

# Powick Times



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

Issue 7

October 2023

**FREE**



Two miles to the east of Great Malvern and near Callow End

**W**e have certainly moved into Autumn. The daylight is getting shorter, dark mornings and a nip in the air. Summer has gone; sometimes I wonder if it ever really came this year. The environment is in the news so much these days which is a good thing. A greater awareness and care is becoming the norm. Many voluntary clubs and organisations are springing up all over the place. They are doing a fantastic job.

Interest in wildlife and animal welfare is a regular topic in the media these days. We run our Country Watch articles every month which are well read. Regular TV programmes on these subjects are very educational and so well produced. We live on a fabulous planet and need to look after it. This month we have a new

contribution 'Farming', by Mike Page, which will be touching on some of these environmental issues in the months ahead. We have a full paper again this month with lots of interesting articles. We have been featuring 'A Shropshire Lad' in our poetry section for some months. A lovely new book has

been produced, which is reviewed and we are offering a prize draw. Good luck!

**Remember!**  
Clocks go back one hour  
on 29th October at 2am

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# Urgent appeal for help!

As President and in the past long-time branch chairman of this historic charity in our community, we have now sadly reached just about the end of the line in our desperate attempts to keep alive the behind the scenes work of this essential local charity for ex and serving military people and their families. Most of us are long over retirement age ourselves and we seem unable to attract new members or supporters to swell our ranks and maintain the minimum active member committee strength required by law to continue.

This year in November and immediately after the Remembrance services sadly, we will be forced to end our long tradition of service and care in Powick and Callow End and wind-up the branch at our AGM on Tuesday 14th November at Madresfield Club, unless in the meantime we can enlist the help of at least four new members who are prepared to join us and take an active part



in running the branch. I have personally appealed for help from our community over many years in the local press and church media with very little success and I am hoping that with the recent influx of so many new homes in our two villages and with generally a younger generation than we are that this our last chance of survival may be the one to save us. If you can help us and spare just two hours a month for a fabulous cause 'Now is the Hour'.

*If you can help, please contact John Mason on 01905 830682 or email: jm34powick@btinternet.com as soon as possible as we have very little time left to retain the RBL in this community.*

*John Mason  
Branch President*

# Sally Gunnell OBE champions charity



*Sally Gunnell OBE is the only woman ever to hold four major track titles concurrently – Olympic, World, European and Commonwealth. Pictured here, Gunnell is holding the gold medal she won for her 400m hurdles triumph at the 1992 Olympic Games in Barcelona*

Olympic Champion and Health and Wellbeing advocate, Sally Gunnell OBE has announced that she will be supporting national cancer charity Cancer Support UK. Gunnell's work with Cancer Support UK will focus on helping the charity achieve its mission to help those impacted by cancer in the workplace. "Since my introduction to the excellent work being carried out by Cancer Support UK," commented Gunnell, "I have been impressed by the quality of the services provided and I am now acutely aware of the huge need for people affected by cancer to receive more emotional support. I am therefore delighted to announce my involvement with this important charity. I am looking forward to using my knowledge, passion and energy to ensure that Cancer Support UK's wonderful vision is achieved."

Cancer Support UK's CEO, Mark Guymer said: "No one should have to face cancer alone and we are immensely grateful to Sally for agreeing to help us raise greater awareness of our services and the help that is available for those impacted by cancer."

Gunnell has become the charity's latest Workplace Cancer Support Ambassador, having undertaken a specialist training session, covering the different aspects of cancer, cancer treatment, side effects and emotional/physical impact. She has joined the growing number of Workplace Cancer Support

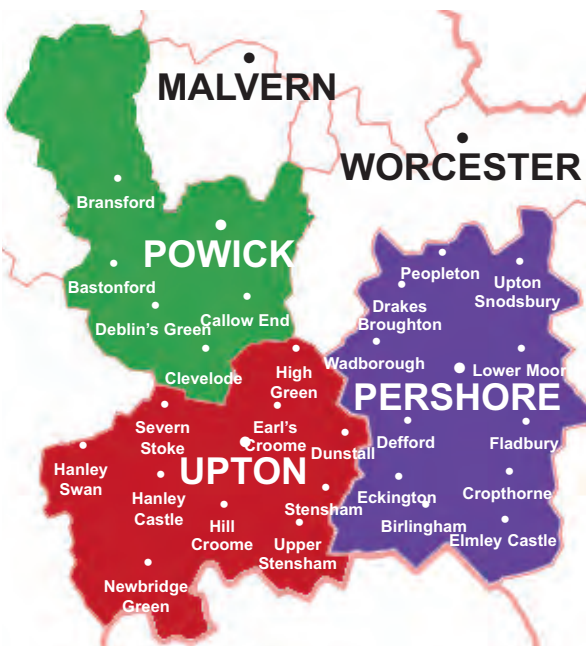
Ambassadors, developing key skills such as active listening, empathy, and the importance of language.

Gunnell said: "The Workplace Cancer Support Ambassador training I have received will be invaluable, giving me a more profound knowledge of the physical and mental effects of cancer. It also equips me with the confidence to talk to a wide range of audiences about the importance of providing the right levels of support for cancer patients in the workplace." Achieving sporting success was a tough challenge and Sally attributes this to a hard-working ethos and a positive mind set. She now uses her knowledge and experience of fitness, health, self-fulfilment and wellbeing to run corporate wellbeing programmes and supports healthy and active family initiatives in the UK.

*If you know someone who has completed their cancer treatment, but who is finding it difficult to face life beyond cancer, please tell them about Cancer Support UK's free Cancer Coach peer support groups. They are available to anyone with a stage 3 and below cancer diagnosis. The course takes participants through a series of weekly facilitated group sessions, run for a six-week period over the telephone or online video. [www.cancersupportuk.org/training](http://www.cancersupportuk.org/training)*

## Powick Times

### Distribution Areas:





# King's honoured to be finalists in school awards



King's Worcester's outstanding co-educational provision has been recognised for the second year running in the prestigious Independent School Awards. The School has reached the final of the Independent School of the Year Awards 2023, which showcase the very best of independent school education. The highly regarded annual

awards, which received over 1000 entries from UK independent schools, celebrate the extraordinary student experiences provided over the last year. All three of the King's Schools, King's Worcester and King's Hawford and King's St Alban's Prep Schools, were shortlisted back in July for a total of four

awards, and we were thrilled to hear this week that King's Worcester has been named as finalists for the second year running in the Co-education Independent School of the Year categories. King's sits alongside some of the most highly regarded leading independent boarding schools including Brighton College, Charterhouse and Royal Hospital School, and are the only day school to appear in the final. The finalist news is another fantastic achievement for King's Worcester, alongside the recognition for a second year in The Sunday Times Top 10 West Midlands Independent Secondary School league. Gareth Doodles, Headmaster at King's Worcester, said, "This is outstanding news for the start of our new academic year. We were over the moon earlier in the summer to hear that all three schools had been shortlisted in many categories,

so this news that our Senior School, King's Worcester is in the final is truly thrilling. "It is a great tribute to our ethos of inclusion and empowerment that our schools, staff and pupils have been recognized at a national level for our impressive co-educational provision. We are honoured that our inspiring and well-rounded provision has brought us to the final selection." The winners of the Independent Schools of the Year 2023 Awards will be announced at an awards ceremony in October.



*You can view the full list of finalists on the Independent Schools of the Year website. <https://independentschoolsoftheyear.telegraph.co.uk/finalists-2023/>*

# Parkway passengers exceed all expectations!



More than 540,000 journeys have been made from Worcestershire Parkway Railway Station in the space of twelve months – exceeding all expectations. Parkway opened in February 2020 and is already performing way ahead of schedule. In total, 544,270 journeys were made from the station between April 2022 and March 2023 – the kind of volume not expected to be achieved for at least another eleven years. A special event to celebrate

Worcestershire Parkway, which is run by Great Western Railway (GWR), took place on Friday 8th September. Wyre Forest MP Mark Garnier, West Worcestershire MP Harriett Baldwin, the Lord-Lieutenant of Worcestershire Beatrice Grant and Lord Faulkner of Worcester, Chair of the North Cotswold Line Task Force were all in attendance as well as Councillor Simon Geraghty, Leader of Worcestershire County Council and many others.



*October*

October is the tenth month of the year in the Julian and Gregorian calendars and the sixth of seven months to have a length of 31 days. The eighth month in the old calendar of Romulus c. 750 BC, October retained its name (from Latin and Greek ὀκτώ meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans.



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## Armistice concert

On Saturday 11th November, the WPO conducted by Joe Davies, presents a programme befitting Remembrance Day. The concert opens with A Shropshire Lad by George Butterworth. This piece was inspired by the war poems of A.E Housman. Butterworth was killed in action at the Battle of the Somme soon after being awarded the Military Cross. The concert ends with Vaughan Williams 5th Symphony, composed during WWII. It has been highly regarded and much loved since its first performance in 1943. Also represented on the programme is Gordon Jacob, who was taken prisoner in 1917, and began composing for his fellow prisoners after finding a book on harmony in the prison library! Our brilliant young soloist, Emily Hicks, will play Gordon Jacob's Flute Concerto. She graduated in 2021 with first-class honours from her bachelor of music degree at the Royal Birmingham Conservatoire. Emily is continuing her studies in flute and piccolo for a Master of Music degree.



Most recently, Emily won the Ambache Prize for the Performance of Music by Women Composers (2023) and the Royal Birmingham Conservatoire Woodwind Prize (2021). She was a finalist for the Sylvia Clever Prize, Ravel Introduction and Allegro (2022), Doris Newton Prize and Rollason Music Award (2022) and the Leamington Music Prize (2022). The concert starts at 2.30 in Pershore Abbey. Tickets £15 (free for accompanied under 16s) online at [ticketsource.co.uk](http://ticketsource.co.uk), Tourist Offices in Worcester, Malvern and Pershore\*. Further details on our website. \*cash or cheque only

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- A Shropshire Lad

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- Pavane pour une Infante Défunte

**Gordon Jacob**  
- Flute Concerto

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# A few words from... Harriett Baldwin MP



## County Medical School Places Boost

Extra funded places at the county's new medical school has paid off following an announcement today at the Conservative Party Conference. The Three Counties Medical School will offer at least fifty funded training places from next September, on top of the places funded by the local health system and non-domestic students. The new medical school, based at Hylton Road, Worcester, has just welcomed its first cohort of students, and Harriett was given a VIP tour of the new facility in June by the University

of Worcester's Vice-Chancellor David Green. The announcement, by Health Secretary Stephen Barclay, builds on the NHS's Long-Term Workforce Plan unveiled earlier this year, backed by £2.4billion in new funding. Harriett commented: "I toured the new facility, with Professor David Green and Dr Louise Stepien on the 75th anniversary of the NHS, as the Government committed a long term staffing plan. As the plan was confirmed, I reached out to Government Ministers to say that the county medical school was immediately available to add extra teaching capacity and take on more students. At the time, these messages were well received, and I am pleased to see this announcement being made formally after private indications that this would be the case. It is essential that we train many more doctors and by having many more domestic students training in Worcester, I firmly hope that some of them will, after qualifying, choose to base themselves in wonderful Worcestershire"



L-R, Dr Louise Stepien, Harriett Baldwin MP and Professor David Green

## Village Hall wins major cash boost

Harriett Baldwin MP has welcomed news that a Malvern community has won a major cash award to carry out improvements to its village hall. Guarlford made a successful bid for a share of the £12 million Community Ownership Fund and will use the cash to carry out major improvements to the village hall. The popular community resource has been embarking on a rescue plan after the pandemic to encourage more people to come back into their community. The bid was one of 45 national projects announced on 25th September, which are helping to safeguard the future of local communities.

Harriett said: "I was delighted to support the Guarlford Village Hall bid and have been briefed on the exciting plans the team has to improve its local community resource. Levelling up is not just about urban areas and I was keen to make the case, on behalf of the bid team, that there are many community-led projects that can also benefit from funding to help them to grow and thrive. I have kept in close contact with the Department for Levelling Up, Housing and Communities during this bid process and hope that some of our other community projects will also be successful at the next bidding round."

# "Sacred and Profane..."



The Elgar Chorale of Worcester and the Choirs of Great Malvern Priory directed by Piers Maxim, Organist and Director of Music at the Priory, join forces to perform an eclectic concert of delightful music in a fundraising event to provide money to buy new robes for the Priory choir. The 'Sacred' works will be sung by the Priory choirs drawing on their repertoire, singing services each week in the Priory church whereas the 'Profane' secular pieces are performed by the Elgar Chorale, one of the leading chamber choirs in the county. Expect to hear such

composers as S S Wesley, Pearsall, Parry, Rutter and Elgar as well as pieces and arrangements especially written by Piers Maxim himself! The two choirs come together with a finale of Elgar's 'Light of the World' and Piers' 'The King Shall Rejoice' to send you home whistling a tune or two.....  
Saturday 14th October 2023  
Tickets are £10 (under 18's free)  
CASH ONLY AT THE DOOR  
on the evening with tea and cake included. The event is supported by the Mayor of Malvern, Councillor Clive Hooper who will be in attendance.

**Great Malvern Priory Choirs**  
and  
**The Elgar Chorale of Worcester**  
Invite you to an Evening of Music

## Sacred and Profane

to raise funds for the choirs' new robes

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Tea and cakes included.



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Without an LPA (A lasting power of attorney) it becomes chaos and a significant burden on your closest 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, that is after you have spoken to a machine asking 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, are hit on the head with a cricket ball, playing rugby or football, or fall off a ladder, trip over and bang your head in

a bad way or fall off a bike.

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

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

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

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

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# Women's Hour!

## Times they are a-changing



What a strange Summer we have had! Varying between lovely long, sunny days-not to say hot at times- then the minute schools broke up it was all change. Damp, dreary days for much of the time apart from a sudden return of the sun at the end of August. Those who had chosen camping holidays must have been disappointed and days on the beach were not for sun-bathing. For those who took to the air, there were some even more extreme weathers to deal with.

There is a difference between enjoying temperatures in the high twenties, low thirties and the sweltering hot temperatures which made parts of Europe almost unbearable. We have had to give holidays abroad a miss this year but have managed to enjoy a few days in Wales during a warm, sunny spell and are looking forward to some time in Devon regardless of the weather. Now we have settled into September and the feel of Autumn arriving. Darker

Susan Catford



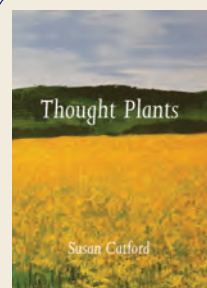
mornings and evenings will be the norm for the months ahead but there are still things to look forward to. The summer wardrobe is ready to be packed away. No more pretty, flimsy frocks, shorts or sandals. Time to dig out the warmer clothing and time for the wardrobe cull!! This will involve multi trips to the charity shops so, hopefully, someone else can enjoy my pre-loved clothes. Apparently Oxfam have even gone online with some real bargains but I had best not go there and be tempted! I don't like winter clothes and lots of layers but they will be necessary soon. So it's time to think of log fires and warming dishes. Soups and casseroles will replace summer salads. Rugby, football and many other sports together with 'Strictly' and 'Bake off' will brighten our long evenings. The shops are already stocked with Halloween costumes and treats and come November 1st, it will be all about Christmas. The trees, lights and decorations are already lurking under covers in our local garden centre waiting to be unveiled. And in between, we have the prospect of Bonfire

Night. It is no longer a few fireworks at the bottom of the garden but involves spectacular displays to light up the skies. It is a delightful night for adults and children to enjoy. Then it really is countdown to Christmas!! Our Summer may have been a mixed bag in terms of weather but with Autumn and Winter we can probably expect even more variation. Autumn will bring us the lovely colours of changing leaves and Winter some beautiful frosty mornings. There is always something to look forward to and to be grateful that we do not have the extreme weather that brings chaos and devastation in other parts of the world. So I will put on my winter woollies and embrace the chillier days as times they are a-changing!

## Summer time blues

What happened to the sunshine?	In helping things to grow.
Why did it have to go?	No need to water flower beds
The holidays were started	But grass we had to mow.
But little did we know	As Brits we should be used to this,
That hiding behind clouds,	The changes in the weather.
It seemed it was the way	It didn't stop us doing things
That Summer had deserted us	We still met up together.
Not only for a day.	The festivals and barbecues
Instead we had wet weather	May have been rather damp
And greyness wasn't fun	But even in the fields of mud
When really what we wanted	They still preferred to camp.
Was just a bit of sun.	Now holidays have been and gone
Flip-flopping in the puddles	And Autumn days are here.
Instead of in the sea,	The leaves are changing on the
No nice cold wine or frothy beers	trees
But just a cup of tea.	As Winter days draw near.
While temperatures were rising	We'll look back on the Summer,
In places far and wide,	Remembering happy days,
We waited for the rain to stop	When we enjoyed the holidays
So we could go outside.	Perhaps in different ways!
At least there was a benefit	

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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## Country Watch

**'In October dung your field  
And your land its wealth shall  
yield.'**

In the Autumn we often see flocks of birds either flying in formation in the sky or gathering in the fields in preparation for their migration. Flying in flocks has advantages. There is safety in numbers from predators and finding food can be easier if birds forage together. We are familiar with seeing flocks of gulls, geese, swans and wild ducks which fly in a V formation. Birds grouped in this way have an aerodynamic advantage as a beating wing creates a slipstream for the following bird. Compared with flying solo, they can go farther and faster with the same output of energy.

Some flocks of birds can be huge, particularly starlings. There can be as many as a million birds in a flock! They can be seen forming a ripple effect as they perform spectacular aerobatic displays. These flocks are called murmurations and can be seen in the evening before they drop suddenly to their roost. The ripple effect is caused by changes in direction by one bird then others follow suit and it spreads through the flock. It is a truly amazing sight!!

We have many birds that migrate south including swallows, martins, nightingales, cuckoos, swifts, nightjars, ospreys to name just a few. We also have winter visitors such as fieldfares, redwings and many water birds



which come where the weather is milder and food is easier to find. We will see a different population of birds in the coming months.

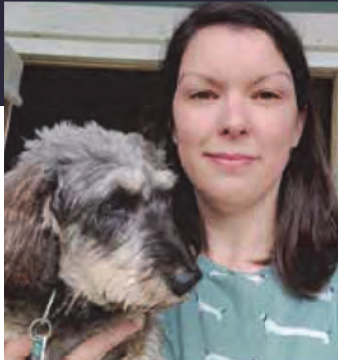
So Autumn is here but the trees have not yet changed their

colour and are hanging on to their leaves. We look forward to the multi-coloured display in the coming weeks before they are stripped to their bare skeletons which also have a beauty of their own.

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

*Dalai Lama*

"When the game is over and the drinking has begun. Let us drink together boys as though we both had won!"



### VETERINARY ADVICE ESPECIALLY FOR YOU!



#### Winter safety advice for your pets

With short days and long nights winter can seem to last a long time, especially once the fun of Christmas is over. Here's some advice for keeping your pet happy and healthy over the winter period.

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

- Wrap up warm on walks, especially dogs with thin coats and lower body fat such as greyhounds
- Use reflective gear or lights so that you and your pet are well visible, and keep dogs on leads near to roads
- **Stay warm and dry**, ensure you have extra towels in the car for drying off after walks, keep in a warm room after washing off
- Check feet for snow and grit stuck between toes, frozen snow stuck between toes can cause ice burns, excess salt left on pads can cause irritation and be dangerous if licked off
- Shorter days often means staying inside more, ensure they have plenty of mental activities to keep them occupied and adjust feeding if they are not getting as much exercise as normal
- Provide a litter tray for cats if you don't usually have one in the house
- Stay away from frozen ice and lakes, if your pet did fall in call for help, do not attempt to go in after them
- Cover up rabbit / small furry hutches to protect from cold, move to a sheltered location such as a shed or outhouse when temperatures drop
- Check water bowls / bottles throughout the day to ensure they are not frozen and provide extra bedding material and pet safe heat pads
- Small pets kept outside are likely to need extra food to maintain their body weight
- Be careful using antifreeze, ethylene glycol is highly toxic to cats so even minor spills should be thoroughly cleaned up
- Tap your car bonnet before starting the engine, cats like to crawl into engines and wheel arches to absorb the warmth
- Keep cats and inquisitive dogs away from open heat sources such as fires and candles, never leave them alone in a room with them

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Enjoy the winter weather but keep yourself and your pets safe and warm!

Best wishes *Eliza*



## Perennial Tulips

Aren't all tulips perennial? Depending on who you talk to apparently not and it's a bit of a myth. There are definitely tulips that will flower for a number of years; however, all plants are affected by growing conditions and there is no definitive path to successfully regrowing tulips.

Once the flower has finished the bulb splits into many little bulblets. A tulip bulb will need to be at least 9 cm in circumference to produce a flower the next year. These little bulblets can often be far below the size they need to be to gain enough energy, and consequently only produce a few leaves.

### The best perennial tulips

The following are the most reliable tulips to put on a repeat performance.



- Species tulip - these are dwarf tulips such as 'Little Beauty'.
- Darwin Hybrid - are tall and

imposing with their large, goblet shaped flowers which can measure up to 7 cm in diameter. The stems are very strong and hold very well in wind. Example 'Apricot Delight' - Fosteriana - were once known as Emperor Tulips and this connection can still be recognised in some of their regal names such as 'Orange Emperor'. Fosteriana Tulips have large wide flowers up to 10 cm across



- Viridiflora - or Green Tulips as they are sometimes called, flower on strong stems. Some are almost entirely green with a hint of colour on the edge of the petals. Others have green shading. Example 'Greenland'

### Top tips to improve your chances for tulips to flower next year

- Remove seed heads
- Let the leaves turn brown

## Nikki Hollier



**Nikki Hollier**  
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- Feed occasionally after flowering
  - Plant a little deeper (15 cm)
  - Use good quality soil
- Personally, all the bulbs I grow in pots/containers are replaced each year as I do like to have a variety of styles and colours. TOP TIP: When buying bulbs, make sure they are firm to touch (give them a bit of a squeeze!).

This means they're fresh and likely to bloom better. Soft and/or mouldy bulbs are unlikely to flower.

Tulips can be planted from August onwards, but I prefer to wait until the colder weather arrives. This can also reduce the risk of Tulip Fire which is a fungus caused by Botrytis tulipae, which produces brown spots and twisted, withered and distorted leaves, and in severe cases it looks like the plant has been scorched by fire.

This fungus spreads in two ways:  
1. Small black seed-like structures (sclerotia) are produced in dead tissue. These can contaminate the soil for several years and also remain in the outer bulb scales. When the bulbs produce new growth in spring, the leaves may therefore be infected either from the

sclerotia in the scales, or those in the soil.

2. The fungus also produces airborne spores from the fuzzy growth of grey mould. Destroy any diseased bulbs straight away and do not add them to the compost heap.



## October gardening tips Reg Moule BBC Hereford & Worcester

### Early in the Month

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

### Middle of the Month

Rake up fallen leaves both for general hygiene and to use to

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

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



the winter they will require less watering and feeding. If you wish to move any deciduous shrubs do the job now. Lift the plants with a good rootball intact and re-plant firmly.

### Late in the Month

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



## Cooking for fun! Ailsa Craddock

### Marmite

Marmite is a savoury spread, which was originally invented by German scientist Justus von Liebig in 1902. The scientist invented it in the UK when he discovered that brewers' leftover yeast could be concentrated, bottled and eaten. So that's beer and Marmite for everyone! In 1912, it was discovered that Marmite was a great source of vitamin B, so the British troops fighting in World War I were issued jars of the stuff as part of their rations. During the 1930s, English scientist, Lucy Wills, successfully used Marmite to treat anaemia in mill workers in Bombay and it was also used to treat malnutrition during the 1934-5 malaria epidemic in Sri Lanka. Basically, Marmite has super powers! However, despite all of the above, and the fact it is high in folic acid and very low in calories, it has always been - love it? or hate it? We are a Marmite household - and I'm hoping the recipes below may turn you if you aren't.

#### Try these first:-

1. Add a teaspoon or two of Marmite to meaty stews, Bolognese or French onion soup to add a deep, savoury umami flavour
2. Spread over roast chicken before cooking for gorgeously golden, salty skin, or mix into mince to make delicious burgers
3. Try it on toast topped with poached eggs (always)
4. Add to hot oil before roasting potatoes
5. Marmite is a perfect partner to cheese - add a twist to Welsh Rarebit, mix into cheesy puff pastry palmiers, or bake some cheese and Marmite scones

6. Roast with nuts to make a moreish snack

#### Roast Potatoes with Marmite

250g floury potatoes (eg, Maris Piper, King Edward)

25g salted butter

Large teaspoon Marmite

Sea salt flakes and thyme leaves, to serve (optional)

Preheat the oven to 200°C

(180°C Fan) and bring a large pan of water to the boil. Peel potatoes and chop into chunks.

Parboil potatoes for 10 mins.

Drain, shake well to rough-up the edges and leave to steam-dry

(approx 10 mins). Melt butter in a pan then whisk in the marmite.

Heat until bubbling. Tip potatoes



and marmite mixture into a baking tray and turn potatoes to coat. Season with freshly ground black pepper then roast for 1 hour, turning twice during cooking to ensure even browning. Serve scattered with salt flakes and thyme leaves.

#### Marmite and Potato Frittata

2 large starchy potatoes, peeled, diced

1tbs olive oil

1 onion, peeled, finely chopped

3 free-range eggs, beaten

2 tbs plain unsweetened yoghurt

1 rounded dessertspoon Marmite

1 dessertspoon chives, finely chopped

1 tablespoon parsley, fresh chopped

30 - 40g Edam cheese, grated  
To serve, cherry tomatoes and baby spinach leaves.

Preheat oven to 200°C. Parboil potatoes in salted water until just tender for 5 minutes. Drain and allow to cool. Heat an oven proof fry pan or cast-iron dish with olive oil. Add onions and cook until lightly browned. Add the drained potatoes and stir well. Mix the eggs, yoghurt, fresh herbs and Marmite together. Season with freshly ground black pepper and a pinch of salt. Mix the egg mixture into the cooked potatoes and onion. Push down to settle in the dish.

Sprinkle with cheese. Place oven-proof fry pan or dish in the oven and bake for 40-45 minutes. Remove from oven and allow to cool before turning out of pan or taking slices out.

Use a knife to run around the edge of the dish, to release the frittata. Serve with grilled tomatoes and baby spinach leaves.



## Thoughts from the Snug...

### Beverages

We rarely discuss non-alcoholic drinks in the Snug, our focus is elsewhere; after all the Snug is in a pub! One exception occurred when we discussed tea bags and how they have led to a new social etiquette of supplying your own preferred type of tea when visiting friends. Indeed, within our own small group preferences for Earl Grey, Camomile, mint and fruit flavoured tea over breakfast blends as a digestive, proved a point. Tentatively it was suggested we probably need to accept this new trend rather than take offence if one of our guests whipped out a tea bag and declined their host's offer of 'builder's tea' or coffee. "Rude!" voiced one, "Sensible!" said another. However, one who had remained fairly quiet for most of the discourse refocused the discussion. "Tea? Healthy? Bah! Beer can

boost the immune system", he announced and then went on to explain drinking beer may be good for your gut health and boost the immune system. "A review of various animal and human experiments acknowledged that purported health benefits of alcohol are controversial, but says sensible consumption has a positive effect on the human immune function.

Researchers say supping a pint boosted the immune system thanks to healthy bacteria in the beer that benefits the gut." "OK!" says another in the group. "It's my round...One for the road, or perhaps one for the immune system?" "Definitely the latter!" was the collective response.

Buddy Bach



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

## On the Road Again

It strikes me that across our many mirthful meetings, fellow reader, I seem to have left one conversation unresolved. What about the driving? Well, buckle up and hold onto your grab handles, because today is the day of my driving test. I booked it way back in March, thinking I had plenty of time to get my act together, only to blink and find it was September and that I really ought to conquer my fear of Sixways Roundabout and get out on the roads. It's been a long time coming. I lifted my first clutch back in January 2021 and have been lifting them ever since – mostly remembering to add acceleration and avoid stalling. My biggest problem while driving was being sure of things. I stopped shaking ages ago, you'll be glad to hear, but my general sense of what to do if a challenge presents itself hasn't always been acute. My driving instructor told me I wasn't giving him 'an aura of confidence' and even my learner plates have been known to jump ship, flying off the bonnet and spiralling into a hedge after losing faith in me. I was also advised not to mumble 'Oh, Jesus' when approaching a roundabout – which, it turns out, improves your own mood as well as the passenger's. I'm

mentioning this because to say I've always been a smooth driver wouldn't just be wearing rose-tinted glasses, it would be wearing black-out goggles. If you're reading this and you happen to hold the combo status of fellow reader and fellow learner driver, I hope this raises your spirits. If you've had a bad lesson (or five), it's alright. Brush yourself off, close your instructor's gaping mouth – if it's safe – go and search for the rogue learner plate in the nearby ditch, because we can do it. We'll do it together. Promise.

My test was scheduled in Worcester for 10:14 am – a good time, avoiding rush hour and, on the flip side, a day of twiddling my thumbs in anticipation. When we arrived at the test centre, my instructor and I took our seats inside with other duos of calm instructors and anxious learners; it reminded me of the Kingsman films, with each Kingsman agent bringing their chosen candidate to be tested to see if they have what it takes. "Gregory Sidaway."

My examiner entered the room and, as I have only nice things to say about him, his name was Trevor. I joined him and signed some things with one of those fiddly pens for writing on iPad screens. Then Trevor reached

out to look at my provisional driving licence. I panicked and shook his hand instead. When we were both sure I was who I was claiming to be, he ushered me outside.

"If you'd like to read the number plate, third from the right."  
I'm pretty sure my eyes have got worse from reading so many pages of size ten font at uni, so I was relieved to discover I could successfully read a number plate from a distance. He then asked me a 'tell me' question about tyres – and I told him. I knew there would be a 'show me' question coming up, where I had to show I knew how to operate part of the car. I'd spent the day before having a thorough look under the bonnet, finding the different reservoirs and distinguishing each of them, learning how to measure the levels of oil, brake fluid and engine coolant. All morning, thoughts raced through my head: 'the oil one has the dipstick', 'the header tank's near the front' etc. I couldn't get them mixed up. I couldn't, I – "Okay and now, I'd like you to show me how to open and close your window."

Seriously? That was my 'show me' question? Result! Needless to say, I nailed that part.

Considering I expected to be



racking up major fails, I was really pleased with my driving. I'd come a long way since the days of edging forward in first gear in the Abbey Estate car park. However, I did suffer one major fail; a misjudged turning into a junction, while moving away in second gear, caused a sudden stall across lanes. Trevor bounced in the passenger seat and it was soon clear I had failed the test. It would have been nice to give you a satisfying ending, but I realised it might be more important in this instance to write about a failure. I'm only calling it a failure because it's the language of the test; in reality, I think I drove very well – save for the glaring error – and I've rebooked for December. I'll need to brush up on a few things after returning from uni, but to quote the song: 'I can't wait to get on the road again.'

# Teenage Focus *Romy Kemp*

## A New Beginning

This month has brought about many emotions - from feeling stressed to the excitement of moving and meeting new people. During my first week, I met all of my roommates - who are all lovely! As my last friendship group have split off due to their own new beginnings at other universities and conservatoires, it has been wonderful to chat with teens from across the country. Fresher's week has been about exploring the city and meeting new people - through nights out as well as day events and university activities. The City of Liverpool is gorgeous and has so much to explore. My accommodation isn't in the centre of town so has allowed

me to feel just that bit more at home due to the wildlife that I'm surrounded by. However, freshers flu is real! I have been incredibly ill with it and so have my flatmates. I have felt awful for a while but am slowly on the recovery.

It is key in situations like these to be kind to everyone around. There is barely ever a reason to be rude to a stranger and so friendliness is key to a happy life, as well as making others feel better at the same time. Even trying to start a conversation with someone is a great way to help you or someone else feel better. I have always been an introvert but have recently started to become more talkative with new people, and I honestly have really enjoyed it.

A compliment can really improve someone's day! Missing home is only normal once you've moved away and I'm no different. Due to the bits of nature that surround me, it has allowed me to feel not so lonely in my quietest times. My new friends have also helped along the way and we're all in the same situation, so have been helping each other out. It is especially difficult to leave pets behind for long stretches of time and I am missing mine dearly!

Moving out was also a big step along the way because I had to pack all of my belongings and take them to a new place - a new home. There was many a trip back to the car to collect more of my bags. Although I was anxious about this new



beginning, it has turned into one of the best times of my life so far, and it has only just started! My nerves quickly disappeared and I feel at home already. I know and understand that there are people out there whose uni experience isn't going to be exactly like this - it is a lonely process, but it will pass!



## Thinking about self-employment?

Carol Draper

Do you currently work for someone else but think you could do their job better or more efficiently than they do? Do you have a particular passion or skill that you believe would make money?

If you are good at time management and decision making, are self-disciplined and forward thinking, are blessed with creative flair and a certain self-confidence then you could consider becoming self-employed.

Self-employment means you work for yourself rather than anyone else. It gives you the flexibility to decide when you work and allows you the creativity to choose how to complete the jobs you do for the clients you have chosen to work for. Managed properly the result can be a much better work-life balance.

While initially it can be difficult to become established and income is not guaranteed, there is the potential to earn more money than you may do working for someone else. There can be higher job satisfaction as success is due to the effort you have put in. New clients, jobs completed, and money made are all down to you and seeing an idea become reality can be enormously rewarding.

While there are benefits there can also be disadvantages when compared to traditional employment. Income is not



regular and is not guaranteed. At the beginning you are likely to need investment or at least a financial cushion until your business becomes established and even when it is, you will experience peaks and troughs in your income that you will need to manage. Being self-employed requires you to be self-reliant. You are responsible for the decisions you make, which can lead to extra pressure, and you may end up working more hours than you did as an employee to achieve the results you need to. Once you have taken everything into consideration, if you believe self-employment is the right course of action for you then register with HMRC to advise them you are Self-Employed and take time to speak to an accountant to clarify the records you need to keep and ensure you understand the processes required.

Carol Draper FCCA  
Clifton-Crick Sharp & Co Ltd

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”

Colin Powell

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## Change

Angela Johns

So, September arrived didn't it?

Those misty, dewy mornings. Those statement dawns, red and fiery. They have always been there through the year of course but their timing starts to coincide with me getting up, so I see them out of my open landing window. They catch my breath and I pause to take it all in – the reflection of their colours on Bredon Hill, the quality of the air that holds the robin's song as intricate as a Mozart concerto. By the time I get downstairs, the sky has changed, sometimes completely and I feel glad I caught the moment. As September rolls on the Equinox passes, where day equals night, then it's a fast tumble into October when many rejoice the return of scarves, boots and jumpers. If we don't embrace the changing of the seasons then we will forever be in the mourning of their coming or of their going. Change comes about and it is only noticed when it is done. Or it can be there in your face, shocking and brutal. Sometimes we beg for change, maybe out of boredom or to alleviate our pain. Other times we dearly wish it would go back to how it was, maybe out of boredom or to alleviate our pain. Physical or emotional, our pain and our joy can be expressed in our mind and our body. An intricate dance between them where the moves are so cleverly choreographed that it takes time and diligence to catch each element and understand what brought about a certain change. As subtle as a brick or as explosive as the division of



a microscopic cell, our health and circumstance can change in an instant. We may not even feel the effects of that change for some time yet. The decision of a change that impacts your life may have happened on some Zoom call between nameless people you will never meet. Wonderful opportunities may come to you because someone else changed their mind or the changeable weather took a turn for the better. Change is inevitable, the only sure thing.

How futile it is to think we are in control! All we have is right now in this moment. What will we do with it?

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



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# Neck pain and walking. fascinating!

Karen Harris

The neck takes the brunt of many things, it has to cope with the weight of the head and the, generally, forward nature of the arms and shoulders. I've had neck issues since my 20's, after doing something silly in the gym, so I can definitely empathise with those in pain. I have the privilege in my Body Alignment work, of meeting some great people who are motivated to improve their health at whatever age, from 18 yrs, to.....well, whenever! One such gentleman, well into his 80's, also has neck issues, and a back and knee issue; he has lived a life that has changed his postural position, and compensations over the years have caused misalignments in the joints and vertebrae to get him where he is today. He comes in twice a month, rain or shine, and there is always an improvement, his posture has completely changed and his mobility and flexibility have massively improved. He can do things now that were impossible a couple of years, or even months, ago - which considering the body is meant to be rapidly ageing in the 8th decade, is remarkable! Walking without a stick is now normal, but he is still walking like he has a stick - short stride, no ankle movement, head forward, no arm swing. (I thought you were talking about necks, what's this got to do with anything? Ed.....wait and see!) Slightly stating the obvious here now.....when one leg goes forward to propel you, the opposite shoulder and arm go into 'flexion' with the aim to counter balance the hip that

has gone into 'extension'. With the aforementioned stick and a compromised short stride pattern, there is no hip 'extension' and no arm swing. No arm swing, no stability; the upper body locks up, and so does the neck (aha! Back on track now). Recently, I used a little technique that involved, amongst other things, visualising walking to awaken the brain and coordinate certain body movements with foot pressure - all this lying down! We then had a very entertaining ten minutes learning to walk again 'properly' with full hip extension and arm swing. 'I find this fascinating,' were his words as he concentrated on his coordination. (Don't ever take walking for granted!) I had never seen him walk so freely. And guess what, his shoulders dropped and levelled, and the tension ebbed out of his neck. Oh the joy and confidence this bought! Neck pain can be triggered by many things, jaw placement, teeth and bite issues (the jaw is more connected to the neck than the skull), foot placement, hip rotation, upper body posture, stress, and loads more. Most of the time it will be symptomatic of a problem elsewhere. As always, a holistic approach is best whatever age you are!



# Navigating Life's Challenges: A Path to Balance and Joy

Emily Papimik

Life is an intricate tapestry of experiences, a blend of joyous moments and challenges that can sometimes weigh us down. These challenges often manifest as problems, negative feelings or pains, prompting us to reflect on their significance and the actions we take to address them.

## Embracing Life's Challenges

When adversity knocks on our door, it's essential to acknowledge its presence and understand the messages it carries. Each challenge is an invitation to delve into the depths of our emotions and thoughts, seeking to decipher what it is trying to teach us. The physical human experience is vast and complex; the negative feelings are part of this spectrum. They are like signposts, guiding us to areas of our life that require attention. Pain, anxiety and fear often point to unmet needs, unresolved issues or unexpressed emotions.

## The Importance of Mindful

Focus on moments when various challenges converge and we feel the weight of the world upon us, it's crucial to remind ourselves to take things one step at a time. Overwhelm is a common companion during such times; it can paralyse us, hindering progress and clouding our judgement. To navigate through these stormy waters, we must cultivate a mindful approach, focusing on one challenge at a time. This focused attention coupled with a light-hearted and gentle attitude towards ourselves, can be a beacon of hope, guiding us away from the grip of overwhelm.

## Seeking Balance and Joy

In the pursuit of resolution and growth, finding balance becomes

paramount. It's the fulcrum on which our ability to deal with life's tribulations rests. To achieve balance, we must first soothe ourselves, allowing a sense of calm. One powerful way to achieve this is by connecting with the natural world. Nature has an innate ability to ground us, infusing us with a sense of joy and wonder. The rustle of leaves, the chirping of birds, or the gentle flow of a river - these simple pleasures remind us of the beauty that exists ALWAYS.

## Embracing Solutions and Letting Go

From a state of balance and clarity, we can then discern potential solutions to the challenges that have taken centre stage in our lives. These solutions may range from talking proactive actions, to simply letting go when there's nothing more to be done. The art of letting go is as important as taking action. Sometimes the most profound act of courage is releasing what we cannot change, freeing ourselves from unnecessary burdens.

## Join the Journey to Emotional Freedom and Growth

Starting in November I will be hosting regular workshops. EFT (Tapping), Perspective change, Living Life to the full, Allowing change. This will be a paid group session (A maximum of 8 people). Prior booking essential.

Get in touch if you would like to join me.

First session is Saturday 18th November from 12 noon - 1pm  
PRIOR BOOKING ONLY - contact relax@intentiontherapy.co.uk

## 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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## Criss-crossing the Dyke



One of the blessings of living in this part of the world is that we're virtually on the doorstep of lovely, living landscapes – and just about an hour's drive away from that monumental folly called Offa's Dyke. Despite all the hard labour involved, it never did, in fact, succeed in separating the Welsh from the English – but it has at least succeeded in providing a spine for a countryside of quietly understated excellence.

We stayed recently in a lodge – a log cabin - at Arrow Bank Country Holiday Park, situated on the fringes of the bucolic Herefordshire village of Eardisland, and really enjoyed the experience. Firstly, the accommodation – clean, modern, stylish and very well equipped with everything we could possibly have wanted. As well as the usual TV and DVD

it was nice to find working WI-FI and also to discover that the heating system was so easy to understand and operate...

The kitchen was also well equipped – but I confess that we were rather tempted not only by the pubs and cafe down the road in the village but also by the rather nice restaurant called The Lakeside situated at Pearl Lake, Arrow Bank's sister site, just ten minutes drive up the road. That's a more activity oriented site and perhaps better for young families, but both sites offer free fishing, on the river at Arrow Bank and in lakes at both sites. There are also some pleasant walks to be had in the dedicated natural fields and a useful recreation field for ball games and suchlike.

Eardisland village is just a short step away and has two rather nice

looking pubs – the Cross Inn and the White Swan- as well as Rita's Tea Rooms where we enjoyed some really delicious home made food. There's also a small village shop – staffed by volunteers – and, would you believe, an original 1920's AA Box – rescued and refurbished to mint condition!

The village grew up around a castle – long gone, but the mound on which it stood still survives – built to guard the road between England and Wales where it crosses the River Arrow. So, on the English side, you can go back a bit to Leominster (and you'll come to a big Morrison's on the way in, which is very handy) or a bit further to Hereford or to Ludlow (which has a nice open air market on Monday, Wednesday, Friday and Saturday).

Or turn the other way when you'll soon cross the Dyke into Wales, although you may well want to stop in Kington, which straddles the Offa's Dyke Path, and is a lovely little town to browse around for an hour or so. It's only an hour and a half to the Welsh seaside, if the weather's being kind and you fancy a paddle, or less than half that time to the Elan Valley lakes near the town of Rhayader with opportunities for cycle hire and watching giant red kites being fed.

Brian Johnson-Thomas

However, if entertaining the kids is your main objective, then the much nearer walk up to the prehistoric hill fort of Croft Ambrey above the National Trust's Croft Castle will use up a lot of energy but don't forget the other local NT property at Berrington Hall which is also well worth the visit.

We certainly found plenty to see and do, with the bonus of a relaxed and luxurious base to return to. As I write this page there's still some availability over this month's half term holidays, see [www.discoverparks.co.uk](http://www.discoverparks.co.uk) or phone them on 01568 708326 and talk to the team.

**Swinging Bishampton** (not a headline I ever thought we'd use.....) This Friday night sees an 'evening of Parisian flavoured jazz and Gipsy swing' at Bishampton Villages Hall presented by the UK quartet Swing from Paris. Inspired by the great bands of the 1930's and 40's they will present their own versions of music by Gershwin, Django Reinhardt, Stephane Grappelli and others. Expect stylish jazz and vintage swing. Friday 6th October Door and bar open at 7pm. For details see [www.swingfromparis.co.uk](http://www.swingfromparis.co.uk)

## Taste Worcester

This event, if that's what we should call it, runs until the 29th October and the organisers say that it's set to ignite taste buds and celebrate the city's bustling food and drinks scene. We will apparently have the chance to indulge in "a culinary melting pot at unbeatable prices" thanks to a range of special set menus and offers. The very best of Worcester's restaurants, bars and cafes are all accessible through one voucher available to download from:

[www.visitworcestershire.org/taste-worcester](http://www.visitworcestershire.org/taste-worcester)  
Sounds good to me....

## Autumn Showcase Gala



The final weekend of this month heralds the return of the Gloucestershire and

Warwickshire Railway's end of the season extravaganza, utilising virtually

everything they've got in a splurge of activities, with opportunities for such things as brake van rides, visits behind the scenes in the workshops and even ( by advance booking) footplate rides. On the Sunday they're planning to run trains after dark – a real trip down memory lane for some of us...

Tickets for the Autumn Showcase are available to purchase online from [www.gwsr.com](http://www.gwsr.com)  
One day adult tickets from £28  
Tickets purchased on the day will cost from £30

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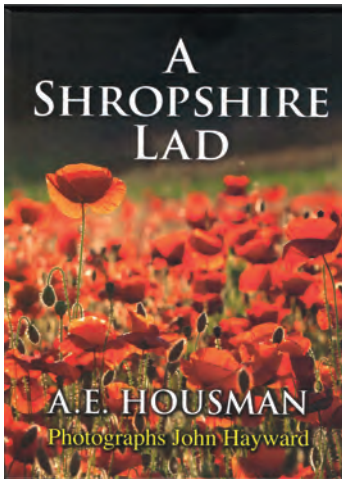
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SJP Approved 18/08/2023



# Book Review

Richard Catford



Regular readers of this paper will be aware of the serialisation of A E Housman’s poetic saga ‘A Shropshire Lad’ over the past year. The enduring appeal of this lyrical English poem, first published in 1896, lies in its exploration of the universal themes of loss, nostalgia and love. Although composed over 100 years, ago it remains a work of relevance for today. The A E Housman Society champions this poet, born in Bromsgrove in 1859, and photographer John Hayward, who is originally from Shropshire, also pays homage to his work with a

magnificently illustrated edition of this epic poem. This is the first photographically illustrated edition of ‘The Shropshire Lad’, timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen. Photographer John Hayward follows the different locations mentioned in the poem with stunning, full-colour plates. When the original edition was published in 1896 it is said that travellers to Shropshire ignored conventional guide books and simply followed their journey via the place names in Housman’s poem. We may well see this kind of thing also occurring today. Hayward’s photo journey plus the poem’s stanzas are inspirational. This new edition not only contains the richly illustrated poem but also a succinct forward detailing the poet’s life and commenting on the influence of his work on society at the turn of the last century. This forward provides a useful, factual context and helps engender understanding between reader and poet. The forward also identifies some intriguing examples of poetic licence. For example; Hayward

identifies several geographical or topographical inaccuracies; one being that Bredon Hill exists in Shropshire and that Hughley Church has a short tower and no steeple. But this is poetic licence and simply adds to the fascination of the saga.

*Author: John Hayward  
Published by: Merlin Unwin Books, Ludlow, Shropshire*

*This beautifully produced book, priced at £20, (Postage £5) is available from: Hughes & Co 8 Church Street, Pershore*

**Enter the quiz below for a chance to win!**

## The Housman Quiz

*Win a free copy of John Hayward’s the Shropshire Lad.*

1. Where and in what year was A E Housman born?  
.....
2. What do the initials A E stand for?  
.....
3. In 1996, on the centenary of the publication of The Shropshire Lad, a national memorial was erected. Where is this memorial?  
.....

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

**Pershore Times closing date: 29th October 2023**

Name: .....

Telephone/email: .....

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

# Jazz News

Peter Farrall

Of all towns in the USA with a strong jazz history most people will, of course, know of New Orleans, and many can recognise the connection of such towns as Chicago, New York or Kansas City but there seems to be little reference jazzwise to Savannah. Savannah, the epitome of the genteel Southern town with its green parks, cobbled streets and fine architecture, is proud to be known as “The Hostess City of the South” and entertains thousands of visitors each year. Like most southern cities, Savannah has a sullied history from the old slave owning days but nowadays, seems have made amends so much so that Martin Luther King Jr. described it as “the most desegregated city south of the Mason – Dixon Line” The level of integration is well illustrated by the Savannah Jazz Hall of Fame with its multiracial complement of over forty inductees including bassist Ben Tucker who spent his final years in the city and opened the

jazz venue “Hard hearted Hannah’s”. James Moody, bebop sax player, appears as does composer Johnny Mercer, famous for his “Moon River”, both born in Savannah. The Savannah Syncopators was a recording pseudonym for some of King Oliver’s bands and it is sad to note that Oliver was in Savannah when he died in terrible poverty. Also can be seen images and history of the Tybrisa Pavilion which hosted all the famous names in the big band era, and memorabilia from the acclaimed Savannah Jazz Festival which each September features an eclectic line up of contemporary musicians playing a range of jazz styles, all adding to the solid tradition of jazz in the city. This month we have Britain’s own Savannah Jazz Band bringing their driving New Orleans styled brand of jazz to the Club. The band’s forty plus years touring almost came to an end when drummer and leader John Meehan suffered a serious



stroke. John is no longer able to play but the band have secured the services of our chairman and drummer, Graham Smith, whilst Brian Ellis (trombone)

has assumed leadership and so they continue to delight fans as ever. Fun, excitement and raw good music on offer.

## The Savannah Jazz Band Wednesday 25th October

*The Function Room, Pershore Football Club*

*Doors open at 7pm, music at 8*

*Admission £10 to include a raffle ticket.*

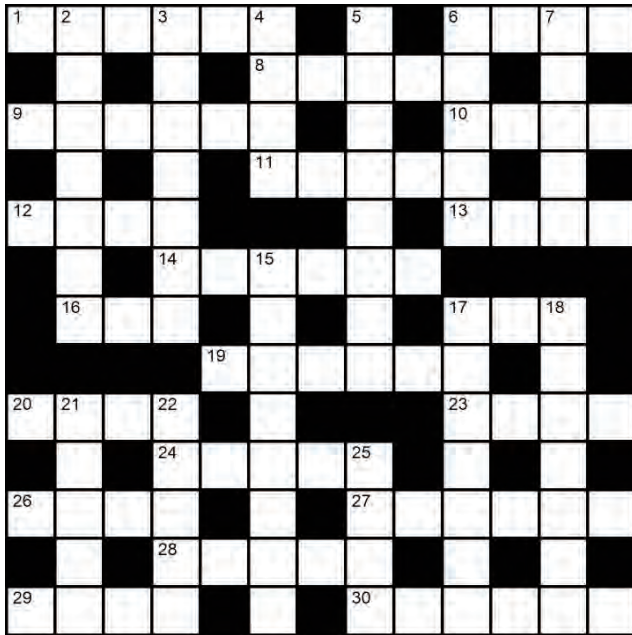
*Book in advance and pay on arrival*

*club@pershorejazz.org.uk tel: 01527 66692 find us on Facebook*



# Coffee Break

## Crossword



### Across

- 1 Evening (6)
- 6 Capital of Norway (4)
- 8 Rescued (5)
- 9 Spanish rice dish (6)
- 10 Something owed (4)
- 11 Arcadian (5)
- 12 Yemeni seaport (4)
- 13 Quick sharp bark (4)
- 14 Black Sea peninsular (6)
- 16 Owing (3)
- 17 Viper (3)
- 19 Aromatic ointment (6)
- 20 Temporary pause (4)
- 23 Poker stake (4)
- 24 Wrong (5)
- 26 English public school (4)
- 27 Ate greedily (6)
- 28 Home to the Maasai Mara Reserve (5)
- 29 Tax (4)
- 30 Prompt (6)

### Down

- 2 Singlehanded (7)
- 3 Stillness (7)
- 4 Former Russian ruler (4)
- 5 Abroad (8)
- 6 Strangely (5)
- 7 Defamation (5)
- 15 Natives of e.g. Venice (8)
- 17 Dental filling (7)
- 18 Template (7)
- 21 Undo (5)
- 22 Tall and thin (5)
- 25 Stout pole (4)

## Sudoku

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

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

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

## Crosswords

### Sudoku

### Wordsearches

### Jigsaw puzzles

also available to play online for FREE



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[www.powicktimes.com/coffeebreak](http://www.powicktimes.com/coffeebreak)

## Rivers Wordsearch

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

- Avon
- Cam
- Clyde
- Congo
- Danube
- Dee
- Elbe
- Fal
- Ganges
- Lena
- Loire
- Mersey
- Niger
- Nile
- Ob
- Oder
- Ouse
- Parana
- Plate
- Po
- Rhine
- Rhone
- Severn
- Spey
- Tay
- Tees
- Test
- Trent
- Tyne
- Yukon

## September Answers

	1	C	2	S	3	O	4	L	5	H	6	A		
7	C	H	E	A	P	8	P	R	O	V	E	R	B	
	O	L	I	E		Y	I	S						
9	S	W	E	E	T	E	N	10	A	G	R	E	E	
	R	E				L							N	
11	M	A	I	D	12	O	B	S	T	R	U	C	T	
	O	A	15	P	U	Y	M	E						
16	D	E	C	R	E	A	S	E	17	O	B	O	E	
	E					N			18	S			R	
19	R	O	S	E	S	21	S	U	N	B	E	A	22	M
	A	I	I	H	I	L	P							
23	T	A	D	P	O	L	E	24	F	I	L	T	H	
	E	E	N	D	F	A								

# Poets' Corner

## A Shropshire Lad

XVIII

Oh, when I was in love with you,  
Then I was clean and brave,  
And miles around the wonder grew  
How well did I behave.

And now the fancy passes by,  
And nothing will remain,  
And miles around they'll say that I  
Am quite myself again.

XIX

### To an athlete dying young

The time you won your town the race  
We chaired you through the market-place;  
Man and boy stood cheering by,  
And home we brought you shoulder-high.

To-day, the road all runners come,  
Shoulder-high we bring you home,  
And set you at your threshold down,  
Townsmen of a stiller town.

Smart lad, to slip betimes away  
From fields where glory does not stay  
And early though the laurel grows  
It withers quicker than the rose.

Eyes the shady night has shut  
Cannot see the record cut,  
And silence sounds no worse than cheers  
After earth has stopped the ears:

Now you will not swell the rout  
Of lads that wore their honours out,  
Runners whom renown outran  
And the name died before the man.

So set, before its echoes fade,  
The fleet foot on the sill of shade,  
And hold to the low lintel up  
The still-defended challenge-cup.

And round that early-laurelled head  
Will flock to gaze the strengthless dead,  
And find unwithered on its curls  
The garland briefer than a girl's.

A. E. Housman 1859-1936

# Fun Quiz!



1. Complete the proverb: Beauty is in...?
2. What type of metal has the lowest melting point?
3. Which American politician was nicknamed 'The Great Compromiser'?
4. In which event is Yelena Isinbayeva a 3 time World Champion and a 2 time Olympic Gold Medalist?
5. What is the most western country belonging to Europe?
6. What type of animal is a flying fox?
7. Which Shakespearean play is based on a Scottish king?
8. Has the Eiffel Tower ever held the record for being the tallest structure in the world?
9. What part of the human body contains the metacarpal bones?
10. Who were the three original founding members of the Jackson Five?
11. Which country has the most borders/neighboring countries in the world?
12. Who directed the horror film Alien?
13. What type of angle has between 180 and 360 degrees?
14. Which famous band's lead guitarist is known by the stage name 'The Edge'?
15. The Battle of the Boyne occurred between which two crowned kings?
16. What does the abbreviation REM stand for?
17. In the Men's Olympic Hammer Throw event, how much does the hammer weigh: 13 pound (5.89kg), 16 pounds (7.25kg), 19 pounds (8.61kg)?
18. What is the collective name for a group of geese on the ground?
19. What is the name of the fictional city in the imaginary land of Narnia?
20. By what name is the longest side of a triangle known as?

Answers: 1. Beauty is in the eye of the beholder 2. Mercury 3. Henry Clay 4. Pole vault 5. Iceland 6. Bat 7. Macbeth 8. Yes, for 41 years 9. Hands 10. Jermaine Jackson, Jackie Jackson and Tito Jackson (younger brothers Michael and Marlon joined afterwards) 11. China (14) 12. Ridley Scott 13. Reflex angle 14. U2 15. William of Orange and James II 16. Rapid Eye Movement 17. 17.16 pounds (7.75kg) 18. Gaggle 19. Cham 20. The hypotenuse



## 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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## Spot & Shop - September Winners

- 1) M Archer
- 2) Celia O'Sullivan
- 3) Karen Holdham
- 4) Conner Lowe

Last month's answer:  
The Black Pear Gardening Club

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

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**Saturday 7th October 2023**  
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## Copy Deadline

**November Issue - 23rd October 2023**

## Rural Reels Films

Callow End Village Hall

Doors open at 7.00pm

Films starts at 7.30pm

Tickets £5 each



**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, Sope 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](http://www.callowendvillagehall.co.uk)

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# Howick Times



## Success for Worcestershire wheelchair tennis player!

Dan Pennington Bridges, who trains at the wheelchair tennis group at Pershore Tennis Centre as well as at Bewdley Tennis Club, has had a very successful summer in his wheelchair tennis career. Dan is currently studying for a psychology degree at Worcester University but travels across Worcestershire to Pershore and Bewdley for his coaching. In July, Dan was a runner up in the quad singles and winner of the quad doubles at the Futures Event at the British Wheelchair Open in Nottingham. In August, Dan competed in the Vilnius Open in Lithuania and reached the semi-finals in the quad singles. The quad doubles was a nail-biting final where they were one set down and teetering on the brink of losing the title in the second set

but both players pulled it out of the bag winning the next six games to equalise and win the tie-break to become quad doubles champions. Sue, Dan's Mum, explains: "Dan was born with a rare genetic condition that affect his bones, he is unable to walk without the aid of crutches. After a serious spinal fusion operation to correct scoliosis Dan turned to wheelchair tennis. His first competition was when he was 15 and he has gone from strength-to-strength training at the Wheelchair Tennis group at Pershore and with his coach at Bewdley." Sue continues: "Dan was classified as a quad player by the International Tennis Federation when he was 18 – this means he has additional physical restrictions to his

playing arm. He is currently ranked 74th in the World in the quad division. Steve Bauer, Pershore Tennis Centre's Head Coach, says: "For Worcestershire to have a wheelchair tennis player competing internationally is brilliant! I am very proud of Dan's achievement, which is so well deserved." Dan is looking for Worcestershire companies who might like to help him on his wheelchair journey as he is self-funded and would welcome any financial support towards his dream of competing in the Paralympics.



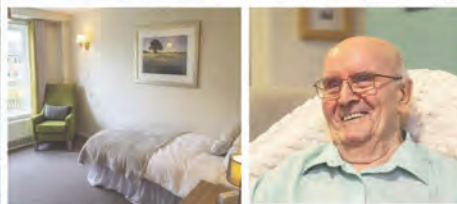
Dan Pennington-Bridges (right) with his partner Oliver Cox at the Vilnius Open in Lithuania.

Please contact Pershore Tennis Centre if you'd like to help: [www.pershoretennis.co.uk](http://www.pershoretennis.co.uk)

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Daughter of resident  
- February 2023



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