

Powick Times



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

Issue 6

September 2023

FREE



The Great Worcester Maize Maze at Powick

The saying 'time flies when you are enjoying yourself' is so very true. I must have been enjoying myself this year because we are three quarters through it already! Spring and Summer have gone by like a flash! We haven't had a very good Summer, but you have to make the most of it, and be thankful. June was good, and we have been able to have a Summer free from any Covid restrictions. Those were dreadful days! We now look forward to Autumn which is a lovely time of the year. We are very fortunate to be in this part of England where the autumn scenery around Upton is always beautiful!

August was the month of school examination results! We are delighted that Romy Kemp, a young contributor to our paper from Hanley Castle High School has achieved her first choice University, Liverpool! Romy wants to be a journalist and came to us as a work experience

student. We were impressed and gave her a column. Romy will carry on writing for us from Liverpool. This is the second work experience student who writes for us. Gregory Sidaway came to us four years ago from Pershore High. We gave him a column immediately and he

continues writing for us from Exeter College, Oxford. This month is the start of our third work experience student, Evie Aubin from Pershore High School who wants to work in publishing.

We hope you enjoy this edition of our newspaper.

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today!

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Why do I need; Lasting Power of Attorney?

Without an LPA (A lasting power of attorney) it becomes chaos and a significant burden on your closet family or friends. We as a family have first hand experience of the issues that can prevail.

Why?. Banks are frightened of their own shadow and when you phone you frequently find yourself speaking to a person in another country who is not fluent in the English language which can create misunderstanding for both individuals an idiot in another country, that is after you have spoken to a machine asking idiot questions. The same goes for doctors and hospitals.

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

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

ladder, trip over and bang your head in a bad way, fall off a bike, these accident examples are not exhaustive so it is not just dementia is anything that could make you lose capacity. What happens if a loved one loses capacity...disaster then you have to deal with the Court of Protection. Try phoning them? The phone is never answered, they are shambolic and the legal decisions are at times to say the least BAD.

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

The Powick Community Choir visit Windsor



Wet, windy, cold and bursting with excitement, we set sail for St. George's Chapel in Windsor Castle. The Powick Community Choir were about to sing within a whisper of where Edward IV, Henry VI, Henry VIII, Jane Seymour, and not least, our own beloved Queen Elizabeth II, lay. Who was bothered about the weather!! What an honour! Over the Summer at St George's Chapel, Windsor, the Chapel Choir is on holiday and visiting Choirs from this country and overseas participate at the sung services over this period. Needless to say, there's an extensive list of applicants wanting to partake. We were fortunate to have been accepted as one of them!

The order for Evensong follows the Office from the 1662 Book of Common Prayer and includes special anthems, hymns and Biblical readings to reflect the nature of the feast.

The following is an excerpt from their Summer 2023 programme for Services and Musical Booklet for 22.7.23.

Evensong Sung

by Powick Community Choir Preces & Responses

Charles Pavey:

EJ Hopkin's Psalm 63 Canticles:

Tom Wells Anthem:

Tom Wells I will lift up mine eyes unto the hills Hymn 128

Collection to support The

Queen's Choral Foundation.

Tom Wells is our Musical Director and Charles Pavey, our organist, both are very talented musicians who, as you can see, have written/arranged a couple of the pieces especially for this occasion. As we stood in front of the Rood Screen waiting for the first notes of the

organ to breathe across the 100+ congregation, I couldn't help but think to myself "If these walls and pillars could only talk, what a story they'd tell!" Only months earlier Queen Elizabeth II had been carried down the very aisle that we'd just walked. Not long before that Prince Philip had travelled the same route. Back through the eons of time many names from my history book were leaping out at me as having all proceeded down that path, and now, here we were – The Powick Community Choir – the same route – the same path! Half-an-electrifying-hour later and it was all over.

People began filing out as Charles Pavey, our organist and organist/choir master of the Holy Trinity Church in Malvern played Samuel Green's 1790 organ (Rebuilt, enlarged and generally modified on many occasions) You may think I'm making this up but I'm sure I could hear Henry VIII whispering over the years "Great music guys – even beats my Greensleeves".

This was an occasion never to be forgotten. We've even been invited back. So I'm not seeing the experience through rose coloured specs!

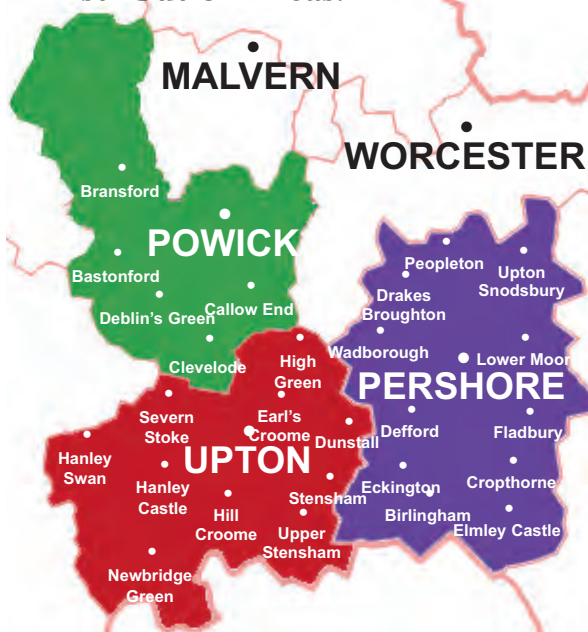
If you want to find out more about the choir, please look at our web site: -

www.powickcommunitychoir.info or better still come along to the Powick Village Hall on Sunday 10th September 2023 at 4.15pm. When we shall be having an open rehearsal for anyone to attend.

You will be made most welcome.

*John Tinnion
Chair*

Distribution Areas:



King's Worcester, remarkable A-level results



King's Worcester is delighted to recognise the achievements of this year's A-level students, as a record-breaking 98% of students achieved all their grades at A*-C. Overall, 18% of all grades awarded were A*, 45% of results secured were A*- A and 77% were graded A*- B. The accomplishments of this year's A-level students at King's Worcester are truly remarkable, especially as they were taking public examinations for the first time this year and had to face many interruptions over the past few years.

In addition to A-levels, the Extended Project Qualification (EPQ) results achieved by 37 students on a diverse range of questions were outstanding, with 73% awarded A* grades, and 84% A*- A. Equivalent to half an A-level, the EPQ allows students to undertake in-depth research in an area of personal interest, enabling them to stand out in their university applications and develop extra skills.

Of particular note are the 34 students who received A* or A grades, including Head of School, Bobby Riddell, who will read Philosophy, Politics and Economics at Durham and Senior Scholar, Grace Miller, who will study Dentistry at the University of Bristol University. Other examples of outstanding results were those of Alfred Kelsey, who received an Organ Scholarship to Oxford, rowing Vice-Captains of Boats, Rosie Stanley and Charlie Webster, who will both be reading Law at Exeter University, and First XV Rugby Captain Laurie Checkley, who is heading to Liverpool University to study Medicine.

We are proud that such a significant number of our students have been accepted to pursue very prestigious courses of higher education, including Medical or Veterinary-related degrees, Law, Architecture, Geography, Maths, History, and Product Design.

Two illustrated railway talks in one evening!



Thursday 19th October 2023

at 19.00 hrs Doors open at 18.00 hrs

Bar 7, 57 Old Street,
Upton on Severn,
Worcestershire WR8 0HN

'Ashchurch to Tewkesbury'
Visiting Tewkesbury's two railway stations in the good old days-Ian Boskett of the Tewkesbury YMCA Railway Society.

'Great Malvern to Ashchurch'
Calling at all stations, Malvern Wells Hanley road, Upton on Severn, Ripple, Tewkesbury & Ashchurch-Chris Wilkinson of the Worcester Locomotive Society.

With additional material from Rupert Chambers.

To be held at Bar 7, 57 Old Street, Upton on Severn, Worcestershire WR8 0HN

Thursday 19th October 2023 at 19.00 hrs Doors open at 18.00 hrs Proceeds from the night will be divided equally between the Railway photographic archiving trust at Toddington

on the Gloucestershire-Warwickshire railway and the Worcester Locomotive restoration appeal of their 1934 Kitson 5474 'Carnarvon' Industrial locomotive.

There is a suggested donation of £3 on the door at this limited seating event (cash payment only please) with a raffle on the night with super prizes. Free car parking is available opposite the venue alongside the rugby club.

For more information contact
Ian 07814638725
Chris 07980653044

We look forward to hosting the event and welcoming enthusiasts and innocent bystanders alike, come along and enjoy a nostalgic night with us.

Help wanted.....

Is anyone prepared to help clean the brass at church? Please let Janet or Richard know if you are interested.

The Reverend Gary Crellin
Vicar of the Parishes of Powick, Guarlford & Madresfield with Newland

The Old Hills Malvern Group of Churches

Your Church in Powick - St Peters

Your Church in Callow End - St James

Your Church in Guarlford - St Marys

Your Church in Madresfield with Newland - St Marys

www.oldhillsmalvern.co.uk

Contact details - 01905 830270

September

September (from Latin septem, "seven") was originally the seventh of ten months in the oldest known Roman calendar; the calendar of Romulus c.750 BC, with March (Latin Martius) the first month of the year until perhaps as late as 451 BC.[2] After the calendar reform that added January and February to the beginning of the year, September became the ninth month but retained its name. It had 29 days until the Julian reform, which added a day.



Invite you to an Open Rehearsal

Come along and see if you would like to join us.

*We are currently rehearsing for
Our Autumn concert
at Holy Trinity Church Malvern
and our annual sell out series of
Christmas concerts
at Stanbrook Abbey
Sunday 10th September*

4:15 to 5:45pm

Powick Parish Hall, Malvern Road

Register your interest via powickchoir@outlook.com

www.powickcommunitychoir.info



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A few words from... Harriett Baldwin MP



Conservative Fund-Raising Evening

House of Commons Leader Penny Mordaunt MP played a visit to West Worcestershire to speak to local Conservative supporters at a fund-raiser in Malvern. Penny is MP for Portsmouth North, she ran to lead the party last summer and rose to global fame with her pivotal role bearing a sword in the Coronation. West Worcestershire MP

Harriett Baldwin and Conservative Association chairman Ian Daly hosted the Cabinet member at Madresfield Court. She spoke about her roles in Westminster as well as her strong support for Harriett's work both locally and in Parliament. Harriett said: "I welcome Penny taking this opportunity to meet with grassroots Conservative members here in West Worcestershire. She spoke passionately about our great country and the plans to deliver the Prime Minister's five priorities. Penny and I worked closely in the then Department for International Development and we continue to champion women and girls' rights globally. We share many common priorities and I look forward to working closely with her as we work towards developing a manifesto to fight the next General Election."

Harriett embraces Malvern Pride

Harriett Baldwin MP celebrated inclusivity across West Worcestershire by opening the town's Malvern Pride celebrations last weekend. The MP joined hundreds of revellers at Malvern's Priory Park marking the annual gathering of the town's lesbian, gay, bi and trans communities. Local people enjoyed live music and performances throughout the afternoon as well as being able to shop for local food and produce at dozens of stalls.

Harriett said: "It was a pleasure to open Malvern Pride again this year as people came together to experience great entertainment, food and drink whilst celebrating our area's amazing LGBT+ residents. Having spoken with many of the acts, vendors and attendees there is definitely a feeling that this year's occasion has been the best yet. I would like to thank the organisers and sponsors for their hard work to support this fantastic free event."

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Mental health self-care - selfish or essential?



Before I started retraining as a counsellor, my mantra was 'if you want something done, ask a busy person', aka me! I saw self-care time and activities as indulgent, and when you have lots to do, a bit selfish. But self-care is essential and necessary to strive towards a happier and healthier life. Try it, here's a few ideas.....
What might work for you?
Being outside. All the senses, what can you see, smell, hear and feel? If you are feeling anxious or depressed, this is a good grounding exercise to help distract from overwhelming uncomfortable symptoms. Start a journal or notebook. It's a great way of putting down your thoughts and feelings on paper (or any other device), just make sure it's in a safe place, so you can write freely. Serenity to accept things you cannot change. Courage to change what you can, and the wisdom to know the difference.

I often think of the 'serenity prayer' when working through my own life 'curve balls'. This philosophy has been around for centuries, and it takes practice to retrain bad thinking habits. Try a weighted blanket. I love mine that I bought from Intention Therapy in Pershore. Especially in the colder months on the sofa (some people sleep with them on top of duvets). If you are struggling, reach out for help - so you aren't alone. Reach out to those around you, saying it out loud to someone else. If you need more support, JCK counselling in Pershore is here for you. Making a change in mental health.
Jo
Remember - what you think affects how you feel!

Contact Jo Kite at JCK
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on 07958 123554



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Making a change in mental health

Jo Kite FdSc MBACP

Thoughts from the Snug...

Car insurance. It's a rip-off!

One of us has had a bump! An insurance 'write off' is never good news and the payback, although claimed to be fair, based on 'market value', means a like for like replacement is virtually impossible. Firstly, there is the Excess you have deducted from your claim and secondly the market value is actually a figure based on an average (mean) calculation. By definition any mean average will mean 50% of claims are therefore undervalued. Meanwhile, the premium you have paid for this contract never goes down (indeed, usually it rises annually) whilst any return you seek diminishes. In short, your claims value diminishes, yet you pay the same premium. Robbery! Many years ago 'No Claims Discounts' were introduced by the industry. This was welcomed by the consumer. Later it became possible to actually insure your NCB. Again, a welcomed innovation. A similar facility needs to be addressed

to the robbery of market value levels of compensation by the insurance industry. One of our group recalled the fact he paid a £500+pa premium for his car when he first bought it for £10,000 five years ago. The mean average for his car is now £2,900. Yet he still pays the same Premium of £500+ pa. Definitely robbery we all agreed. The company that insures a vehicle without adding to the premium as the value of their compensation repayment drops, will certainly attract more clients. New for Old replacement valuations already exist in household insurance schemes. Why can't some kind of similar facility be offered to drivers who face write off disasters? "I wouldn't mind paying for that," said one. "You already pay it in your premium, but don't get the service!" said another.

Buddy Bach

Do we have herd immunity yet?

Enmasse we agreed to go to a concert in Malvern where, unfortunately, one of us fell victim to Covid. Albeit a super concert, it was also a super spreader event; apparently dozens went down with the bug the following week. For our poor victim this was actually their third bout with the virus. Once recovered discussions on how lightly we now react to these events swirled around the Snug. We compared the experiences we endured at the start of the pandemic with the current situation and it seemed to raise more questions than answers. Why do we treat Covid so lightly now? Was the virus mutating into something less dangerous? Are we becoming more immune? Did we over-react at the start of the pandemic? Exactly how effective are the vaccines and booster jabs? We certainly now seem to take Covid events in our stride

partly because we learnt a lot in the early stages. Sure, we still test, isolate and sweat out the virus over a few days with paracetamol and extra liquids, but rarely do we hear of people seeking help from the NHS. This is good news and even better is the absence of Matt Hancock and Dr. Chris Whitty delivering their briefings on the news every hour. Indeed, Covid is now hardly mentioned on the news. Perhaps we are deluded, complacent or simply ignorant. Whatever! But with some of us there is a nagging, underlying anxiety. It might be useful to know what the government policy is and on what grounds this policy is based. We all agreed on one thing; it's a good idea to get the Covid and Flu booster before another super spreader event catches us out. In the meanwhile keep your liquids up. Pint anyone?

Buddy Bach

Rural Reels Films

Callow End Village Hall
Doors open at 7.00pm
Films starts at 7.30pm
Tickets £5 each



Saturday 30th September 2023
EMPIRE OF LIGHT (2022)

Hilary (Olivia Colman) is a cinema manager struggling with her mental health, and Stephen (Michael Ward) is a new employee longing to escape the provincial town where he faces daily adversity. Together they find a sense of belonging and experience the healing power of music, cinema, and community.

Saturday 28th October 2023
MR MALCOLM'S LIST (2022)

Mr. Malcolm's List is a 2022 period comedy/drama directed by Emma Holly Jones and written by Suzanne Allain, based on her novel of the same name. It stars Freida Pinto, Sophe Dirisu and Oliver Jackson-Cohen. The film follows a young woman in 1800s England who helps her friend to get revenge on a suitor who rejected her for failing a requirement on his list of qualifications for a bride

Saturday 25th November 2023
MRS HARRIS GOES TO PARIS (2022)

Mrs. Harris Goes to Paris is a film based on a novel by Paul Gallico. It tells the story of a widowed cleaning lady in 1950s London who falls in love with a couture Dior dress and decides to go to Paris to buy one. It is a comedy-drama that explores the themes of fashion, friendship and self-discovery. The film stars Lesley Manville, Isabelle Huppert and Lambert Wilson.

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.

www.callowendvillagehall.co.uk

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Women's Hour! Out of date! Susan Catford



August has been a disappointment to say the least! Variable weather has left us not knowing whether to stay in or go out whilst waiting optimistically for Summer to return. So what to do with time on my hands? As it happens, there has been a job waiting to be done so this seemed like a good time to tackle it. My cupboards have long been in need of a serious sort out. Having had tins of baked beans bouncing out at me (good practice for my cricketing catches!) and boxes of tea bags developing a life of

their own, I felt ready to tackle the chaos of too much in too small a space. Firstly I invested in new baskets to contain the contents of said cupboard. Next it was a case of emptying everything out. Balanced precariously on my not-so-trusty stool, I was able to reach the heights and depths of my store cupboard. The contents produced a number of surprises. Checking dates on packages and tins meant consigning lots of things to the bin. Use by dates varied from 2024 (new!) to a gift box

of shortbread biscuits dated 2008!!! (I obviously am a slovenly housewife!). Husband, who is a great lover of biscuits, decided they still looked fine and were probably edible. Fortunately it took only a small bite to convince him otherwise so in the bin they went. Opened packets of pasta and rice having dates going back two years or more were also discarded. Already my cupboard was beginning to have more space.! The next task was sorting. Tins took their place in baskets to contain their bouncing tendencies. Soups had their own basket (packets, tins and cartons), tea bags and coffee of many varieties had another. Sauces in packets now slotted in neatly with noodles, rice and various pulses. The bread mix I had been meaning to make over the past two years was, alas, well out of date. There were discoveries too of things I had forgotten I had, including an icing set from my cake making days many moons ago!! Finally the spices! We used to have a traditional selection but now these have been added to in order to meet the requirements

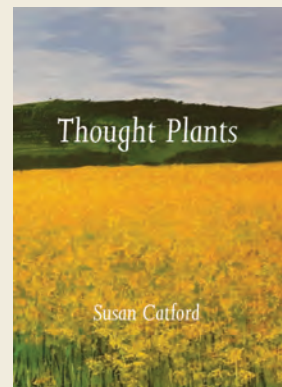
of recipes from every corner of the world. Who knew what zaatar was a couple of years back??! With a bit of shuffling it didn't take much to tidy them up but it did remind me to try some more exotic recipes in my cook books. Job done!! Everything in its appropriate place. No bouncing baked beans, no past it pasta, no out of date sauces. Feeling very pleased with my nice neat cupboard but one problem remains, no-one else seems able to find anything!! Oh well, I have just realised the drinks cupboard could do with tidying too. Now that's a job I won't mind, just need to make sure the gin bottle is easily accessible!! Cheers! Hoping the sun comes out soon so you can all enjoy the remains of the summer holidays.

Use by!!

It's time to sort the cupboard
 Before it is too late,
 The one where all the food is
 That has a use-by date.
 There're different kinds of
 pickles,
 A Christmas pudding too
 With packs of lemon tea bags
 We need for me and you.
 Some jars of ready sauces
 For pasta or a curry.
 The kind for a quick supper
 When we are in a hurry.
 The flattish tins of sardines
 And tuna chunks or steak,
 A mix for chocolate brownies
 And one for carrot cake.
 Packs of rice and lentils
 To go with meat and fish,
 Or herb and spicy couscous

To make a tasty dish.
 We like our packs of biscuits
 They are a special treat,
 The Twixes and the snack bars
 Are always good to eat
 And what about those tins of
 beans,
 Always so good on toast
 With grated cheese for topping
 Is how I like them most.
 At last I seem to reach the back
 And what do we have here?
 A box of shortbread biscuits,
 What is the use-by year?
 It really can't be true though!
 It still has got its date.
 It says we should have eaten
 them
 By two thousand and eight!!

Susan Catford



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

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

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

120 pages A5 full colour illustrated by Susan Catford

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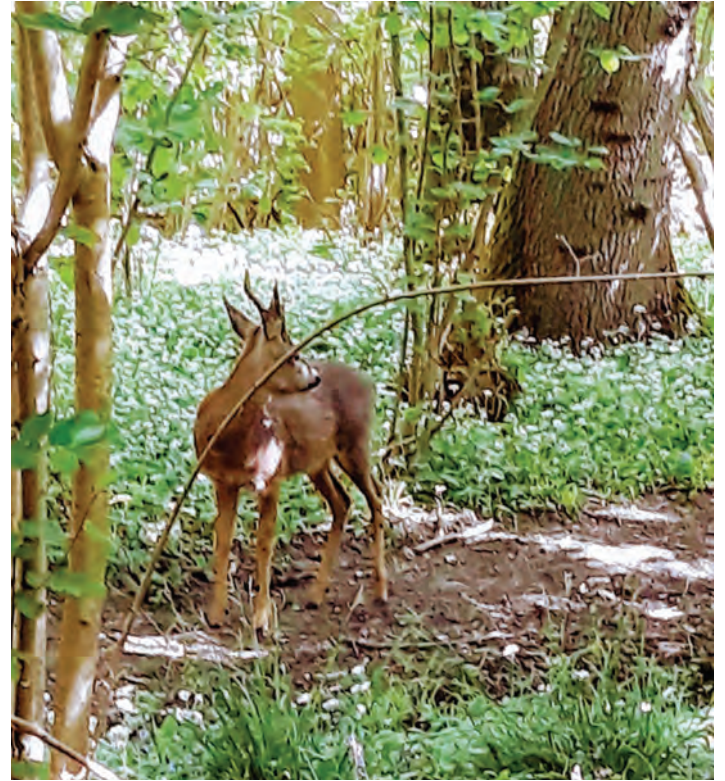
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Country Watch

Without doubt, woodlands are a beautiful part of our countryside and we are lucky to have several on our doorstep. Offering sheltered paths and a canopy that can protect from rain and sun, they attract old and young alike. For children the twisting paths are an adventure and a supply of fallen branches presents the opportunity to build dens. Woodlands are also a chance to teach children about the many creatures and plants that live there. Birds, butterflies, animals, wild flowers and a variety of insects can be easily spotted and identified. Closer inspection will reveal a range of mini-beasts which live on the underside of plants, on dead tree trunks and amongst the ground cover. For dog walkers, woodlands provide a wonderful playground to exercise our energetic pets. Sounds and scents provide stimulation which excite and obviously give pleasure to our tail-wagging friends. There are, however, areas which may be designated as 'on lead walks'

only to protect the wildlife in its habitat. Many of our woodlands are very old and contain a range of trees which are planted and grown for particular purposes. There are no two woodlands the same! In well managed woodlands you will see coppicing taking place. This can appear to be destroying areas of trees but in fact is important in the maintenance of woodlands and to promote further growth. The clearings that coppicing produces can open up wide spaces, let in sunlight and bring us carpets of wild flowers such as bluebells and wild garlic. It isn't long though before nature takes over again and new shoots are sprouting and covering the ground once more. We are also fortunate in having many orchards around us. Apart from the beautiful blossoms they bring us in the Spring, there is an abundance of apples, pears, damsons, plums as well as the smaller fruits such as blackberries, sloes and elderberries.



Trees reflect the time of year and change with the seasons. In late Summer they are still predominantly green but we will look forward to the woodlands gradually changing colour before their autumnal

blaze of glory. We must value our woodlands and do everything we can to protect them for the future. They are a very important part of our heritage full of hidden treasures!



VETERINARY ADVICE ESPECIALLY FOR YOU!



Prevention is better than cure

Here at Martin and Carr Vets, we understand the importance of taking care of your pet's healthcare needs. Making sure your pet is getting everything they need can be timely and costly. We acknowledge this and want to help. In response to ever increasing prices, we have decided to launch our own Pet Health Club™. With the Pet Health Club™, you could save £100s on your preventative healthcare needs.

The plan is an annual commitment that allows you to spread the cost of your pet's routine healthcare needs across the 12 months of your subscription. Not only that, but you also save money throughout the year on services, treatment and products with text/email reminders sent to let you know when treatment is due to be given.

We have species specific plans for dogs, cats and rabbit which are tailored to their specific needs. The costs of the plans are as follows -

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Rabbit £12.99 a month

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- Annual urine tests
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- Up to 50% off selected diets

Plus, many other fantastic discounts on treatment and services.

If you would like further information on the Pet Health Club™ benefits, please either go online at martinandcarrvets.co.uk or call the surgery to speak to one of our members of staff.



Pet Health Club

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A beginner's guide to garden bulbs

Nikki Hollier

Spring bulbs are some of my favourite flowers. However, bulbs aren't just for spring; they are great at providing colour and interest all year round. There are lots to choose from so here's my guide on which bulbs to buy and taking care of them. Bulbs are generally robust, which makes them easy to grow, however they prefer a well-drained soil so if you do have water-logged garden during the winter, make sure you add plenty of horticultural grit and farmyard manure to the soil before planting.

the bulbs are firm to the touch and not mouldy as they are unlikely to develop. Try and buy them early in the season as they will be better quality too. How many you need depends on where you are planting them – they are usually sold in packs, which are enough for a container, but if you're planting in a border it's likely you will need more packs to create a display. **Taking care of garden bulbs** Once planted, it's unlikely you will get any problems but if you get yellow leaves, it could be down to a virus in the bulb,

your bulbs don't flower in their second year. This could be down to the bulbs being planted in poorly drained soil. Other possible reasons include:

- Location – they could be in too much shade
- Lack of food/nutrients during growing season
- The removal of leaves too quickly after flowering – they need to be able to create food to develop the flower for the following year.

Planting bulbs

As a general rule of thumb, bulbs need to be planted at a depth of 3 x the size of the bulb (you can measure this against your trowel). As a rough guide if you're using bulbs that grow to around 45cm tall then plant 10-15 bulbs per square metre. If you're using bulbs that grow to around 20cm tall, then plant 20-40 bulbs per square metre and this will provide you with a beautiful display.

Year-Round Colour

Bulbs can be used to create year-round interest and successional flowering, such as Cyclamen in the autumn, followed by snowdrops, crocuses, daffodils, tulips, alliums, gladioli, eucomis, nerines and colchicums.



Nikki Hollier
nikki@borderinabox.com
@borderinabox
www.borderinabox.com



Buying bulbs

I always recommend buying from a reputable retailer or grower as the bulbs will be the best quality and therefore have stronger blooms. Make sure

so it's best to dig them up and remove them from your garden – don't put them on the compost heap either as you could be transmitting the virus that way. Sometimes, you may find that



September gardening tips

Reg Moule BBC Hereford & Worcester

Early in the Month

This is a good time to move established evergreen shrubs, and the traditional time to start planting new trees and shrubs of all kinds. Use some mycorrhizal fungi when planting to aid rapid establishment in the new situation. As the summer bedding plants begin to fade replace them with cheerful autumn bedding varieties to brighten up the dull winter days ahead. Make-up winter hanging baskets using pansies, bright evergreens and winter flowering heathers. Prepared hyacinths should be planted and put in a cool, dark place by the end of this month if you want them in bloom by Christmas. Watch out for aphid attacks on winter flowering pansies. The colonies live deep among the central rosette of leaves, causing the plants to wilt. Also there are three types of leaf spot fungal diseases that can attack pansies, so check the foliage for them too.

Mid-Month

Sow some hardy annuals outdoors in flowering positions in sheltered spots. Now is the

time to get busy with planting spring flowering bulbs and we have a comprehensive range on display. If you like to prioritize your buying, the things to go for now are autumn flowering crocus, Madonna lilies, Colchicums, Fritillarias and prepared hyacinths. It is a good plan to plant Daffs. and Narcissi early too. Scarify the lawn to remove "thatch" and feed with Autumn lawn dressing. This is a good time to sow or turf a new lawn and repair bare patches. You could also over-seed all or part of the lawn to thicken the sward. Grease band the trunks of fruit trees to trap the wingless female Winter moths as they climb them to lay eggs. Strawberries should be planted by the end of this month for cropping next year. Plant garlic now in a sunny free draining spot. They like a long growing season in order to make the best cloves. Sow some autumn lettuce under cloches or for planting in a cold greenhouse. Plant out spring cabbage plants 15cm (6in) apart in rows 30cm (1ft) apart.

If your lawn is infested with leatherjackets or chafer grubs control them using natural biological pest control nematodes available from specialist suppliers and through some garden centres. Sow green manure crops on vacant areas of the veg. garden for digging in next spring. Plant Japanese onion sets to get a lovely crop of flavoursome onions ready from June. Spray Michaelmas daisies with a fungicide or plant invigorator to prevent mildew.

Later this Month

Lift beetroot, carrots, turnips and potatoes for winter use. Leave parsnips and swedes in the ground to develop more flavour. Sow some compact hardy annuals in a cold greenhouse to grow into winter flowering pot plants. Pick green tomatoes for chutney or ripening in a brown paper bag in a drawer indoors. Reduce watering and ventilation in the greenhouse as temperatures drop. Lift, divide and re-plant early spring flowering herbaceous perennials. Bring in any tender shrubby plants taken outside for



summer displays e.g. Brugmansia. Cut back marginal plants and net your pond to keep out autumn leaves. Bring in tender floating pond plants, like water chestnut and water hyacinth before frost. The floating plant water soldier can remain in the pond. Dry some herb foliage for winter use, or chop and freeze them in ice cubes. Prune summer fruiting raspberries by removing old, fruited canes. Take cuttings from roses, preferably using shoots that have flowered. Trim them to 23cm (9in) long. Increase ventilation for indoor grapes to reduce fungal attack. Treat sheds, fences etc. with a good wood preserver. Bring in any houseplants that have been outside "on holiday" for the summer.

Cooking for fun! *Ailsa Craddock*

You say Tom-May-Toe, I say Tom-Mah-Toe

You are probably, like me, in the middle of a tomato glut. Why do tomatoes all become ripe at the same time? And, also, what about the ones which never turn red? All the hard work of growing, looking after and nurturing them to end up with almost too many of the little red bombs! What can you do with them once you've made gallons of soup and tomato sauce for the freezer, eaten them fresh, fried and baked and given away pounds (very useful for bartering, though, for things you might not have grown)?

The flavour depends largely upon the variety and how the fruit has been grown and ripened: some cheap imported tomatoes are grown under polytunnels, picked under-ripe, then artificially ripened with ethylene gas, a plant hormone. Sun-warmed tomatoes picked straight from the vine are arguably the ideal way to enjoy tomatoes.

When choosing tomatoes, pick them up, feel them and smell them. Choose tomatoes that feel heavy for their size; they are more likely to be bursting with juices. Tomatoes with no smell will probably have no flavour, so opt for those with a pleasant aroma (although the aroma released by tomatoes on the vine are usually due more to the vine than the tomatoes themselves).

Tomato and Plum Salad

400g tomatoes, cut into wedges
2 red plums cut into wedges
Finely grated zest of 1/2 a lemon
1 tsp red wine vinegar
1 tbs extra virgin olive oil
1/4 tsp sumac (a citrusy Middle Eastern Spice)
1/4 bunch tarragon, leaves picked, torn

Combine tomatoes, plums, lemon zest and salt flakes to taste in a bowl and set aside for 5 minutes to marinate. Add vinegar, oil, sumac and three-quarters tarragon. Toss until well combined. Spread salad across a serving platter, scatter with remaining tarragon and serve immediately.

Tomato Jam

This sweet Tomato Jam is given a nice kick by the addition of ginger
2 tablespoons sunflower oil
2 tablespoons grated ginger
1 red onion, finely chopped
1/2 cup (125ml) red wine vinegar
1/2 firmly packed (100g) brown sugar
1 small red chilli, finely chopped
450g chopped tomatoes
1 tablespoon honey
Heat the oil in a saucepan over medium-high heat. Add the ginger and onion, and cook for 2-3 minutes until the onion is soft. Add the vinegar, brown sugar and chilli, and cook, stirring, for 2-3 minutes until sugar dissolves. Stir in the tomatoes and season with salt and pepper.



Bring to the boil, then reduce the heat to low and simmer, stirring occasionally, for 30-35 minutes until thick. Stir in the honey and cool to room temperature.

Fried green tomatoes with garlic mayonnaise

This last recipe is for the ubiquitous green tomatoes – but is so good that if I were you I wouldn't wait for the end of the season but just use them when you have them, even if early on! Slice them thickly, dip into beaten egg, fine polenta and fry in rapeseed oil till crisp. The insides soften and have a delicious stab of sharpness to them and benefit further from a bowl of garlicky mayonnaise on

the side. If you haven't got polenta, you can use flour, breadcrumbs or a thin tempura like batter instead.

Garlic mayonnaise

2 teaspoons lemon juice
1 teaspoon Dijon mustard
2 egg yolks
A clove of garlic
100mls sunflower oil
4 tablespoons olive oil
Put the lemon juice, the mustard and the egg yolks in a mixing bowl and stir to mix with a small whisk. Peel and crush the garlic, stir into the egg yolks then season lightly with salt and little fine black pepper. Slowly add the sunflower oil, beating continuously. Lastly beat in the olive oil.



Jazz News

Our annual main event, Pershore Jazz on a Summer's Day, was held on August 12th at Number 8 Arts Centre. The theme this time was a journey through place and time to cities with strong jazz connections featuring music from New Orleans, Chicago, Paris and New York. The near capacity audience enjoyed a day of dazzling musicianship from eighteen of Britain's foremost jazz exponents, together with anecdotal commentary and a high degree of humour. Six sessions ran from 2 until 10.30pm with a two hour break at 5pm and the grand finale, with all eighteen performers on stage recreating the sound of the fabled Harlem Big Bands, received a standing ovation. Loyal fans had arrived from all over the country, and we were very pleased to also welcome

Peter Farrall

three of our friends from Israel who had followed all the previous festivals at Pershore College. Number 8 café bar was indeed heaving with people taking lunch before sampling the Plum Festival activities and other delights of Pershore Town prior to the concert. The success of the event may be judged by the many requests to be informed as soon as next year's booking is opened. Mention the name Jeff Barnhart to any follower of Pershore Jazz and it will generate a big smile and an appreciative comment. Jeff has made regular appearances at Pershore Jazz Festival and Club, often with his wife Anne as the duo "Ivory and Gold", in reference to Jeff's piano keys and Anne's real gold flute. The couple, who hail from the charmingly named town of Mystic,

Connecticut, USA travel extensively, and have performed on six of the seven continents. The UK is always on the itinerary and Pershore is one of their all time favourite venues, especially the Festival which Jeff called "the small festival with a big heart". Sadly, of course, the Festival is no longer, but we can always count on Jeff and Anne to visit the club when they are in the country. Jeff has several bands and recording groups of his own but is always in demand for guest appearances in a range of different bands such as his consummate ease to enhance any combination with a swinging style and well



known dry humour. This month Jeff will be appearing at the club with the Jazz Notables, a group of local(ish) musicians assembled by our chairman Graham Smith and especially noted for the swinging style favoured by Pershore fans.

The Jazz Notables Wednesday 27th September

Function Room, Pershore Football Club
Doors open at 7pm, music at 8

Admission £10 to include a raffle ticket. Book in advance and pay on arrival club@pershorejazz.org.uk tel: 01527 66692 find us on Facebook

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

Hasta la vista, Pershore!

For quite a while now, this column has been called 'Gregory's World' and I've tried to convey a sense of the world through my eyes. Geographically speaking, though, it's only recently that my 'world' has expanded beyond Pershore or Oxford and started feeling a bit more like a world. So, without further ado, buckle up, pay attention to the safety demonstration, and cram your rucksack under the seat in front of you, because it will – yes, it will – fit under there. Come fly with me, fellow reader. Our destination: Spain.

We were heading towards Formentera del Segura, a sun-baked village about a forty minute drive from Alicante; for anyone unfamiliar, Alicante is a city about two-thirds of the way down Spain's east coast, nestled against the Costa Blanca coastline, famous for producing 115,000 tonnes of rice a year, and home to mighty Santa Bárbara Castle.

While my trip to Ireland last month demanded that I pack many layers, generous with rain clouds as the country is, my rucksack was nowhere near bursting this time. After all, Spain is shorts and t-shirts

territory; the moment we stepped out of the plane, it was like being smacked in the face with a warm oven glove. The air was incredibly hot, you sort of have to push your way through it, and the rocky countryside for miles around was yellow and parched. Orange dust had settled on every car bonnet and we had to put towels on the leather car seats to avoid bottom burn. My favourite part about travelling is seeing a new place for the first time. It no longer matters that I'm still at the airport – it's a Spanish airport. We emerged from the multi-storey car park and beheld a landscape cooked to a crispy-gold, palm trees lazing in the balmy breeze, the jagged ridges of mountains looming darkly in the distance. And you're never alone; every tree is home to thousands of cicadas, which are like grasshoppers – except they're higher up and their volume is higher too. In fact, when they were all putting in the effort, the noise was so loud that I assumed the nearby farms had all their sprinklers on full tilt. Every tree turns into a giant, leafy maraca as you drive under it. A sound like a tinkling rattle, like the hissing of grains of sand, fills your ears. Where we were staying



bordered an expat community, meaning some signs were in English (helpful for me, as I'm not exactly fluent in Spanish). There was a restaurant serving roast dinners and I was able to have a pint of Guinness – poured by an Irish bartender, which I think meant it counted as a real Guinness. It was, however, a little jarring when I was walking around the clothes and fruit stalls of the Monday morning market and, in between conversations like: 'Debo comprar esto?' 'Sí, deberías.', I heard things like: 'D'ya like this one?' 'No, I like this one.' The market was held in the village square, home to the newly-renovated church and the best calamari rings on the planet. If you're ever in Spain, I would recommend visiting – not just for the calamari rings, although those could warrant an

excursion on their own – and, moreover, visiting some of the neighbouring areas. Every first Sunday of the month, there is a market held in hobbit-ish holes in the hills of Rojales. The sea at Guardamar is so blue. Arriving on the beach, after seeking out air conditioners for days, reminded me of the scene in Lawrence of Arabia when Peter O'Toole reaches the coastal city of Aqaba after surviving the desert. The view from the ramparts of the Santa Bárbara Castle on Mount Benacantil is a must-see (and see it, you can, in the photo above). So, enjoy the rest of the Summer, if I don't see you before, and I'll keep you posted in the Autumn about my many adventures at uni. Adiós, compañera lectora!

Teenage Focus *Romy Kemp*

Rounding up the Summer:

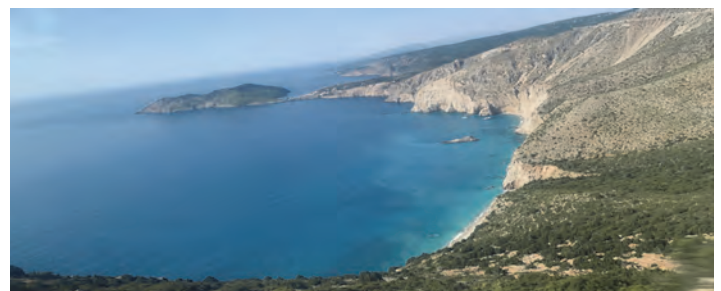
As we near the end of the summer holidays, many new experiences and opportunities will arise. Students will have to start buying all of their school supplies again soon, as well as having to look forward to getting up early. If going to university and leaving home, packing up will be tough because you have to say goodbye to friends and family who you've surrounded yourself with for years.

Despite one of the worst A-Level and GCSE result years, due to significant grade drops (as well as going back to pre-pandemic grade boundaries), there have still been many opportunities for students of all ages to acknowledge. I, gratefully, got into my top choice university and will be leaving to study around the middle of September. My emotions are rather mixed at the minute, from excitement to anxious. There are many

notions to consider, such as friendships, finances, and of course the subject itself which have flooded my mind, and I'm sure many others as well.

I hope everyone has had a lovely summer holidays and finally gotten the rest that they deserved, I certainly have. During the holidays, I spent a week in Kefalonia, Greece, and it was absolutely spectacular. It was my first time going abroad as well as my first time on a plane (and in an airport). The heat was extremely different to the rare English summer weather we get, and the food was absolutely divine.

Greece is positively wonderful to travel to and very affordable for students, however the one slight issue for me was the overwhelming amount of bugs everywhere - from cicadas to wasps (the rather creepy and loud bugs) but there are also rather amazing bugs too, such as the praying mantis. Our hotel



was also rather close to a small farm of goats, chickens and peacocks so there were many lovely noises all around us. Thankfully the hotel had a fantastic pool and tanning area which was surrounded by fields of plants and olive trees, which were always buzzing with life. In the morning, the swallows would play around the pool, whilst skimming the pool for a drink - it was honestly a lovely sight to wake up to. As well as this, we had a sea view and balcony with a complimentary fridge which was much appreciated due to the heat. Surrounded by mountains, the village of Sami was friendly and picturesque. We took a tour

around the island of Kefalonia which travelled through Myrtos, Fiscardo, and Asos - fun fact, this was where princess Diana and prince Charles had their honeymoon. There was an incredibly destructive earthquake in 1953 which destroyed 75% of the Greek island, so a lot was beyond repair - this is why only two of the original villages in Kefalonia still sit as they had done before the earthquake. The history of the island fascinated me, as well as the food. Whatever you all are choosing to do this year, good luck! Whether you have an idea of what to do or not, a wise woman once told me, "you will end up where you were supposed to be".

Child Trust Funds

Carol Draper

Child Trust Funds were introduced by the Labour Government in 2005 as a long-term tax efficient savings account for children. All children born in the UK between 1 September 2002 and 2 January 2011 who were eligible for Child Benefit were set up with a Child Trust Fund (CTF).

HM Revenue and Customs issued an initial £250 voucher to enable parents to set up a fund for their child and a further £250 voucher was issued when the child reached 7 years old. A third of trust funds were set up by HMRC on behalf of eligible children because parents and guardians had failed to do so within one year of receiving the initial voucher.

Contributions up to a maximum of £9,000 per year can be made to the CTF until the child reaches the age of 18. Once the child reaches 18 years old, the CTF matures. While no further funds can be added the CTF will stay in existence until the funds are withdrawn or transferred to an adult ISA. It is estimated that 6.3 million Child Trust Funds were set up between 2002 and 2011 with the Government investing more than £2 billion. The first trust funds matured in 2020 but thousands of funds that have matured have never been claimed. Even if no extra funds were added after the initial



government contributions it is likely that a Child Trust Fund will now be worth approximately £1000.

If you or your child have lost track of your Child Trust Fund don't panic. If you are a parent or guardian of a child under the age of 18 or if you are 16 or over and are looking for your own trust fund, then you can ask HMRC to find a Child Trust Fund either by completing an online form or by writing to HMRC and giving the child's full name, address and date of birth and their National Insurance Number.

If you enquire via the online form, you will be required to set up a Government Gateway to enable you to do this.

For full details about Child Trust Funds go to <https://www.gov.uk/child-trust-funds>

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

"A little thought and a little kindness are often worth more than a great deal of money."

John Ruskin (1819-1900)

Clifton-Crick Sharp & Co

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A Woman, a tent and her bike

Angela Johns



A Woman, a Tent and Her Bike Here I am at the Welsh/English Border at Knighton in Shropshire. There is blue sky, green fields and the mewing of a bird of prey. The water is starting to boil in the camp kettle and the teabag is waiting in the cup. I am blissfully alone for a couple of days so there is no chitchat, except the one going on in my head. This is a constant dialogue, no monologue (it is just me!). Actually, I take that back – it is a dialogue as there is definitely 'someone' talking back. There is good cop/bad cop, parent and child, risk taker and scaredy cat, best friend and frenemy, me and a bar of Fruit and Nut.

I have just had a wonderful walk along some of the Offa's Dyke path and I wondered how many people have trodden that path before me. The stunning views atop Cwm-Sanaham Hill are 360°. It was windy up there so my breath was taken in more than one way. Many, many people have trodden the very same path but when I did it it felt like the original discovery. The path of self-discovery feels just like this, like you are the first person to feel this way. You can read about it, you can hear about it, you can watch it on TV but there is nothing quite like the immersive experience of the doing of it. This is when you feel it. And this is when you want to share it. But who will listen?

I took the obligatory scenic shot and selfie and sent them to my partner who has walked the same spot of the path. He has probably got the very same

shots himself but this was my moment of discovery and he received them with good grace and with a happiness in my joy. A simple 'I loved it too' as opposed to 'yes but you should see it from Bailey Hill!'. I am thinking of times in my life when I have given a crass reply with the objective of telling my own story. Rather than having a curiosity of someone else's experience I have only wanted to tell them I already know everything about it and more. Knowing it all is not a teenager's prerogative, us oldies do it even better, just without the eye roll. The quality of our conversations are so much better when we ask a question and then really listen. The other person feels valued and we learn something new.

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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Is your GPS working?

Karen Harris

Here's a little test for you; close your eyes and see if you can touch your nose with your finger. Was there a direct aim, a little hesitancy or were you way off? It's your body's proprioception that got your finger to your nose, if it's working well it will have got straight there.

Proprioception is your body's own personal GPS. It's a hidden sense that you don't notice in everyday life - until you take the Posture Alignment journey, when it is heightened - but you sure miss it when it's gone.

In all my years in this profession I have seen varying degrees of this awareness in people, and without generalising too much, the more discomfort a person is in, the more proprioception there is. That's not to say people who are pain-free are lacking this silent sense, but it can be devastating for people without it, to such an extent that the ability to stand and walk becomes impaired.

One way to mimic a loss of proprioception is to shut off one, or two, of the other senses - like the test above shutting off sight - then you are wholly reliant on your body's self-perception - its awareness of its position in the space around it.

Sensory receptors all over the body, including ligaments and muscle tissue, help collect the data, but it's the cerebellum and a sensory cortex in the brain that do most of the work to transform the data into your 'sense of being'. So, impairment can often be caused by a stroke or a neuro

condition like Parkinson's, where it becomes difficult to control balance. No doubt you will have seen film of veterans who have lost limbs, who's brains haven't actually lost the 'sense' of the limb, it's a complicated thing for the brain to come to terms with.

If you have ever seen 'The Cube' on ITV, a lot of their games rely on this very sense. The perception of the person's body in the space of 'the cube' will be very disorienting (for obvious reasons!) and then they have tasks such as picturing a line on the floor before shutting off their vision and asking them to walk along it. People are convinced they have walked a straight line but are way off, good proprioception would have been an advantage.

There is no pill or medical intervention that can restore proprioception but it is a science that is being researched (by the 2021 Nobel prize winner in Physiology no less); however in my little realm of helping people to restore their bodies to function and balance correctly - which includes much brain involvement - body awareness is a key component, so do the test and see if your GPS is working!

www.karen-harris.co.uk
 FB @k.healthandfit
k.healthandfit@gmail.com
 07954 544595

Don't suffer in silence

Emily Papirnik



Their story unfolded against a backdrop of challenges that seemed insurmountable – the loss of a beloved partner, a seismic shift in their professional life, and a relocation to a new community, just before the world succumbed to the grasp of a relentless pandemic. As life's twists and turns unfolded, they found themselves in isolation, grappling with the weight of caring for an ailing partner alone.

A year after that loss of their partner anxiety became a constant companion. They yearned for the calm that had slipped through their fingers, forgotten along with the art of relaxation. Fear, like an ever-present spectre, haunted their thoughts – fear of the unknown, fear of making choices, and most of all, fear of facing life without the partner. Habits, both silent and persistent, wove an intricate tapestry of dread. Each morning, as the sun's first rays pierced the darkness, they awoke to an uninvited sense of trepidation. Unresolved paperwork and financial tangles loomed large, casting a net of overwhelming complexity. Their compass of purpose was adrift, and with it, they lost touch with their very essence. A stranger stared back at them from the mirror, a reflection they no longer recognised or wished to acknowledge. Laughter and smiles were distant memories, buried beneath layers of exhaustion. In the depths of their struggle, a turning point emerged. Faced with the weight of another day shrouded in uncertainty, they made a choice. They chose to seek help, not from friends who they feared burdening, or family whose reassurance felt like a burden itself. Instead, they

reached out for a lifeline, in the form of a clarity call.

What began as a scheduled 15-minute conversation blossomed into something deeper, a lifeline to restoration. In the span of those extra minutes, they found themselves unraveling their tale to a compassionate listener. A session was then booked. It was no ordinary connection; it spanned continents, bridging an eight-hour time difference. The distance that once separated them seemed to shrink in the face of empathy and understanding. Together, they embarked on a journey of self-discovery and healing. Through shared insights, the fog of anxiety began to lift. The roadmap to serenity gradually took shape, leading them through their emotions and challenges. They learned that it's not weak to seek help, but an act of courage – a realisation that bolstered their resilience. The journey was not without its bumps, but with guidance, understanding, and a newfound self-compassion, the person in their fifties began to reclaim their life. The scars of the past were honoured, but they no longer held the reins of the future. In the end, this journey from anxiety to healing serves as a testament to the power of seeking help, of acknowledging vulnerability, and of rewriting our own story.

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

Karen & Emily's

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 Sept 24th & Oct 21st

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 This fabulous full day inc 4 master classes, lunch, refreshments and a full instruction pack cost £95

For bookings please email relax@intentiontherapy.co.uk or for more info call 07954 544595



A time of transition



Well, even though I suppose that Summer's nearly over, there's still a lot to look forward to this coming month. First off we have the Malvern Autumn Show at the Three Counties Showground on the 22nd, 23rd and 24th of September with the venue showcasing the biggest ever group of authors, presenters and celebrities the event has ever seen. A variety of cuisines will be on offer in the Kitchen Theatre and familiar faces from TV's Great British Bake Off

are amongst those participating whilst I'm tempted to watch a debate called Vegetable Versus Flower Gardening. That's in addition to learning how to prepare for the best Festive season yet and discovering how to make cocktails in just 60 seconds. Also the Garden Theatre will provide plenty of tips on what to plant for seasonal colour outside along with advice for your veggie plot.

For details see www.malvernautumn.co.uk

Brian Johnson-Thomas

Over the same weekend, A Place in the Sun returns to Birmingham's National Exhibition Centre offering us a chance to perhaps finally buy that bolt hole in the Med that we've long dreamed of. I had a peek at their website and some properties are amazingly affordable, like a one bedroom townhouse in La Marina, south of Alicante in Spain which is on offer for just under £43,000. It's also got a spacious living room with open plan kitchen and a private terrace to soak up the sunshine. And it's just a mile downhill to the nearest beach..... If that doesn't do it for you then how about a five bedroom house in Italy's Abruzzo region for just over £63,000?. Situated in the centre of a stunning small town with a large roof terrace from which you can see the encircling mountains. It's only 25 minutes to the seaside and 45 minutes to the nearest airport. That's just two of thousands of options available on line and at the show, where you'll also be able to talk to experts in the art of buying and letting out holiday homes. For details see www.aplaceinthesun.com

Just over a week later, on Sunday October 1st, there's a chance to de-clutter at a profit – if you happen to have any railway memorabilia that is – at a free valuation event being held at the Lifford Hall in Broadway. Organised by Broadway Museum and Art Gallery in partnership with the Steam railway and an auction house they hope to attract railwayana such as locomotive name and works plates, signalling items, railway posters, paperwork and other ephemera. Since there's no admission charge it might well be worth going along just for a look....Oh, and if you do go along then be sure to pick up a voucher for a 20% discount on Museum entry. For details see www.gwsr.com Meanwhile Shakespeare's gripping and brutal tragedy Macbeth is showing at the Royal Shakespeare Theatre at Stratford on Avon until Saturday 14th October. For details see www.rsc.org.uk Maybe see you at one of the shows ?

Beat your fear of flying!



do people develop a particular anxiety? It could be learned from a parent, sibling or other close relative that has that fear, a previous turbulent flight could be the instigator of an apprehension for any forthcoming flights. Often a misunderstanding of the how and why an aeroplane flies, together with unknown noises due to things like landing gear going down, coming up, flap drive motors, speed brakes going out coming in, hydraulic motor noises. These can all unsettle a nervous passenger who is unaware of what is happening. Many people also dislike the lack of control by being in the cabin with no connection to the pilots, also some people suffer from claustrophobia as a secondary stressor.

Did you know that flying is the safest way to travel by any method. You are more likely to be struck by lightning than have an aeroplane accident. Any incident is sensationalised by the press because it is such a rarity. So what can be done to help those affected? May I offer

a suggestion, read the book "Beat Your Fear of Flying" which explains the mysteries of flight in simple terms. It puts statistics into harsh and reassuring perspective, it gives techniques to deal with anxiety, it explains turbulence and how aeroplanes are designed to cope comfortably with that even though it may spill your gin and tonic. If you are a nervous flier this book could be a helpful investment.

I shall also be holding a small workshop in Pershore library on 22nd September from 2pm where you would be very welcome to come along and ask questions.

Books available from:
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Statistically one in five people have a flight anxiety to some degree, from a mild concern about their flight to a full blown phobia which could manifest itself in a panic attack. You may be a sufferer yourself or you may know someone who is, which can in turn can prevent you or them actually going on an aeroplane, for a holiday, to visit family, for a business trip. Why

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Local hero - Sir George Dowty, Part 2 *Tim Hickson*

George Dowty also gave lectures at the Institute of Aeronautical Engineers in London on undercarriage design and aircraft deck landing apparatus and contributed articles to the technical press. As well as providing extra income, these efforts made him and his expertise well known in the aircraft industry. Indeed his first order came in 1931 from the Japanese Kawasaki Aircraft Company which had read an article he had written in Aircraft Engineering. However, the frustration of not getting any aircraft company to use his ideas led him to set up his own business. These were difficult times and he could not get financial backing or even a bank loan and had to use money lenders charging exorbitant interest rates. He rented a loft at 10 Lansdown Terrace in Cheltenham and installed very basic equipment.



Lansdown Terrace, Cheltenham

He employed two men who worked in their evenings assembling wheels, who agreed to be paid only when he was. It took nine weeks to produce these quite complex units but Kawasaki were happy with them and went on to pay £2,000 for a licence to manufacture the wheels in Japan. This money enabled George to weather the next few years until the Gloster Aircraft company fitted Dowty wheels to 25 Gauntlets.

He was then able to expand his operation, employing more staff and acquiring more premises.



Gloster Gauntlet

However he needed a factory where every department was on one site. Then Arle Court, just outside Cheltenham and with 80 acres of land became available. This worked perfectly. By now, 1934, the threat of Hitler's Luftwaffe forced the British Government to turn to the aircraft industry which it had neglected. After losing the First World War, Germany had been forbidden to build military aircraft. It was not until 1935 that governments realised that German civilian aircraft were fighters and bombers in disguise. Furthermore, they were far superior to any RAF aircraft; low winged monoplanes with retractable undercarriages compared to our biplanes with fixed undercarriages. Helping Britain to catch up gave Dowty's operation great opportunities. Before long, George was supplying equipment to 20 British companies, 5 airlines and 17 other countries. To cope with this expansion he needed more money but as, again, the Midland Bank would not help, the company had to go public so that the shareholders could provide the capital needed for work to be done.

Then in 1938 his mother died. Two years later, George had the organ in Pershore Abbey rebuilt. By 1939 the company was making equipment for almost every UK aeroplane; when war was declared, such was the demand that Dowty had to enlist the engineering departments of large companies to ensure manufacture kept up. In 1940, large-scale manufacturing began in a new Dowty factory in Canada. The Gloster Whittle, Britain's first jet aircraft, had Dowty equipment and the Gloster Meteor, the Allies first jet fighter had the world's first undercarriage that shortened as it was retracted to fit into a small space. At the height of wartime activities the company



Dowty Rotol at Staverton

employed 3,000 people and many thousands more worked for the 310 subcontractors. When the war ended, George was able to report that no aircraft had been grounded for lack of a Dowty spare.

In January, 1945, George with his twin brother and others were travelling to a meeting in London by car when it was struck by an out-of-control Army lorry. The injuries sustained by the brother killed him. After a service in Pershore Abbey, where they had both been christened, Edward was buried in a grave next to their mother and father. At a special service in the Abbey in June 1946, the Archdeacon of Worcester dedicated the altar rails that George had paid for in Edward's memory.

During the War, sales had reached £10 million a year but the Government took 100% tax on any profit more than the small pre-war company profits. Consequently there was no capital to deal with the abrupt drop in orders. However, George always believed that knowledge was more important than money so he looked for industries, other than aircraft, to apply the expertise that had been gained.

By 1949, Dowty had developed a hydraulic prop for use in mines. Until then, wooden pit props had been used. However, although metal hydraulic props were more expensive, they lasted much longer, were reusable and, most importantly, were much safer, preventing roof falls. Needless to say, due to a reluctance to change by the colliery owners, and the miners demanding extra pay for handling props in spite of the fact that they improved their safety, their adoption took years. Today, hydraulic support for mine roofs is used worldwide. Dowty Mining Equipment was born. Later, Dowty Seals, Dowty Fuel Systems and Dowty Nucleonics were set up.

In July, 1956 George Dowty was knighted, not for the industries he had built but for services to the disabled. Such did our

politicians value Industry. His four-year-old daughter asked him why people kept phoning to congratulate him. He replied that the Queen had given him a present. The daughter asked to see it but when told it was something that could not be seen, commented that she did not think much of that as a present!

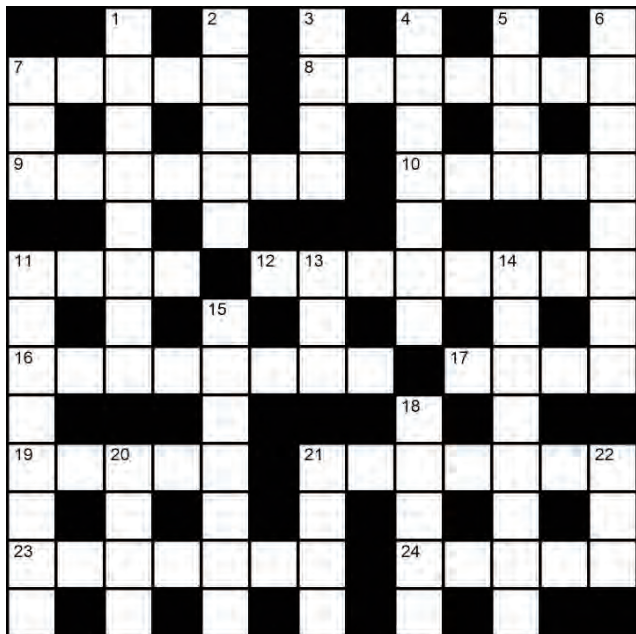
In 1959, Dowty took over the Rotol works at Staverton by the airfield. Rotol had made propellers. Thus was Dowty Rotol formed. In the years that followed, Sir George continued to develop his companies ending with one hundred all over the world. He also took on many honorary positions involving social, charitable and educational activities. Always interested in the education of the young, Sir George made great use of the apprenticeship scheme. He looked after his employees and set up an early pension scheme and he ensured that people had sick pay when that was unusual. In 1975, Sir George had moved to his mother's last home, the Isle of Man where he knew he could not interfere in the daily running of the companies but was only a 40 minutes flight to Arle Court if wanted. There he died. He is buried in Pershore. The Dowty family want Pershore to receive a life-size statue of one of the town's most famous sons. This can only happen if the Town Council is willing. If Pershore does not want it, The Battle of Britain Memorial Flight and Bomber Command want it.



Gravestones of Sir George and his twin brother

Coffee Break

Crossword



Across

- 7 Inexpensive (5)
- 8 Adage (7)
- 9 Make more enticing (7)
- 10 Give consent (5)
- 11 Female servant (4)
- 12 Block (8)
- 16 Reduce (8)
- 17 Woodwind instrument (4)
- 19 Such as floribundas (5)
- 21 Cheering person (7)
- 23 Frog larva (7)
- 24 Disgusting dirt (5)

Down

- 1 Vegetable with a knobby root (8)
- 2 Malice (5)
- 3 Competition for all comers (4)
- 4 Faithfulness (7)
- 5 Successor (4)
- 6 No-show (8)
- 7 Long-leaved lettuce (3)
- 11 Chair (8)
- 13 Common electrical conductor (3)
- 14 Portable weather protection (8)
- 15 Retirement income (7)
- 18 Smell (5)
- 20 Team (4)
- 21 Storage shelter (4)
- 22 Dashboard measure (1,1,1)

Sudoku

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

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

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

Crosswords

Sudoku

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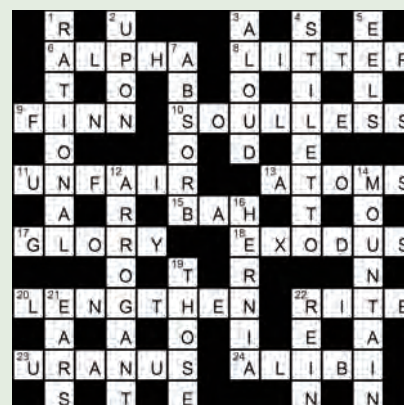
www.powicktimes.com/coffeebreak

Fruit Wordsearch

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

- APPLE
- BETEL
- CITRUS
- COX
- DATE
- DRUPE
- FIG
- FILBERT
- GRAPE
- HAW
- HIP
- LEMON
- LIME
- LYCHEE
- MANGO
- MEDLAR
- MELON
- NUT
- OGEN
- OLIVE
- PEAR
- PECAN
- PRUNE
- SATSUMA
- SEVILLE
- SLOE

August Answers



Poets' Corner

A Shropshire Lad

XV

Look not in my eyes, for fear
 They mirror true the sight I see,
 And there you find your face too clear
 And love it and be lost like me.
 One the long nights through must lie
 Spent in star-defeated sighs,
 But why should you as well as I
 Perish? gaze not in my eyes.
 A Grecian lad, as I hear tell,
 One that many loved in vain,
 Looked into a forest well
 And never looked away again.
 There, when the turf in springtime flowers,
 With downward eye and gazes sad,
 Stands amid the glancing showers
 A jonquil, not a Grecian lad.

XVI

It nods and curtsseys and recovers
 When the wind blows above,
 The nettle on the graves of lovers
 That hanged themselves for love.
 The nettle nods, the wind blows over,
 The man, he does not move,
 The lover of the grave, the lover
 That hanged himself for love.

XVII

Twice a week the winter thorough
 Here stood I to keep the goal:
 Football then was fighting sorrow
 For the young man's soul.
 Now in May time to the wicket
 Out I march with bat and pad:
 See the son of grief at cricket
 Trying to be glad.
 Try I will; no harm in trying:
 Wonder 'tis how little mirth
 Keeps the bones of man from lying
 On the bed of earth.

A. E. Housman 1859-1936

Spot & Shop - August Winners

- 1) Annette Chinn
- 2) Sally Gurney
- 3) Fiona Wall
- 4) Benn Reynolds

Last month's answer:
The Banking Hall

Fun Quiz!



- | | |
|--|--|
| 1. In which country is Mount Vesuvius located? | 11. Which sport is known as the Sport of Kings? |
| 2. What part of a horse would you examine to tell its age? | 12. How many keys does a standard full size piano have? |
| 3. What was the surname of Juliet in Shakespeare's Romeo and Juliet? | 13. Which famous British castle is an anagram of 'in sword'? |
| 4. Who wrote the famous musical entitled 'Oliver'? | 14. Which rock band did Brian May belong to? |
| 5. Which fairy tale character slept for 100 years? | 15. In which year was the film 'Casablanca' released? |
| 6. What is the biggest spider in the world? | 16. Which musical instrument is James Galway famous for playing? |
| 7. In which country was the first car radio made? | 17. What type of creature is a Queen Alexandra's Birdwing? |
| 8. Who invented the microphone? | 18. Which English scientist invented the electric light? |
| 9. What was David and Victoria Beckham's first child named? | 19. During which year was J.F. Kennedy shot? |
| 10. How many years was Nelson Mandela imprisoned for? | 20. Which sport is mintonette now known as? |

Answers: 1. Italy 2. The teeth 3. Capulet 4. Bart 5. Sleeping Beauty 6. Goliath bird-eater 7. The USA 8. Emile Berliner 9. Brooklyn 10. 27 years 11. Horse racing 12. Eighty-eight (88) 13. Windsor 14. Queen 15. 1942 16. The flute 17. A butterfly 18. Humphry Davy 19. 1963 20. Volleyball



SPOT & SHOP!

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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Name: _____

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Letters to the Editor

Dear Editor,
I read your magazine with interest – there are some good articles and features so keep up the good work!
A couple of points from Issue 5 (August):
Thoughts from the Snug... I have never heard of the comb and bald proverb but I suspect that one must think laterally to understand it. It would indicate to me that with age comes experience, but by the time you have enough experience of life you are too old to be able to apply it. A nasty trick of nature and akin to “youth is wasted on the young” maybe?
The second point is about your front page monologue – I am not a climate change denier, I

believe that the climate has always changed and will continue to do so. However, I think that your statement that “Global warming..... the highest temperatures ever known causing forest fires all over the world” is a little misleading when there have been multiple arrests for arson in Greece and Canada. Your statement indicates that forests are literally self combusting which I don’t believe is strictly true...
With Best Regards
Julie Reynolds

Dear Julie Reynolds,
Thank you for your letter and comments.
Ed

“However difficult life may seem, there is always something you can do and succeed at.”

Stephen Hawkin

Powick Times

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Dragons Roar



The two Pershore Phoenix Dragon Boat Club paddlers who represented GB in the World Championship have returned after a hard year leading to an incredible week of racing in Thailand. Laura and Gwion were part of the GB Team for the Premier

GB Squad and Senior A Squad respectively. They return to the club in time for the National Championships, a two day event held at the end of the season at the National Water Sports Centre. Dragon Boat Races are between crews of 20 paddlers, a drummer and

helm, typically over 200m, 500m, and 2000m distances. There are races for Mens, Ladies and Mixed crews and the club is optimistic about its prospects. After a successful season in the National League, Pershore Phoenix reached major Finals on an increasingly frequent

basis winning medals. The club based in Defford, train and race hard but our priority is to have fun and enjoy ourselves. *If you are interested in giving the sport a try email us to have a go!* hello@pershorephoenix.com

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