help. I've never been to a Pilates class before. What should I expect?*

Pilates is having a massive resurgence. At the beginning of 2023 there were numerous articles about why Pilates is the hottest exercise trend of the year. Seeing massive growth, in fact a 38% growth from 2021 to 2022, it seems like everyone is singing its praises. Celebrities and sports people alike are taking to social media to tell the world how it improves posture, develops long lean muscles, tightens and stabilises the core and develops flexibility alongside a heightened sense of wellbeing. Most people have heard of Pilates. Some people think it's like Yoga, and others think it's just for older people and involves some stretching... WRONG. Developed in the 1920s, it quickly became popular with dancers, and has continued to be top of 'gogo classes' for super-fit celebs who swear by the fitness method because it's hardcore but low impact. Whether you are a complete beginner to exercise or are super fit, Pilates offers a complete mind and body workout like no other and exercises can be as challenging as you want them to be. Plus, unlike other exercise classes, Pilates will reach into

your everyday life. It will make you move differently, hold your body differently and you will have a sense of inner core strength like never before. Many class goers tell me they even stand differently when they are brushing their teeth or walking the dog. That's because Pilates is great for fixing alignment and improving mobility. The movements are slow and controlled, they tone muscles, increase muscle endurance and promote good posture and balance.

*What happens in a Pilates class?*

To a certain extent this depends a lot on what sort of session you sign up for. Over the last few years there has been a surge in different strands of Pilates; Fitness Pilates, Yoyalates, Tabata Pilates, Barre Pilates and the list goes on. There are also Pilates Reformer classes that involve large pieces of equipment that look like torture devices and are developed from the original machines used by Joseph Pilates in the 1920s. These add resistance with a spring-based machine that strengthens you as you move one way and stretches you the other way. But you don't need fancy equipment to get a Pilates workout, almost everything can be done on a mat. Throw in some resistance bands, a Pilates ball, a block and a Pilates Ring

can also mean you pump up certain moves, making them more challenging for your stability as well as helping you connect with your deepest core muscles.

Whatever version you are trying the exercises will be based on the 34 original Pilates moves, with various degrees of contemporary twists thrown in for good measure. Unless, of course, you have signed up for a classical style class which takes you through the same exact moves in the same exact order every session. Contemporary style classes, on the other hand, mix in more creative choreography and exercises from other fitness modalities such as lunges, plank variations, and other popular bodyweight resistance moves. That's what we do at 101 Pilates. No matter which types and style of Pilates workout you choose, you'll likely hear some new words during your first lesson. Common terms I might use include neutral spine, alignment, c-curve, engage and articulate (meaning to roll down one vertebra at a time). Don't worry, though, these are explained in every class with reminders throughout. Everything is demonstrated and explained, I will tell you why we are doing certain exercises and which muscles to engage... in fact I never shut up.



*101 Pilates offers a range of classes in different village locations across south Worcestershire at both day and evening times. Book at [101pilates.co.uk](http://101pilates.co.uk)*



# Heritage & History



Many of us have regarded Her Majesty as being shrewd, kind and wise. Without her we would have seen the country as a greyer and more meagre place. The Queen had few friends as a child, but nanny, 'Crawfre', helped introduce an only partially successful Girl Guide company to Elizabeth and her sister, Margaret. Elizabeth did not attend a school but enjoyed reading. She proved to be a caring and helpful student.

The one event in the run up to the second world war that 'everyone knows' was that at the age of thirteen, Elizabeth clapped eyes on Prince Philip of Greece, a boisterous eighteen old cadet at the Royal navy College at Dartmouth. Queen Elizabeth became one of a few happy individuals who immediately found true love. Elizabeth and Philip waited until the bride's twenty first birthday before the a glorious ceremony was celebrated at Westminster Abbey. Within a year cheering crowds were out to greet the next heir to the throne HRH, Prince Charles Philip Arthur George. No one had been prepared for the death of his Majesty King George sixth in January 1951. Prince Philip had been quoted as saying it was if the whole world had dropped on him. Although prince Philip was an active and hard working parent, his relationship with Charles could have been better. He wanted Charles to be a 'man's man', in his own image. He learned that his son's temperament was not suited to the rough and tumble of a sporty institution and

enjoyed himself more in the remote setting of an Australian outback school. Charles, it seemed, suffered from minimal parental support in his early school years. Later Charles was the first member of the Royal family to achieve a degree at Cambridge University Even so, his image was of a rather shy nervous young man instinctively out of sympathy with the rebellious nature of the time. Prince Charles was then introduced to his first public role. Lord Snowdon, married to Princess Margaret, was to oversee the investiture of the Prince of Wales at Canaanarvon Castle in July 1969. Charles was becoming increasingly independent minded. He learned sufficient Welsh to win the praise of the local residents. The biggest single event for the Royal family in the early 1980s was the carnival atmosphere wedding of the thirty two year old Prince Charles and Lady Diana Spencer, on 29th July 1981. Continuing inflation and as social divisions, encouraged this a distraction from the

troubles of the times. Prince Charles appeared to have more traditional tastes than his contemporaries. He was driven by duty and had long been close to an early girlfriend, Camilla Parker Bowles. The assumption was that this lifelong commitment would be shared by the Queen and the Duke of Edinburgh with almost all of the media. Prince Charles and his wife produced the next heir with commendable promptness. Their younger son was born shortly after. 1992 has been remembered by the Palace officials as the worst time in the history of the modern monarchy: worse even than the ominous seeming days after the death of Princess Diana in 1997. For more than twenty years on, it is possible to see more clearly what her Majesty described at the time as her 'annus horribilis.' Charles, now happily married, will accept the crown, with Camilla as his consort, on the sixth May, when his older son and daughter in law will be recognised as the Prince and Princess of Wales.

Heather Greenhalgh

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## Healthy Heart Tip:

### Sleep is Essential for Health

It's World Sleep Day on 17th March and the theme this year is 'Sleep is Essential for Health'. 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 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, sign up for our weekly healthy tips at*

*[www.heartresearch.org.uk/healthy-tips](http://www.heartresearch.org.uk/healthy-tips)*



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## Rebuilding

### Angela Johns



Ypres has a bit of toy town about it. After being completely flattened apart from a dozen or so buildings in WW1 it was rebuilt through the twenties onwards. It has that reclaimed look – reused bricks, fresh mortar. Old building materials but youthful building work. Perfect corners, perfect mortar, perfectly replicated. It determinedly recaptures what was, to continue to be. Even the enormous Cloth Hall and huge St James' Church were returned to their original glory from ground level, stone by stone and with each piece of stained-glass window. Like a spider spinning a fresh web what is manifested here is the instinct to rebuild the home, the workspace and place to hang out in order to feel safe, to have the knowledge of still belonging to the community and to experience its familiarity after all those things were so violently taken away. Wandering around and looking more closely at the details reveals the stories of new beginnings. There are Art Deco doorways and window glass designs and crumbling broken walls down the alley behind a pretty façade, faded painted signage above a straight new lintel of a shop window. Therapies are a little like this. We want to rebuild health and reclaim peace. We want to come

back stronger so we can last longer. We want to create a healthy life with the readymade bricks of our bodies and minds using the new mortar of good habits and lessons learned. It takes time and effort but those instincts are part of our humanity. And our old scars and memories will tell our stories in the life we live now.

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

“The future of mankind can be assured only if we rediscover ways in which to live as a part of nature, not apart from her.”

*King Charles III*



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# A car, a ladder and a skeleton

Karen Harris

No its not the start of a car, a ladder, and a skeleton walk into a bar joke, but common analogies I use when describing connectivity in the body and as it happens we have much in common with the aforementioned items. Our joints line up much like the rungs and uprights of a ladder; the shoulders, hips, knees, ankles, being the uprights and the rungs being the pair of each joint. What makes a ladder strong and stable under weight is the right angle join between the rung and the upright, the same on each side and above and below. Get a ladder like that out of the shed to fix the guttering and you would feel safe. Not so if one of the uprights was bowed or a rung was off horizontal, it would be unstable and wouldn't bear your weight effectively.

Your body is exactly the same; is the ankle underneath the knee, is one shoulder lower than the other, is one hip further forward? It only takes one deviation from our blueprint skeletal design to cause instability.

You know what it's like when the tracking is out on your car? You get a steering wheel wobble and it just feels a bit weird when driving, like you aren't getting the right feedback from the road,

through the tyres, shock absorbers and chassis, to the steering. The 'bones' of your car are a bit 'out' and when it comes to the MOT you are told that the tyres are wearing unevenly.

Think of your shoes like the tyres on the car, do the heels wear unevenly? Could YOUR 'tracking' be out? On the car, the tyre is connected to the wheel and through to the chassis, there is a complete connectivity right through the car to maintain a safe vehicle and good drive, so perhaps just fixing the tracking (akin to putting an insole in your shoe) might be overlooking a potential issue with wear and tear on the bearings, shock absorbers, or perhaps the steering mechanics.

So it follows..... the connectivity in the body is there to maintain balance and stability and give us a good feeling when we go to move and exercise. Are we overlooking the mechanics of the body when we go with a quick fix by just looking at an affected area?

Can you see the connections and how they work, and how it makes sense that a functional pain-free body is achieved by taking a holistic approach to issues rather than a focussed, pain centred approach?

"Just as mankind had the power to push the world to the brink so, too, do we have the power to bring it back into balance."

King Charles III

## YES or NO?

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

**YES, of course!**

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

Karen Harris, Posture Alignment Specialist, Fitness Trainer  
07954 544595

# Emotional Triggers

Emily Papirnik



Emotional Triggers can be so debilitating for people, some such situations can be rejection or being ignored, helplessness or loss of control, feeling unwanted or unneeded. Just recently I have had more clients coming to me with such issues. They are wanting to find out how to deal with these reactions and responses that they are experiencing sometimes from 'nowhere'.

When supporting these clients, it can become very clear where the issues are coming from quite quickly. For the client alone finding the cause can often be difficult to pinpoint due to the trigger itself. Let me explain, if everything is going along fine you are less likely to want to revisit the issue or 'poke the bear' so to speak but trying to deal with it when you are triggered and in 'fight, flight or freeze' response is impossible.

I enable my clients to feel more relaxed in a calm environment where they can be truly heard. This allows space for a better understanding as to what is going on. When people are able to speak aloud what their fear is, quite often on hearing what they are saying to themselves the lightbulb turns on. They can break down the experience and realise what it is that causes the stress response.

A trigger might make you feel overwhelmed, in a state of panic, helpless or unsafe. These emotions are valid for you, a way of keeping you out of harm. This trigger will originate from an experience, either that you had or witnessed or were told about. We are so powerful in our subconscious mind and as I said before our primary need is

to keep ourselves safe therefore our behaviour will change to that end.

In understanding the trigger, in picking it apart it can be more manageable. In taking away its power it is possible to 'deal' with it and view it from another perspective. Then finding a way of seeing the truth in the situations that you find yourself triggered. The Truth is I am not where I was. The Truth is I can control how I respond. The Truth is there are things I can put in place to make this easier to manage.

This enables a controlling of your conscious mind and 'dispelling' or 'rewriting' what resides in your subconscious. Therefore, you can change your response.

This can be an ongoing process, therefore talking about our fears to therapists, colleagues, family and friends can be so valuable. Talking about a negative experience to dispel it when it first happens will stop it being stored and coming up later in another situation. Parents, friends, colleagues, managers allow your children and staff the opportunity to tell you what their day has been like in a calm environment. To allow those fears to be dispelled and not grown in their subconscious to become a debilitating trigger.



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## South of South

Brian Johnson-Thomas

The sun is just setting over a really blue sea with the even beat of the waves setting the speed of my typing. We have just returned from visiting the southernmost island of the British Isles which is, still, just visible from here in the gathering dusk.

The British Isles, of course, also include the Channel Islands and, whilst Jersey is the furthest south, there is one tiny island, Green Island, just a few hundred yards to the south of that. Granted, Green Island is almost an honorary island as you can walk across to it at low tide but, just over a century ago, prehistoric graves were discovered there, so people have lived there for an awfully long time.

It's also just visible on the horizon of our holiday cottage – Fisherman's Cottage situated on the edge of St Helier, the capital of Jersey – which is our luxurious home from home for a few days. Starting life back in the 1760's it now forms part of the collection of holiday lets offered by Jersey Heritage ([see www.jersey/heritage.org/stay/heritage-lets/fishermans-cottage](http://www.jersey/heritage.org/stay/heritage-lets/fishermans-cottage) for details) and, indeed, offers all that one might need for a relaxing break. It sleeps up to four people in a double bed and a bed settee and comes very well equipped, including a superb shower room, but the main selling point must be its' location by the roadside but on a small cliff with amazing views out to sea – and a garden with comfortable seats to rest and look at the ever changing views.

The town centre is a quarter of an hour's walk away, but there's also a reserved car parking space near the Cottage

if the walk's a bit daunting. Being an island, of course, nowhere is really that far away. However there's a lot to see and do in that small-ish space, ranging from relics of history, such as the impressive castles like Elizabeth Castle overlooking the sea approaches, to the capital and Mount Orgueil, brooding over the village of Gorey, which held out for the first King Charles long after all hope was gone. Cromwell's men then turned it into a prison, presumably holding the erstwhile defenders. But people lived here long, long before even those stirring times. Make sure that you take the time to visit La Hougue Bie, the tenth oldest building in the world dating back some six thousand years, which also houses part of a record breaking Celtic coin hoard and a more recent Second World War German bunker. Remnants of that German occupation are everywhere – it's difficult to demolish concrete THAT thick – and some of the structures have been repurposed in inventive ways – as an oyster bar, for example.

For a faint whiff of scandal long ago it's worth visiting St.Saviour's Church whose graveyard has the final resting place of the lady known as the Jersey Lily, better known as Lillie Langtry, who was remarkably friendly with King Edward. It's a beautiful old church, uphill from the town and well worth the detour. There is, indeed, a lot of coastline here, with a huge tidal range and thus some very wide and enticing beaches, offering lots of scope for water sports of all kinds, also for all abilities. I was impressed to find that in



*Green Island from Fisherman's Cottage*

St Helier it's possible to borrow, for free, adapted wheelchairs (with specially wide tyres) for use on the beach. That's a facility which many other resorts could copy to everyone's advantage. Talking of wheelchairs and such, I should mention that the ferry services to Jersey sail from Poole and Portsmouth, are operated by Condor Ferries ([see www.condorferries.co.uk](http://www.condorferries.co.uk) for details) and are big enough, and varied enough, to cater for disabled passengers. We've chosen to travel out here on the fast ferry from Poole, which took us some four and a quarter hours (with a rather nice steak

and ale pie and a pint en route) but we're going home on the traditional ferry, overnight to Portsmouth, leaving in the late evening and arriving just after breakfast. I know from a previous voyage that some of those cabins are suitable for wheelchair passengers. Tomorrow night, as a treat to ourselves, we've booked a short stay in the four star Hotel de France, which is my personal favourite in St.Helier since it also has a Spa, a pool and a rather nice restaurant ([see www.defrance.co.uk](http://www.defrance.co.uk)) where we will celebrate our last night on this magical island.



*Hotel de France*

### Thoughts from the Snug... Birthdays and mottos to live by

One of our Snug members had a significant birthday recently. Being a modest person they displayed a gentle protest against the fuss we made. He pronounced, "There comes a time when you should stop expecting others to make a fuss about your birthday. That age is 10!"

We were having none of that and proceeded to shower him with cards, best wishes, a pint or two and a bag of curry flavoured pork scratchings. Several cards not only celebrated his milestone, but gave advice to ensure further anniversaries.

Here are a few quotes:

"To stop the aging, keep on raging."

"You can't turn back the clock but you can re-wind it."

"He who laughs, lasts."

The birthday boy graciously accepted our sentiments and admitted, "Birthdays must be good for you. Statisticians tell us those who have most live longest."

Cheers!

Then we ate his pork scratchings.

*Buddy Bac*



# Gregory's World!

Gregory Sidaway Exeter College, Oxford

## “Ready.”

(Whispering) Hello, me again! I'm whispering because we're standing in the entrance hall of the Rector's Lodgings, which murmurs with the hushed conversations of my English class. They're all in their academic gowns, clustered at the foot of the staircase. I'm wearing mine too (I've just spent the last five minutes trying to remember where I put it – in a bag at the back of the wardrobe – then trying to flatten out the creases so I would appear presentable). Listen out for the voices inside the dining room: Rick Trainor, our rector (basically the boss), the academic dean, and three of my English tutors are taking it in turns giving their thoughts on how [insert student name] is getting on, now that we're coming to the end of our second term. It's time for our reports. Instead of parents' evening, I suppose you could think of it as “students' afternoon”, but it's actually called: Collections. Wait. Our ears prick. The voices have lulled. Chairs shuffle. The door creaks open and out steps the latest survivor, who tells me I'm next. Okay, fellow reader, wish me

luck. See you in a few minutes. I enter – reassuring myself that no matter what happens, there's an overpriced pint waiting for me at The Kings Arms tonight – and take a seat. My tutors are looking very serious; I've seen them laughing only hours before, but now it's like a reset button has been pressed. Traditionally, rather than having a conversation with you, each tutor reads out what they've written about us to the rector, who nods thoughtfully, and we hear the report at the same time. So, when I take a seat, my first tutor consults her notes and tells the rector: “Rector, this is Gregory Side-away and I teach him English Language and Literature.” (I don't know why she consulted her notes, she knew who I was, we had a chat yesterday.) The rector nods thoughtfully. What follows, is a summary of how I've been getting on and where I need to improve ... And how have I been getting on? Well, I was able to get involved in more things than last term. I had some success in the drama/film department, you might remember from last article I'd auditioned for a play? Well, I didn't get the role. Then I auditioned for a film. Didn't get that one either. But,

then I saw the film I'd auditioned for needed extras and I thought: ‘They can't say no to me now!’ So, I went over to Worcester College and got dressed up as a cameraman from the ‘80's. This was going to be a film about the filming of a play, so while my character was ‘filming’ a play of Anthony and Cleopatra, I was being filmed myself – lots of dimensions to this. I played the memorable character of ‘Man No. 2’ (there wasn't even a ‘Man No. 1’, I'm not sure what happened there) and I spent the time between takes envisioning a backstory, a heroic odyssey ‘Man No. 2’ had embarked upon to reach this moment. I had plans for a spin-off series and everything – but then someone said “Action!” and I had to concentrate. I did get upgraded, though, because I was given two lines. One of them was long and I can't remember it now, but my favourite one was (wait for it): “Ready.” It reminded me of a line I had in a school production of Les Mis. We were on the barricade, Javert was returning and I had to say: “He's back!” My best line. I milked it for all it was worth. As we prepared before takes, I began to notice most of the



actors were finding a space all to themselves, leaning forward slightly with a script either in their hand or on their knee, gesturing with their other hand and sort of half-speaking, half-mumbling their words as they practised them. Some were reciting soliloquies and big chunks of text. I just leaned forward, gestured and savoured the word: “Ready.” ... The rector is still nodding thoughtfully. After my report was read, he asked me how I'd got on in college life. I thought he would be impressed if I mentioned the rowing – he was probably less impressed when I mentioned nearly capsizing the boat. Recovering, I mentioned the filming and how great it was to get stuck into projects outside of the work. The rector smiled. “So, it's all going well, then?” The academic dean added: “Except for the rowing.”

## Teenage Focus *Romy Kemp (18)*

### What next?

2023 has been moving quite quickly in my opinion. This is the year for me that my life basically begins, after taking my A-Levels in a few months. My initial choice after these exams is to study at university. However, there are a few doubts in my mind about my future after university. The most exciting part in my head though is moving away somewhere different, living somewhere new and meeting new people. My motivation and brain power has somewhat declined in the recent months after many mock exams. It is hard to bring back so much motivation after burning out, and I'm truly trying my hardest to bring it back, but it has been hard. It's just about getting back into a

routine and sticking to it, and doing as much useful revision as possible. I'm sure that stress is a massive step towards the future but it is a struggle in itself, so getting through that is the hardest and greatest part in order to get what you want for your future. There are so many career paths to choose from, and so many that aren't talked about as much as teachers, doctors, accountants, actors, scientists. They don't go into depth about the numerous sectors within these job options. However, there are so many job opportunities out there which aren't really talked about or that you don't know about yet. The options are limitless out in the world. However, this summer holiday will be the greatest one that I

will ever have, so I'm told, as I won't have any more school exams to worry about. I never used to be a fan of the sun much, but I have recently been craving the atmosphere which comes with summer. The break and rest from all the pressure after A-Level's and GCSE's. My plan is to travel through places in the UK before I go to university at the end of the year, reaching the stage of independence in life where you try to fend for yourself but meeting new people in the process.



“As human beings, we suffer from an innate tendency to jump to conclusions, to judge people too quickly and to pronounce them failures or heroes without due consideration.” *King Charles III*

# Rotary Club of Worcester

The Rotary Club of Worcester is Club number 132 and was granted its charter on 7th April 1924. We are part of District 1100, which comprises 65 Rotary Clubs in an area of the West of England stretching from Worcester in the South Midlands down to Bristol and North Somerset, and across to Swindon in Wiltshire. We normally meet Monday lunchtimes, at 12:55, at the Worcestershire County Cricket Ground. Meetings are scheduled to end at 14:00. When there is a 5th Monday in the month we have a longer, evening meeting to which partners are invited. The Rotary Club of Worcester is a dual gender club. The Club has provided a number of District Governors and currently has a Past District Governor as an active member.

There are also four other Rotary Clubs in the City, Worcester Severn (1982), Worcester South (1968), Worcester Wychavon (1990), Worcester Vigornia (2008) - if you would like information about any of these clubs, do contact us.

*What is Rotary?*

Founded in Chicago USA in 1905 by Paul Harris, Rotary

International is a worldwide organization of business & professional people. There are over 32,000 clubs and 1.2m members, representing almost every walk of life. Rotary's motto is 'Service Above Self'. Its mission is to provide service in the community, in the workplace, and throughout the world to build goodwill and peace, provide humanitarian service, and to encourage high ethical standards in all vocations.

*Worldwide*

A good example of Rotary worldwide is Polio Plus. This is a programme which has the goal of eradicating polio by the year 2005. Since 1985 Rotary has raised over \$296 million for this cause. In the year 1996/7 154 countries reported zero cases of polio. Subject to fundraising efforts the eradication target is on course.



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## USA Book Award



**Swing Time, a book designed and typeset by Hughes & Company received the prestigious award from the International Sports Heritage Association.**

The awards programme was established to provide recognition for excellence in publications and exhibits by all member sports museums, hall of fame, or sports heritage organisations regardless of size or budget. The competition is evaluated by ISHA members. There are nearly 150 institutions located in North and South America Europe and Asia.

The book was published by Grant Books Ltd.

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## State pension top ups

If you reached state pension age after 6 April 2016 you will be eligible for the New State Pension. From 6 April 2023 the full New State Pension is £203.85 per week but whether you are entitled to that amount depends on your National Insurance record.

If you have 35 qualifying years you will be entitled to the full state pension. If you have less, then it is possible the amount of pension you receive will be reduced and it may be beneficial to make voluntary National Insurance contributions (NICs) to increase your entitlement to benefit. You require a minimum of ten qualifying years to be eligible for any state pension at all.

Usually, HMRC allow you to pay voluntary contributions for the past six tax years. The deadline is 5th April each year. However, there is currently an opportunity for people to make up for gaps in their NICs for the tax years from April 2006

to April 2017 as part of transitional measures to the New State Pension. This deadline was set to expire on 5th April 2023 but has now been extended until 31 July 2023. It could be worth considering making additional contributions if you are close to state pension age but do not have enough qualifying years to get the full state pension, if you know you will not be able to achieve the required qualifying years in the remainder of your working life or if you are self-employed and do not have to make NICs because of very low profits. You can check your National Insurance record by signing up for a Personal Tax account with HMRC. This will detail the qualifying years you have on record and the contributions you have made. You can also obtain a pension forecast from HMRC that will indicate when and how much pension you may get and also whether you can increase it. For further

*Carol Draper*

guidance search online for state pension forecast and if you require further guidance consider speaking to your accountant, financial adviser or approaching Citizens Advice.

*Carol Draper FCCA*



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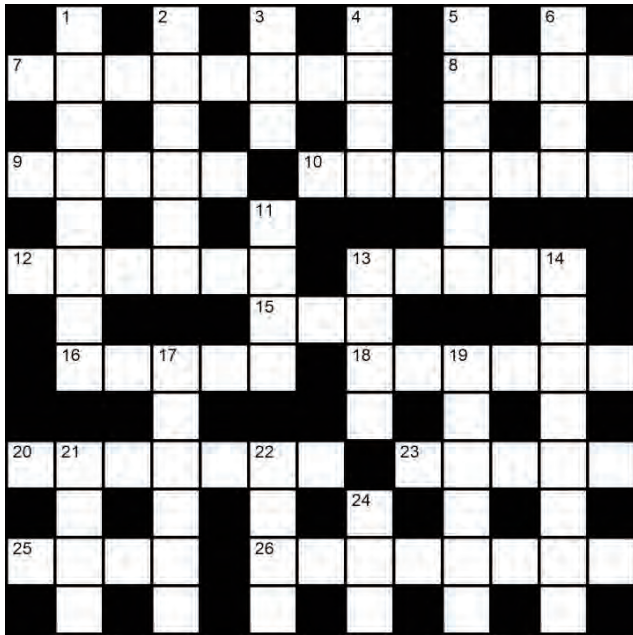
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# Coffee Break

## Crossword



### Across

- 7 Provided with protective covering (8)
- 8 Speck (4)
- 9 Gather (5)
- 10 Boat race (7)
- 12 Type of variable electrical control (6)
- 13 Embarrass (5)
- 15 Stimulus (3)
- 16 Expiry (5)
- 18 Yield post (6)
- 20 Wool fat (7)
- 23 Crowbar (5)
- 25 Hardens (4)
- 26 Pertaining to a school (8)

### Down

- 1 Quivered (8)
- 2 Israeli intelligence agency (6)
- 3 Illustrative craft (3)
- 4 Verge (4)
- 5 Largest desert (6)
- 6 Wood (4)
- 11 Mischievous (4)
- 13 Relating to aircraft (4)
- 14 Sanitary (8)
- 17 Excite (6)
- 19 Scandinavian kingdom (6)
- 21 Second son of Adam and Eve (4)
- 22 Formerly Mesopotamia (4)
- 24 Grass (3)

## Sudoku

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

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

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

## Crosswords

### Sudoku

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

- AUCHEN
- BERE
- BURGH
- CLARE
- CROFT
- DEAL
- DELGATIE
- DRUM
- ELCHO
- FLINT
- FLOORS
- FRASER
- GYLEN
- HAY
- HEVER
- HOLT
- KENDAL
- LEOD
- MAOL
- MEY
- MOY
- MUNCASTER
- OER
- PIEL
- RABY
- RAIT
- RED
- STAR
- SWEEN
- TOWER
- UDNY
- YORK

## March Answers



# Poets' Corner

## A Shropshire Lad

VII

When smoke stood up from Ludlow,  
And mist blew off from Teme,  
And blithe afield to ploughing  
Against the morning beam  
I strode beside my team,

The blackbird in the coppice  
Looked out to see me stride,  
And hearkened as I whistled  
The tramping team beside,  
And fluted and replied:

"Lie down, lie down, young yeoman;  
What use to rise and rise?  
Rise man a thousand mornings  
Yet down at last he lies,  
And then the man is wise."

I heard the tune he sang me,  
And spied his yellow bill;  
I picked a stone and aimed it  
And threw it with a will:  
Then the bird was still.

Then my soul within me  
Took up the blackbird's strain,  
And still beside the horses  
Along the dewy lane  
It sang the song again:

"Lie down, lie down, young yeoman;  
The sun moves always west;  
The road one treads to labour  
Will lead one home to rest,  
And that will be the best."

S. A. E. Housman 1859-1936

### Spot & Shop - March Winners

- 1) Meg Allsopp
- 2) Georgina Brooke
- 3) Rosemary Harrison
- 4) Shirley Saunders

**Last month's answer:**  
**Vale Wedding Cars**

# Fun Quiz!



1. Which actor played Neil in "The Young Ones"?
2. If you are getting off a train at Waverly station, in which UK city would you be?
3. Which country did Ceausescu rule from 1965-1989?
4. In the theatre what name is given to the part of the stage that projects out into the audience?
5. What animal is associated with the beginning of an MGM film?
6. Into what sea does the Nile flow?
7. Three continents lie on the Tropic of Capricorn, South America is one, name the other two
8. In American currency 10 cents make a what?
9. Afrikaans was developed from which European language?
10. What Italian word for 'Scratched Drawing' can be found on walls all over the world?
11. What was the name of the first manned lunar landing mission in 1969?
12. What poisonous oily liquid occurs naturally in tobacco leaves?
13. In which country was Rudyard Kipling born?
14. What is the gemstone for September?
15. What is the common name for the Aurora Borealis?
16. Which large animal is the only creature thought to produce its own sun tan lotion from its natural secretions?
17. Which Greek author was famous for his fables?
18. Which 1988 western saw Emilio Estevez play 'Billy The Kid' alongside Charlie Sheen and Kiefer Sutherland?
19. Where in London is there a bronze statue of Charlie Chaplin?
20. Who is reported to have played his fiddle while Rome burned?

Answers: 1 Nigel Planer 2 Edinburgh 3 Romania 4 Apron 5 Lion 6 Mediterranean 7 Australia, Africa 8 Dime 9 Dime 10 Dime 11 Apollo 12 Nicotine 13 India 14 Sapphire 15 Northern Lights 16 Hippopotamus 17 Aesop 18 Young Guns 19 Leicester Square 20 Nero



## COMPETITION TIME!

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



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*Now rehearsing hard for the Spring  
concert to be held at  
Tewkesbury Abbey*

**Saturday 13th May**

when we will be joining with  
another choir and an orchestra to  
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by Maurice Duruflé.

*If you would like more information on  
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to  
[chrisyates.newburn@btopenworld.com](mailto:chrisyates.newburn@btopenworld.com)  
and we will send you further information  
nearer the date.*

## Mello Festival Upton upon Severn Friday 26th May - Sunday 28th May 2023

*Mello is a chilled  
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**[www.mellofestival.co.uk](http://www.mellofestival.co.uk)**

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**Powick Times**

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## Reg Moule

In addition to his award  
winning media work  
Reg is also available  
to speak at  
Gardening Societies  
and other organisations  
something that he has been  
doing regularly since 1972.

*If you would like Reg to visit  
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[reg.moule@gmail.com](mailto:reg.moule@gmail.com)  
for further details and  
to check availability.*

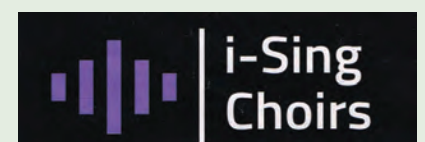
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TUESDAYS

**Tewkesbury i-Sing Choir - 10.15am  
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*The Hall (Next to Tewkesbury Abbey),  
50 Church Street, Tewkesbury GL20 5SN*

WEDNESDAYS

**Malvern i-Sing Choir -  
10.15am until 11.45am**

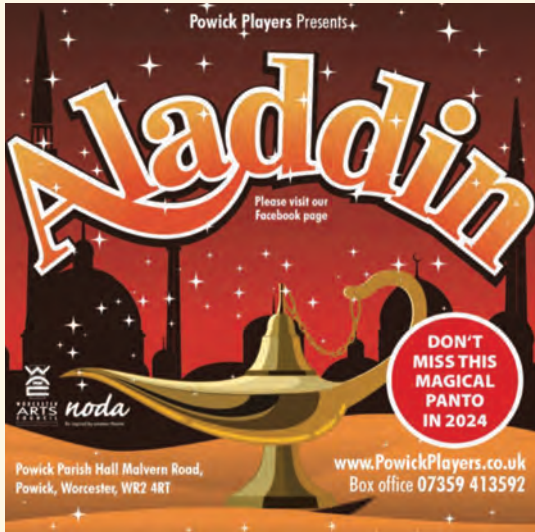
*Eden Church, Grovewood Road,  
Malvern WR14 1GD*

**Phone: 0845 838 2202  
Email: [helen@i-singchoirs.co.uk](mailto:helen@i-singchoirs.co.uk)**

# What's On?

## ALADDIN

13th - 17th February 2024



Powick Players is a 'not for profit' community theatre group based in the village of Powick in Worcestershire and performing at Powick Parish Hall.

The group has a host of talent, much of it local and many of whom have been in the group for quite some time. We welcome new members warmly and enjoy their input. We are truly lucky to have a some great people at our disposal, not just the actors that you might have seen on stage but also the group of often unsung heroes who can create a beautiful Pirate outfit or work out how to turn the stage in to a Giants Castle. While the group has staged many events over the years it is very true to say that we are best know for our annual Pantomime which takes place

in the February half-term of each year. We always ensure that the script is good family fun for the audience, cast and crew alike.

We love the interaction of our audience, many of whom are friends, during performances but the rehearsals are also a very social event. There's always time for a good cup of tea, a fantastic slice of cake and a catch-up. Sometimes something a little stronger! As well as performances the group has a social side. We organise theatre trips both locally and to other cities as well as artistic jaunts and it's true to say that many friendships have been forged over the years.

*If any of that sounds of interest to you, we would love you to join us*



### Powick Parish Hall

Malvern Road, Powick, Worcester WR2 4RT

Tel: 07359 413592

Email: [admin@powickplayers.co.uk](mailto:admin@powickplayers.co.uk)

[www.powickplayers.co.uk](http://www.powickplayers.co.uk)

## Powick Times

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

### Copy Deadline

May Issue - 20th April 2023



### Rural Reels Films

Callow End Village Hall

Doors open at 7.00pm Film starts at 7.30pm

Tickets can be bought on-line and will also be available on the door subject to availability.

No bar. You are welcome to bring your own drinks and snacks.

Tea, coffee and squash will be served.



**We are currently planning our next season of films which we hope to show starting in September 2023**

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# Powick Times



## Powick Badminton Club



Powick Badminton Club was established in 1950 with eleven members each paying an annual subscription of one guinea (£1.1 shillings in old money). The minutes go back to September 1950 and the number of members continued to grow until 19 were recorded in 1984-5., with a junior group meeting from 1980 to 1990. Although meeting regularly,

club membership has declined with the establishment of more facilities at Sports Centres. The club meets in Powick Parish Hall on Wednesday evenings from 7.30pm to 9.30pm (with the exception of the 2nd Wednesday in the month when the RSPB Local Group meets). The club continues with a weekly average of 5 to 8 members, each paying £2.50 per session, and would welcome more players. There is only one court, so games are limited to doubles only. The club does not play in any leagues as it is merely a social activity!

For more details contact  
Meg Allsopp on 01905 830746  
or email:  
jimallsopp@btinternet.com



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