

Powick Times

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



Issue 9

December 2023/January 2024

FREE



Snowy path on the Malverns © Alan Forsdike

The year seems to have just flown by! So much has happened! Christmas is wonderful and a time for rejoicing, relaxing, enjoying and reflection. In some ways it has been rather gloomy with the war in the Middle East and Ukraine. This has caused awful suffering and destruction and helped to create a financial crisis due to the high cost of fuel. This is ongoing and there doesn't seem to be an end in sight.

The end of the month sees the closure of Pershore Market. This is very sad indeed. Pershore without a market doesn't seem right. We will have to see what is going to happen with the new development. The Market will be missed after being part of the town for many years.

We celebrated fifty years of our printing business this year. We specialise in book design and have produced more books this year than ever before! They are mainly golf books, we have a 'niche' market and have been involved in this sector for thirty five years. The books are sold all over the world.

We also publish three local newspapers and in the new year we will be launching a new paper for Kempsey, Norton, Severn Stoke and surrounding villages.

These are exciting times and we look forward to the new year with great expectations.



*We wish
all our readers,
advertisers and
contributors
a very happy Christmas
and a successful new year*

Coming soon . . .

Kempsey Times

*A free monthly newspaper
for Kempsey, Norton,
Severn Stoke and
surrounding villages*

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Urgent appeal for help!



Further to the exposure of our predicament in the June/July issue of The Powick Times, I am delighted to inform you that at our AGM at Madresfield Club last evening, we had eight new volunteers from our community come forward and join as members. As a result of this, all key positions on our executive committee have now been filled and bring with them some highly valued talents and qualifications that will only enhance the strength and efficiency of our branch in the future.

The branch chairman and long serving members of the committee wish to express their sincere

thanks to everyone who came forward in our hour of peril to save the branch at this time and enable us to go forward into the new year and with a new impetus that will encourage more of the younger members of our society to come forward and support us so look out for our very smart, RBL Gazebo at many outdoor events in 2024. Thanks go to Powick Times, which provides a very good service to our communities in Powick, Callow End and outlying villages, this is what local press is meant for!

*John Mason
Branch President*

South Worcestershire Archeological Group

Events 2024

SWAG (South Worcestershire Archeological Group) has arranged the following events for the 1st quarter of 2024 at Callow End Village Hall (WR2 4TA)

Saturday 13th January:

"Ditches and Hills of 17th Century Malvern" A talk by George Demidowcz. George is a local historian and author.

Saturday 10th February:

"Rye, Sheep and Cheese". A talk by Sally Dickson.

Saturday 9th March:

"Stourport and Bramble" A talk by Gill Edwards. Bramble

is a Heritage Working Boat based in the Stourport Basin. The SWAG AGM will also be held, non-members may attend but cannot vote. Doors will open at 1.30pm allowing time to chat and greet new members with talks starting at 2pm. Guests are always welcome at a charge of £2 to cover insurance, contribution to the speaker's expenses and the cost of the hire of the hall. Tea/Coffee and biscuits will be available. Car parking on site.

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Poppies to Paddington



More than 200 poppy wreaths were carried to London as part of Great Western Railway's latest Poppies to Paddington operation.

Five 'Poppy' trains – starting from Plymouth, Carmarthen, Taunton, Worcester Shrub Hill and Great Malvern – made their way to London ahead of the remembrance service at Paddington's iconic war memorial.

This year GWR remembered 70 years since the end of the Korean War, with its Poppies to Paddington operation featuring special support from a Royal Navy helicopter and a 'Poppy Bus'.

Partnering with The Veterans

Charity, the Royal Navy Air Station Culdrose deployed a Merlin Mk2 helicopter to carry poppy wreaths from its base. Further strengthening this year's integrated travel approach, Go South West kindly provided its 'Poppy Bus' to collect wreaths from stations through the region and carry them to Plymouth. Today's service especially remembered the 81,000-Armed Forces personnel who took part in the Korean conflict, particularly those of the Gloucester Regiment and the Royal Fusiliers, who were involved in some of the heaviest fighting.



Powick Times

Collection Points:

Hughes & Co, Pershore - Link Nurseries, Powick
Petrol Station, Powick - St Peter's Church, Powick
The Bank House Hotel - The Bear and Ragged Staff, Bransford
The Blue Bell, Callow End - The Fold Cafe, Bransford
Stanbrook Abbey Hotel - The Crown Inn, Powick
The Old Bush, Callow End - The Swan Inn, Newland

Walk of Wonder - Madresfield Village

In a small, quiet village you can hear the faint sound of designs being produced, mdf being cut, materials being measured and sewn, tinsel coming down from lofts, children practising Christmas carols - all in preparation for the parishes' Christmas offering. Yes, once again, Walk of Wonder is returning to Madresfield village!

Organised by the Children and Youth Ministers for Old Hills Malvern Churches together with Madresfield Court, Madresfield Primary School, Madresfield Early Years Centre, Madresfield Working Men's Club and St Mary's Church congregation, this is a community coming together to offer a truly Christmas-y event at this wonderful time of the year.

The nativity trail starts at Madresfield Early Years Centre where you'll discover Mary and Elizabeth exclaiming at their amazing news; from there, walk up the long drive of Madresfield Court to experience the journey taken by Mary and Joseph before arriving at the Inn in Bethlehem which has no room. Make your way round to the Church where you'll find baby Jesus, wrapped in swaddling cloths lying in a manger. Be amazed by the shepherds as they listen to the angels and follow the Kings as they make their journey guided by the star.

Inside St Mary's Church, you will be enchanted by the

twinkling lights of the Christmas Tree Festival, a showcase of trees decorated by local village organisations including schools, local Cubs and Guides, WIs and local businesses. The smell of mulled wine and mince pies will radiate out from the church tower and there will be crafts for the children.

This FREE event is open on Saturday 9th and Sunday 10th of December from 12 midday to 4pm, with parking available at Madresfield Early Years Centre.

On Saturday 9th at 4pm in St Mary's Church a 'Christmas Reflection' will take place, a short celebration including Madresfield School choir, readings from a 'shepherd' and a 'King' on their experience of seeing baby Jesus and a chance for you to sing out loud and join in with the congregation carols.

On Sunday 10th at 10.30am there will be a Walk of Wonder Carols and Christmas Story service as we follow the trail around the village.

So please do come and join us, bring the whole family, everyone welcome including the dog!

Experience the magic of the true Christmas at this most wonderful time of the year.

*Vicky Whitehouse and
Kay Shuard -
Old Hills Malvern Churches
ALM Children and Youth
Ministers*



Message from

Rev Gary Crellin



Dear Friends,

The events of the first Christmas were strange and wonderful.

That was the experience of Mary, Joseph, the shepherds and the wise men. For them, the first coming of Jesus was disturbing and awesome.

But too many of us have lost the awe. We tend to receive the account of the first Christmas with familiarity. For some of us, the Christmas Message of Hope is well and truly lost on us. We prefer to be lost in a myriad of TV adverts, the annual return of Christmas specials or I'm a Celebrity, cheesy celebrity soundbites, secular Christmas concerts, family rows or disagreements about where Uncle Percy will stay this year ("is it our turn again?") or a good works night out.

Are you in need of more awe this Christmas? The claim of Jesus, the gospel writers and letter writers of the New Testament, is that the creator of the universe was born in Bethlehem that night. Is that not awesome?

The "heavenly risk assessment" for Jesus' first months must have run into several pages. Born of an inexperienced young mother on a long journey to an overcrowded town. With powerful enemies soon intent on killing him: dangerous journeys across the desert as a refugee family. Do you not wonder at the rollercoaster ride that was Jesus' arrival on this earth? It is rather awesome. Jesus was born into an unfashionable, ordinary, family with what we could describe as "marital issues". Circumstances caused his birth to be in a cattle shed because they were most certainly not from The Inn Crowd. Jesus' visitors, came (eventually) to worship him: from the roughest of locals to the smoothest of foreigners all guided by a celestial light show. They were all filled with awe. Most people missed it,

even though it was the working out of a plan that had been conceived at the time of the first humans and revealed over many centuries.

There are not many places in our community to find a suitable expression of this joyful awesomeness but the Church is one. There are not many places that allow you to enjoy this kind of awe at Christmastime. But your churches in Powick, Callow End, Madresfield and Newland are indeed such a place. Why don't you come?

*Please see our website
www.oldhillsmalvern.co.uk or
our Facebook and X posts for
more details.*

We are all going on a Walk of Wonder around Madresfield on Sunday 10th December (with carols and readings - meet at the church at 10.30am) and carols with the Chase Brass Band at Penny Close in Guarlford (you can't miss it - just follow the lights!). We are having a display of nativity scenes at Guarlford too (like a few other local churches). Instead of Nine Lessons this year, we are having a service with a gospel edge led by VoxRox from Upton on Sunday 17th December at Powick at 6pm. We have crib services at Callow End and Madresfield on Christmas Eve, followed by The First Communion of Christmas services at Powick and Guarlford too. You could even delay the Turkey or Nut roast or the new cracker game (the hunt for the missing Gift receipt) by coming to church on Christmas day, too (11am - Powick or Madresfield). The first Christmas was awesome. This time round too, let's encourage 'more awe'.

*With Festive greetings this
Advent and onwards to
Christmas*

Rev Gary



*Wishing you
a very happy Christmas and
a successful new year*

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 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. LPA's are the best insurance that you can have and let's hope that you never need it.

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A few words from... Harriett Baldwin MP



Harriett Welcomes County's £1 Million Winter Care Boost

Harriett Baldwin MP has welcomed news that the county council will be able to access a million pound fund to help ease extra winter pressures on the care system. The Government has awarded Worcestershire County Council £1,118,803 to help fund extra services during the winter period. The money will allow the council to commission extra services, such as care home beds or tailored care packages to help improve emergency care provision. The fund, confirmed by Health

and Care Minister, is part of a national £40 million to help councils improve services through the winter.

Harriett said: "Each year, Worcestershire County Council works with the local NHS to try and deal with the extra pressure that is placed on services through the cold winter months. In recent years, the council has been able to fund blocks of care home beds to help speed up discharges from the busy Acute hospitals and improve care for people at home. This money will be welcome good news for the team planning its response to colder weather and the extra demand on the health system at Christmas and into January and I look forward to hearing more detail on how the council plans to allocate this cash."



Aims for Another Crack at Parliamentary Glass Ceiling

Harriett Baldwin MP is planning to continue her campaign to deliver important constitutional reform to the Houses of Parliament after getting a slot in the ballot to bring forward a Private Members' Bill. Harriett was one of 20 MPs who will be able to bring a Private Members' Bill forward although only the first seven in the ballot are expected to get time in Parliament to be debated. Harriett has twice brought a campaign to the House of Commons in this Parliament to allow daughters to inherit hereditary peerages in the House of Lords, overturning the last bastion of constitutional sexism at the 'mother of all parliaments'. The principle of male-only primogeniture means that one-eighth of the seats in the House of Lords are reserved exclusively for men. The issue was remedied by the

Crown in 2013 which abandoned primogeniture before the birth of Prince George and yet the House of Lords continues to drag their heels on this constitutional anomaly. Harriett said: "I have twice brought forward legislation to attempt to end constitutional sexism in the House of Lords but been thwarted by time. I pledged to do all I can to redress this historical imbalance and I am intending to use my place in the Private Members' Bill ballot to continue this work. There is no place for sexism in any workplace and I've been hearing harrowing evidence as part of the Treasury Select Committee investigation into sexism in the companies operating in City of London. It is a stain on Parliament that sexism still exists in the House of Lords and I will continue to speak out until this issue is permanently resolved."

Christmas cards support restoration!



The recent M&S Christmas advert may have poured cold water on the Victorian tradition of sending Christmas cards in modern Britain, but it seems the practice is as strong as ever in Malvern. Welland mixed media artist Charlotte Carver has been busy designing and printing her own selection of cards to suit everyone. Among her bestselling designs is 'Snowfall and Sunset at St Wulstan's in Little Malvern' where Charlotte is a parishioner. This church is known internationally as the final resting place of local composer Edward Elgar and attracts visitors all year round. This autumn Charlotte has also produced a Christmas card based on the popular song 'A Partridge in a Pear Tree'. When researching the song, she says "I discovered there is a tradition that each line represents a different aspect of the Christian faith. For example, the ten lords a-

leaping symbolise the ten commandments, the four calling birds are the four gospels and the Partridge is Jesus". The two new Christmas cards sell at £5 for ten. Also available is the classic 'Annunciation' card (£4 for ten) which features a scene from the magnificent stained-glass windows made by Birmingham-based Hardman Studios in the 1880s for the Lady Chapel at St Wulstan's in Little Malvern.

So, if you are looking for some cards with a difference, pop on to the dedicated website: www.christmascardsinadofstwulstanschurch.com which has been designed by her husband Bill Carver.



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Smoking & Heart Health



Smoking isn't good for you, we've all heard this by now. We know that smoking is responsible for 76,000 deaths a year in the UK, but what impact does smoking actually have on your heart? If you're a smoker, why is stopping smoking most likely the most impactful thing you can do to improve your health and reduce your risk of heart diseases? This healthy tip focusses on the physical impact smoking has on your heart health in an attempt to motivate you to finally ditch the habit that could cost you your life.

Cigarettes contain 4,000 chemicals

Many of these chemicals are extremely harmful to your body and include carbon monoxide, tar, and nicotine. Carbon monoxide is a poisonous gas which reduces the amount of oxygen in your blood. Tar is a toxic chemical which accumulates in your lungs, forming a sticky residue. Nicotine is the addictive substance and when consumed it increases your heart rate and blood pressure.

Cigarettes increase your risk of heart diseases

Consuming the above-mentioned chemicals make the walls of your arteries 'sticky' which encourages fatty deposits circulating in your blood to stick to the artery walls. These build up over time and reduce the amount of oxygen-rich blood travelling through your arteries which can result in a heart attack or stroke.

It is time to stop

It is never too late to quit smoking. Even if you have smoked all your life, health benefits can be seen within only a few hours of quitting. After one year of not smoking, you reduce your risk of having a heart attack by 50%. There is a wealth of support available to help you quit, speak to your GP to discuss your options. It won't be easy, but it will be worth it – good luck!

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



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New Year, New You!



Children's Charity Seeking Volunteers



The start of a new year is a great time to make a change, including volunteering in your local community. As well as doing something potentially life-changing for others, you'll be doing something hugely rewarding for yourself. Children's charity Mentor Link provides one to one support to children and young people in schools and are recruiting additional Volunteer Mentors. We are looking for warm human beings who are passionate about the next generation, have a good listening ear and can spare a couple of hours each week. We welcome enquiries from people from all backgrounds. Life experience is essential. Volunteer Mentor David says, "I am interested in seeing youngsters better themselves and be guided by a motivated individual that knows first hand how tough and often rocky the road can be. Simply the satisfaction of seeing a young person become better equipped for the challenges ahead". The charity has an excellent track record of success in achieving positive outcomes with children and young people as one teacher writes, "Jordan really enjoys his mentor time. He comes back into lesson

much happier and enjoys the opportunity to have one to one time with a male role model. Giving Jordan the opportunity to have time to discuss how things are going is so valuable. He looks forward to this time and always returns to class in a positive frame of mind."

If you are interested in supporting a child/young person with social and emotional issues please contact enquiries@mentorlink.org.uk Tel: 01299 822336. For more information see www.mentorlink.org.uk

Go on, get in touch, imagine the difference you could make. We look forward to welcoming you to the team. Role subject to enhanced DBS check and two satisfactory references. Full training and ongoing training and support. Travel expenses paid. Supported by Worcestershire Community Foundation's Inclusive Communities Fund.



Marriage Allowance



Find out if you could be better off . . .

Couples who are married or in a civil partnership are being urged by HM Revenue and Customs (HMRC) to spend just 30 seconds to see if they can claim Marriage Allowance and boost their finances by up to £252 a year. By using HMRC's online Marriage Allowance calculator during Talk Money Week, couples can find out instantly if they are eligible. Couples who may be unaware that they could claim include those where one partner is working and the other has income less than their personal allowance of £12,570, including those who:

- Have retired
- Have given up work to care for children or elderly relatives
- Are unable to work because of long term health conditions
- Have a part time job
- Have a low paid job

It is quick and easy to claim Marriage Allowance for free via GOV.UK. Applying directly on GOV.UK means couples will receive 100% of the tax relief due.

Marriage Allowance saves couples money by allowing the lower or non-earner to reduce the amount of tax their partner pays. Most people have a Personal Allowance, normally £12,570 – the amount of income they do not have to pay tax on. Marriage Allowance lets the lower earner transfer £1,260 of their Personal Allowance to their husband, wife or civil partner. This can reduce their tax by up to £252 annually. If eligible, couples can also backdate their claim for the previous 4 tax years and receive a lump-sum payment worth more than £1,000. To benefit from the tax relief, one partner must have income less than £12,570 and the higher earning partner's income must be between £12,571 and £50,270 (£43,662 in Scotland). HMRC has produced a YouTube video to explain who is eligible and how to apply.

Search 'Marriage Allowance' on GOV.UK for more information.

Scams warning for 12m

Self Assessment customers are urged to be on the lookout for scam texts, emails and phone calls from fraudsters. This warning comes as HM Revenue and Customs (HMRC) received more than 130,000 reports about tax scams in the 12 months to September 2023, of which 58,000 were offering fake tax rebates. With around 12 million people expected to submit a Self Assessment tax return for the 2022 to 2023 tax year before the 31 January 2024

deadline, fraudsters will prey on customers by impersonating HMRC. The scams take different approaches. Some offer a rebate; others tell customers that they need to update their tax details or threaten immediate arrest for tax evasion.

Customers can report suspicious texts claiming to be from HMRC to 60599 forward emails to: phishing@hmrc.gov.uk report tax scam phone calls to HMRC on GOV.UK

Country Watch



At this time of year when the trees have been stripped of their leaves and there are few plants bearing blossoms, there are still flashes of colour from brightly coloured berries. These play a very important part as food for the birds when other food sources are less available.

Many of us are familiar with the more common berries such as holly, mistletoe, blackthorn and yew. Holly berries are particularly popular with redwings, fieldfares and thrushes.

Yew berries are poisonous to most mammals but not badgers. They can eat the fruit and the seeds pass through them without poisoning them.

Blackthorn berries (also known as sloes) are used in the making of sloe gin. The bushes make good nesting places for birds who then benefit from the berries in Winter. Blackthorn berries have also been used in the treatment of humans for bladder, kidney and stomach disorders.

Mistletoe is a parasitic shrub which can often be seen high up in trees. The sticky white berries are popular with birds such as blackcaps. We bring mistletoe into the house at Christmas for decorating and kissing! The story is that the goddess Frigg wept tears when her son was killed. These turned into white berries which fell into his wound and healed him. Frigg blessed the mistletoe plant and promised to kiss all who passed under it. Today mistletoe is often hung near the doorway to greet guests with a kiss.

Other berries are those from the Wild Service tree (also known as the Chequers tree) which are eaten by birds and small mammals. These berries were

used to make alcohol, hence many pubs and inns being named 'The Chequers'.

Cotoneaster was originally a garden shrub but can now be found in natural habitats. Its bright clusters of berries are very popular with birds.

The spindle tree produces clusters of bright pink/orange berries which are poisonous to us but provide food for birds, mice and even foxes.

The Guelder rose is a small tree found in hedgerows and woods as well as scrub and wetlands. Its clusters of red berries are an important food source for birds, particularly waxwings, mistlethrushes and bullfinches. The Guelder tree is one of the national symbols of Ukraine with its large white blooms which flower in the Summer.

The Wayfaring tree bears berries which are red at first but are black when they ripen. They are popular with both birds and small mammals.

All these berries are essential food sources for our wildlife but birds still benefit from bird feeders in our gardens to keep them well-fed through the winter. Time for me to shop for seeds, nuts and fat balls then look forward to some fascinating visitors in the cold months ahead. Oh, and not to forget water for the birdbath, making sure it is not frozen over.



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Christmas Treecycling

6th - 9th January 2024

Support the Grace Kelly Childhood Cancer Trust & join our fight against childhood cancer. Have your real Christmas tree collected & recycled in return for a donation to help support our vital services.

Our festive volunteers will be collecting in the following areas from the 6th - 9th January 2024:

B45, B48, B49, B80, B95, B96, B97, B60, B61, DY9, DY10, DY11, DY12, DY13, WR1, WR2, WR3, WR4, WR5, WR6, WR7, WR8, WR9, WR10, WR11, WR12, St John's Worcester & the villages local to the charity to include: Crowle, Upton Snodsbury, Broughton Hackett, White Ladies Aston and Drakes Broughton. HR1, HR2, HR3, HR4, HR5, LD3.

www.gkct.org/treecycle
01905 885777 | fundraising@gkct.org

SCAN ME

Grace Kelly Childhood Cancer Trust

Women's Hour! Home & Away *Susan Catford*



Having a year without holidays abroad has been strange this year but we have managed to have a few days first in Wales, then Devon and, more recently, in Scotland (Ireland will have to wait!). There have been advantages to not travelling so far – no passports, no hire cars, no airport parking or long waits in customs. As long as you are prepared for our temperamental British weather and no guaranteed sunshine, then there are lots of beautiful places within our own country. The Welsh trip went very well with plenty of sunshine, once we had overcome the fact that my husband had left our suitcase full of clothes at home!! A trip to Aberystwyth and Tesco Superstore saw us kitted out with essentials which was cheaper than having to drive all the way home to collect the forgotten suitcase. Sea air and some beautiful scenery provided just

what we needed after some difficult months. Our Devon trip was also successful. More sunshine but accompanied by a biting wind. We watched, whilst shivering, the surfers and cold water swimmers, necessitating a need for a hot drink to revive us! A few excursions (Rosemoor Gardens- very highly recommended) and a trip to Hartland Quay with its terrible rocks (the site of many shipwrecks) followed by some good pub food reminded us of the many attractions in this area. The wonderful countryside and beautiful beaches are available only a few hours from home. We remembered to take the clothes this time! The trip to Scotland would, we knew, be chilly so we went prepared. Warm coats, waterproofs, wellies, walking boots, thermal vests and hats and gloves occupied a lot of space

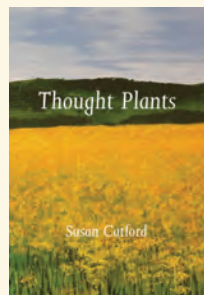
in the car. It was a good job there were no weight limits on our luggage. Our accommodation was excellent and (essentially) nice and warm. We had been warned that a 'burn' ran past our property. Indeed it did. A pretty stream flowed down the hill and wriggled its way towards the loch (not to be pronounced 'lock' as our Scottish friend said, "There are no locks in Scotland!"). However, the first night it rained heavily all night. We woke to a strange, very loud roar. It turned out to be the burn that had transformed into a raging torrent, hurtling down the hillside. Amazing!!! Fortunately we were high enough not to be flooded but it took several days to subside. Since it was Autumn, the colours were wonderful and, of course, the lochs were very impressive – dazzling and sparkling in the sunshine or darkly foreboding on cloudy days. We didn't climb any mountains but were quite happy to admire them from the warmth of the car, some already snow-capped. We also found some cullen skink which we had discovered on a previous visit. This is a tasty dish made with smoked fish, potatoes, leeks and white sauce. During our week we covered quite a few miles enjoying the scenery but our journey back happened to be on the day when storm Ciaran flew in. The motorway was horrendous with blinding spray from surface water and incredible strong cross winds. It was like being in a car wash and we were grateful when we headed south and it eased off. It was an excellent break though



and I think we might be heading north again in Autumn next year. Our travels are over for now and next year we might be boarding aeroplanes again in search of some guaranteed sun. For now it is good to be home with Christmas rapidly approaching. The towns are illuminated with their bright lights, Christmas Fayres are in full swing and there is a feeling of anticipation in the air. There are, of course, those who will not be able to enjoy the season in war zones and, closer to home, those with financial constraints. They will be in our thoughts and we will hope for peace and a resolution to all fighting in the future. It is once more the time when husbands (mainly!) will be searching in the loft for Christmas decorations and climbing ladders to put up lights. I can tell my husband can't wait!!! We wish you all a happy, peaceful Christmas with friends and family. *P.S. Pershore Community Cupboard is grateful for any Christmas donations to provide for those who may not be able to afford these things. Contact Pershore Baptist Church for more information.*

Christmas

Bells ringing,
Carol singing.
Sparkling lights,
Baubles bright.
Turkey roasting,
Chestnuts toasting.
Chocolate treats,
Good to eat.
Family fun,
For everyone.
Wine and beer,
Lots of cheer.
Christmas time is here!



'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
Available for £9.95 from: **Hughes & Company**
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Farming

My farm lies just outside the northern limits of Pinvin bounded by the B4082 (running from Upton Snodsbury, through Pinvin and then on to Pershore) on the West and Piddle Brook on the East; at one time the road diverted through Naunton Beauchamp and Wyre to reach Pershore as the marshy Pinvin area could be difficult to travel through. The name Pinvin derives from the words Penda's Fen: Penda was a prominent Saxon King in the first half of the 7th Century, and the word Fen is a clear demonstration of what the land around here was like. Now nearly all fields around Pinvin are well drained and highly productive; until recently they were widely used for intensive horticulture or fruit-cropping, and were considered to be part of the (nationally known) Vale of Evesham area in the heyday of market gardening.

This has been a peculiar autumn, with three named storms (so far) hitting the UK in October-November. As I have said before, Government policy towards farming, arising from the importance of home-based food production in WWI and WWII, has in times past been directed at maximising food production. Part of that policy has been

Mike Page

drainage of large areas of agricultural/ horticultural land to boost annual crop production, with that endeavour supported by Government grants. At the same time there has been much house building in rural villages and small towns, with much of the rain falling on new roads, driveways, roofs and hard surfaced areas. The result has been that heavy rainfall across large rural areas has now been directed into local streams and rivers more or less immediately, rather than percolating slowly through the natural soil profile and following natural drainage routes, to reach brooks like Piddle and Bow, over a period of weeks and months rather than days or even hours.

I have farmed all my life with Piddle Brook along one boundary of that land, and the way in which it floods in all that time has changed. As a child, I remember how heavy rain would lead to the Brook level rising over several days and eventually overflowing to flood out across adjoining brook meadows. Recently one heavy storm (Babet) in October resulted in the Piddle Brook rising from near normal levels, flooding out across entire bankside meadows, and then retreating back to more or less



normal flow levels, all in a period of less than 48 hours. It has been argued that drainage of riverside meadows (and perhaps other land) should be impeded in various ways, and that would bring forward several very useful results: the passage of water would be slowed considerably, with obvious benefits to those communities living further downstream;

restoring wetlands, with their advantages for so many species, both animal and plant, would benefit the environment, that benefit extending way beyond the areas of restored wetlands. But it would obviously result in a downturn in the food production potential of the now slow-draining land subject to occasional flooding.



VETERINARY ADVICE ESPECIALLY FOR YOU!



Fireworks and Your Pets

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

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

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

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

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

Above all keep your pets safe and enjoy the celebrations!

Best wishes *Eliza*

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Five festive flowers for Christmas gifting

If you love plants (who doesn't!) then festive flowers at Christmas always makes a thoughtful gift regardless of whether we are giving or receiving.

Here's my top five favourite festive flowers for gifting.

Poinsettia:

This is a popular Christmas houseplant that is known for its bright red and green foliage. It is a great gift for anyone who loves plants and is perfect for adding a festive touch to any home. Poinsettias are available in a range of sizes and colours. They are sensitive souls and will drop their leaves after a few days if they're in a cold draughty place, so make sure you place them in a sunny / part sunny, warm, and draught free spot. They like 15-21 degrees preferably. If it's placed on or near a windowsill, remove it from a windowsill overnight and make sure the leaves aren't touching the glass during the day as its likely to be too cold for it.

They don't like over or under watering so check them each day.

Christmas Cactus:

This is another popular Christmas plant as they're easy to look after – so if the recipient is a renowned house plant killer, this is the plant for them!

As you can see from the photo, they have beautiful pink flowers but there are many colours to choose from. Christmas cacti are easy to care for and require bright, indirect light. They should be watered when the soil is dry to the touch, so if you forget to water them, they are likely to survive without any problems.



Amaryllis:

This is a flower with the WOW factor! You can grow them in the autumn (around October) in time for flowering at Christmas. They have large, trumpet-shaped flowers in a range of colours, including red, pink, and white. They can become top heavy and may need some support – one option is to grow them in a large vase so the sides are protected. Simply fill the base of the vase with washed decorative gravel, fill with water half way up the gravel and place the bulb on top. Make sure the base of the bulb isn't sitting in water at any time.



Cyclamen:

This is a beautiful flowering plant that is perfect for Christmas – I especially love the marbled leaves. It produces delicate, butterfly-shaped flowers in a range of jewel colours, including pink, purple and red. However, there are now plenty of pastel colours to choose from such as Cyclamen 'Petit Moulin' and 'Origami' with bi-coloured flowers.

Rosemary:

You might think this is an odd one to have on the list as it's plain greeny-grey foliage at Christmastime. However, it can be trimmed into the shape of a mini Christmas tree which you can decorate with mini baubles



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to turn it into a great gift. This is a fragrant herb that is evergreen which makes it a perfect plant for Christmas decorations – I love to include it in my festive door wreaths. After the festive season you can plant it outside in your borders. Rosemary originates from the Mediterranean which means it prefers a sunny spot.



December gardening tips *Reg Moule BBC Hereford & Worcester*

Early in the Month

Overgrown deciduous hedges can be cut back hard while they are still dormant. Put netting over winter greens to keep pigeons off. Alternatively sitting a realistic model of a large owl on a post adjacent to your crop also deters them. New deciduous hedges can be planted now. Cut the new plants back hard after planting. Avoid getting greenhouse plants too wet; they are much better kept on the dry side over the winter. Feed flowering houseplants weekly using a liquid fertiliser. Avoid walking on frozen lawns, as this damages the grass leaving brown footprints until the spring. Float a rubber ball, or a chunk of polystyrene, in your pool to prevent it from freezing over completely, or buy a pool heater. Put your sawn off Christmas tree in a stand which holds water, as this aids needle retention.

Mid December

Feed garden birds and make sure that water is also readily available. Frost and wind can loosen newly planted shrubs and trees. Check and re-firm them. Alpines and other seeds needing a cool period in order to germinate can be sown now. Whitloof chicory roots can be dug up, potted and brought into the warmth and darkness in order to produce "chicons". Geranium seeds can be sown now- if you have suitable conditions to grow them in. Go through the greenhouse every week and dispose of dead leaves and flowers. Repair fences while climbing plants are still dormant. Plant new trees and shrubs when weather conditions are favourable. Try to hoe off weeds whenever you see them, as this will pay dividends later. Grow some sprouting seeds in jam jars for an easy, nutritious

addition to meals. Cut some berried holly for house decoration and keep it in a bucket in a cold greenhouse to prevent birds from taking the berries. Take root cuttings from herbaceous plants like phlox, oriental poppies, and Japanese anemones. Ventilate the greenhouse on sunny days to reduce the risk of fungal infections. **Later in December** Winter is a good time to plan next year's crops and ornamental displays. Prune free- standing apple and pear trees. Prune greenhouse grapes, when all the leaves have fallen, cutting back the side shoots to one bud along. Christmas pot plants – remember Cyclamen and Azaleas like it cool, Poinsettias need more warmth. Clean pots, seed trays and service tools ready for the new season's work. Cover a sheltered area of veg.



garden with clear polythene to warm it up for early spring sowings. Sow onions suitable for exhibition, like Robinson's Mammoth or Kelsae in a heated greenhouse. Winter wash dormant fruit trees, using Vitax Winter Tree Wash, or Growing Success Winter Tree Wash, for a clean start next spring. Start winter digging on the veg. garden but keep off very wet soil – it ruins the structure. If snow is expected encircle vulnerable conifers with hoops of wire to hold branches in place that could, otherwise, be bent outwards by heavy falls.

Cooking for fun! *Ailsa Craddock*

How can it be December already? Haven't we just had Summer and Autumn? The end of the year in sight and Christmas a-calling. It's my favourite part of the year – not for the presents and parties (though I do like them, too) but for family and being together with the ones you love. I know it isn't the same for everyone – some of you will be facing a time on your own; some will be worrying how to get through it both financially and emotionally. Pick yourself a little treat – a good book (go to the library), your favourite food – be it chocolate, curry or a good cheese – meet up with a friend for a walk, telephone the one you've always meant to but not got round to. And give – of yourself as a friend, of time as a volunteer to a charity or cause - or in actual little gifts like the ones below that you have made yourself. Let the recipients know that in the time of making, you were thinking of them. And you will find a whole lot of love back.

Merry Christmas!

Christmas Jam

350g cranberries
350g bramley apples, peeled and chopped
1 orange
1 tsp freshly grated ginger
1 tsp ground cinnamon
1 tsp ground cloves
500g granulated sugar
15g butter

Put the cranberries and apple pieces in a large, heavy-based pan. Add the orange zest and juice along with the ginger, cinnamon and cloves. Cover the pan with a well-fitting lid and set over a low heat. Cook for 10 mins, swirling the pan from time to time, but not stirring. Remove the lid and add the sugar, stirring with a wooden spoon until the sugar has fully dissolved. Bring to a rolling boil and cook for about 10 mins. If you have a jam thermometer, the mixture should

reach 104C. Alternatively, remove the pan from the heat and spoon a little of the jam onto one of the chilled plates. Leave for 1-2 mins, then push the jam gently with a fingertip to see if it has set enough to wrinkle. If it doesn't, continue to boil for a few more minutes then test again. Remove from the heat and stir in the butter. Let stand for 10 mins before pouring it into the sterilised jars. Seal and label.

White chocolate Rocky Road

600g white chocolate, chopped
250g mixed marshmallows, chopped
2/3 cup (100g) dried cranberries
2/3 cup (100g) pistachios, chopped
80g macadamias, lightly toasted, chopped
1/2 cup (45g) desiccated coconut
250g pink Turkish delight, chopped



Grease a 20cm square cake pan and line the base and sides with baking paper, leaving some overhanging. Place chocolate in a bowl set over a saucepan of simmering water (don't let the bowl touch the water) and stir until melted. Cool slightly, then fold in all remaining ingredients. Spread into the prepared pan and chill for two hours or until set. Use the baking paper to lift the rocky road out of the pan, then slice into squares to serve.

Spiced Apple Tea Mix

2 tablespoon loose green tea
2 tablespoon snipped crystallized ginger
1 teaspoon whole allspice
1 teaspoon whole cloves
6 crisp dried apple chips* or dried apple slices
6 3-inch cinnamon sticks

In a small bowl combine tea, crystallized ginger, allspice, and cloves. Divide tea mixture and dried apple chips among six paper tea filters. Tie tops of filters with kitchen string, tying a cinnamon stick at the top of each. Place filled tea filters inside six decorative heat-proof cups. Attach directions for serving.

To make Spiced Apple Tea:

Add 6 to 8 ounces hot water to filled tea filter in each cup. Let tea steep for 3 to 5 minutes. Remove and discard tea filter.



Thoughts from the Snug . . .

Are men insensitive?

I don't think so! . . . well, possibly!!

A couple out Christmas shopping strayed into a busy shopping centre. It was crammed with shoppers and somehow the couple became separated, her husband was nowhere to be seen. Irritated, because they had a lot to do she called him on his mobile phone. "Where are you?" she demanded; she was, after all, a little worried and there was certainly an edge to the tone of her enquiry. In a quiet, gentle voice he replied, "Do you remember that jewellers we went to a

few years back, the one where you fell in love with that diamond necklace that we could not afford, and I said I would get it for you some day? The wife's irritation immediately evaporated and, overcome by emotion, her tone also softened. "Oh, Yes! I do remember it." she swooned. He replied, "Well, I'm in the pub next door."

Buddy Bach

Reg Moule

In addition to his award winning media work

Reg is also available

to speak at

Gardening Societies

and other organisations

something that he has been doing

regularly since 1972.

If you would like Reg to visit your group please email reg.moule@gmail.com for further details and to check availability.

The local Home Guard in WW2 Tim Hickson



Pershore Bridge WW2 Anti-tank gun emplacement, Pershore's hidden gem

When, in September 1939, Britain declared war on Germany, as we said we would do if Germany invaded Poland, the British Army regulars and territorial, went to France. However, by the end of May, 1940, the Germans had driven our Army to the French coast where, with good luck and good planning, most escaped at Dunkirk. The Worcestershire Regiment defended that retreat. The Earl of Coventry, whose home was Croome Court, was among those killed. All vehicles, guns and ammunition, and equipment had to be left behind. To achieve this success the Germans had used unconventional tactics involving speed, aircraft attacks and troops dropped from the air. They had swept through Holland and Belgium and were moving rapidly into France. It now looked as if they would cross the Channel and invade this Country. However, Winston Churchill, our new Prime Minister, had learnt the lessons from these events and set out to ensure that if the RAF failed to stop the enemy aircraft and the Royal Navy their ships, the remains of our Army, reinforced by fresh conscripts and new Local Defence Volunteers would provide a stiff defence of these islands. The Local Defence Volunteers were set up in May 1940. These 1.5 million men were drawn from those too young or too old to join the regular Military (i.e. not 18 to

41). Also exempt were the Police, Fire Brigade and those in Reserved Occupations such as coal miners, farmers, doctors and lighthouse keepers although these too could volunteer if they wished. It was not long before Local Defence Volunteers acquired the simpler name, Home Guard. They were not paid but would be given uniforms and arms - eventually. Today, the image of the Home Guard has been coloured by the successful TV programme, *Dad's Army*. However, the reality was much, much more serious. Whilst most were trained to defend river crossings, such as that over the Avon at Pershore, and other key routes the enemy might use, as well as power stations, railway junctions and telephone exchanges, a small elite had a different, probably lethal job. These picked countrymen who had an extensive knowledge of their locality (gamekeepers, for example) were provided with hidden underground bases from which, they were to attack and sabotage invading forces. So secret were these places that even today it is believed not all have been discovered. The aim of the ordinary Home Guard was to defend the places mentioned giving time for the regular Army's Mobile Strategic Reserve to arrive and counter attack the enemy. Initially a large quota of the volunteers were retired servicemen whose experience and training were

very useful. However as the cold of winter combined with the long hours of training took their toll, it was these elderly volunteers who tended to find the commitment too much. As well as their normal day job they were required for two or three nights a week as well as evening and Sunday training.

For Pershore the men formed C Company which was part of the Evesham Battalion whilst, in Upton, U Company was part of the Malvern Battalion, as was P Company which covered Powick. C Company had five platoons of (normally) 25 to 30 men. Nos. 9 and 22 Platoons garrisoned the Pershore bridge area, Nos. 10 and 12 were at Eckington bridge and were to be mobile to counter attack if Defford Aerodrome was in trouble. No. 11 was on Bredon Hill, the tower of which was a prime look out position.

Apart from personal arms, rifles, shot guns, fighting knives and clubs, those guarding such places as river crossings were trained to use anti-tank guns and spigot mortars. At Pershore Bridge, on the west side, there is a picnic site with what is now a pump house but in WW2 was an anti-tank gun emplacement. This is shown in the interpretation board alongside which also shows a spigot mortar being manned. The base on which that was mounted is not far away. There were also pill boxes and concrete cylinders which, across the road, would be a barrier to tanks.

On one side of Eckington Bridge there is the remains of a pillbox; on the other side there is the base for a spigot mortar which could fire a shell at an enemy vehicle crossing the bridge or approaching from the village. In Upton, Fish Meadow, to the north-east of the bridge, the Home Guard had a gun emplacement across the river from what is now Warner's Supermarket. There was a pillbox alongside

the road just before the bridge with its base in Fish Meadow. At the western end of the bridge were anti-tank cylinders. Further down river, at Saxon's Lode where the railway used to cross, there was also a pillbox.

The Powick Home Guard looked after the bridges crossing the Teme at Bransford and Powick. There were road blocks, machine gun posts and spigot mortars to man. At Powick Church there was a machine gun post and the tower was used as an Observation Post. No sign of any of these activities remain, nor of the garden shed erected on the top of the tower to give shelter to those on duty. Although the threatened invasion did not take place, it was not until 1944 that the Home Guard stopped training and only on December the 31st in 1945 that it was disbanded. The real expert on the Worcestershire Home Guard is local author, Mick Wilks. If you wish to learn more, then start with his *The Mercian Maquis, then The Defence of Worcestershire and finally Chronicles of the Worcestershire Home Guard*.



Pershore Bridge, Mortar Spigot base as it can be seen today



Mortar Spigot site, Eckington Bridge



Pershore Bridge



Pillbox, Eckington Bridge

Business entertainment

Carol Draper

Christmas is just around the corner and at this time of year many businesses may send out hampers, chocolates, wine, and other goodies or hold a party or reception as a thank you to their customers or suppliers. Sending gifts or providing entertainment is purely a commercial decision and there is no restriction on the type, amount or value of entertainment that can be given. If the money spent on entertaining customers or suppliers leads to better deals or more sales, the entertainment provided could be viewed as money well spent. However, whether any of those items are allowable against tax or whether VAT can be recovered on the costs is a different matter. HMRC has very strict rules on the provision of business entertainment and will only allow the costs against tax or VAT to be recovered where the expenditure is necessary for strict business purposes, for example the provision of sandwiches and soft drinks to enable a business meeting to progress without interruption. The same rules apply whether the business involved is a Limited Company, Partnership or Sole Trader. HMRC defines business entertainment as "the provision of free or subsidised hospitality or entertainment." Such hospitality can include food and drink, accommodation,



theatre and concert tickets, entry to sporting events and facilities, entry to clubs and nightclubs or the use of capital assets such as yachts or aircraft for the purpose of entertaining. There is no allowable minimum limit and there is no distinction between entertainment provided in the UK or abroad. If those being entertained are customers, potential customers or suppliers neither the costs of the entertainment nor the ancillary costs such as the cost of sending out invitations to a reception or travel costs to get there are allowable. Gifts for customers and suppliers are viewed in the same way as business entertainment and again the costs are not allowed against tax or for VAT. If you have any queries about what can be claimed against tax or what VAT can be recovered speak to your accountant.

In the meantime have a Merry Christmas!

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

"I am as light as a feather; I am as happy as an angel,
I am as merry as a schoolboy. I am as giddy as a
drunken man. A merry Christmas to everybody!
A happy New Year to all the world!"

Ebenezer Scrooge

Clifton-Crick Sharp & Co

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It's cold outside!

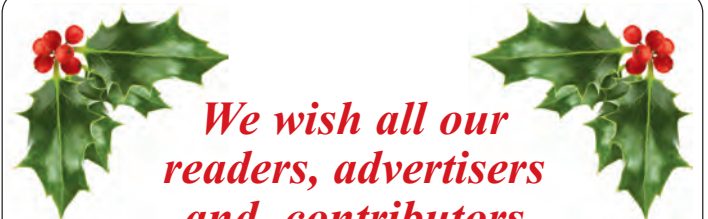
Angela Johns



When it's windy and dark and wet outside it's so good to be inside, warm and dry. To draw the curtains, light the fire and eat hot food gives a comforting feeling of safety and protection. Therapy can feel a lot like that. You've been metaphorically out in the wind and rain and you may not have had your big coat on. Instead of fighting the elements it's time to come in and dry off. This month I will be welcoming the arrival of the Winter Solstice. It may not feel like it just yet, but the days will get incrementally longer and we can set our sights on the coming of Spring. No rush though. When we can accept the cold and dark, the wet and muddy days, we can cultivate our appreciation of the warm sunny days of t-shirts and sandals. Neither of them last forever. How I wish that it was the Solstice that gave us a Bank Holiday to feast and celebrate the momentous turning point in the natural year. It seems a more balanced review/goal setting event of the calendar New Year - so much pressure! Better to create your beautiful life whenever the

inspiration takes you and moves you. The now is always good. Not everyone enjoys this time of year. If that's you, please remember, it will come and it will go. However you are spending the coming weeks, I hope they are filled with love and acceptance. Thank you for reading again and again. I especially appreciate it when you stop to tell me that you have, as I love to hear what you think. Waes Hael! (Good Health!).

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



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a very happy Christmas and a
successful new year***



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Think more long term for pain relief

Karen Harris

In our modern society in which we strive to work efficiently and effectively, and be performance driven, we are always looking for ways to get rid of pain and discomfort quickly and easily.

The need for a 'quick fix' has led to a massive range of products such as specially developed chairs with upwards of 32 positions for the optimal working position and posture. Massage pillows with infrared functions to loosen muscles after a full days work behind a computer. Braces, supportive straps, posture aids to keep the upper back and shoulders in the 'correct' position, supports for feet, weak ankles and wrists; the list is endless.

The promise with all of these products is that they relieve pain and discomfort. The approach taken is that supporting anything that hurts, or is weak, will give you some relief - at least in the short term Don't get me wrong, this approach is very valuable for people suffering from unresolved serious conditions where movement is limited. For example, if you are in a wheelchair with MS or similar, certain supportive methods can be very welcome to improve quality of life.

But what I see is a lot of healthy people between 30 and 70 years old (sometimes younger) that think they need these kinds of tools, and they aren't cheap! The market sector for all kinds of 'medical aids' has ballooned in recent years, with whole catalogues given over to them.

'Support' to the body means that it can switch off, why

bother working if it doesn't need to?

'I have a weak back, it runs in my family, I wear a belt to support my lower back.'

'I work a lot from home so I need to have an office chair that supports me.'

'I have weak ankles, so I wear a brace just to be safe.'

There's a problem with these statements, they are from people who are looking for 'a fix' not a solution. A support will continue to feed the problem and the disassociation of the area/s of the body to the control centre - the brain.

Succumb to these and you are limiting yourself, your movement and mobility. Joints don't have enough freedom of movement as it is, we certainly don't want them strapped and braced to limit what little movement is left! A braced knee for example, means less movement from both the ankle and the hip - amongst other things - that will tighten the muscles to the knee, and the stabilising muscles of the hip will have less work to do and will become weak. That could potentially affect the lumber spine because you will have also compromised your gait.....and more.

So, think more long term in any decisions you are making about your body, you want to be as pain free as possible to enjoy the things that give you pleasure. Short term 'fixes' do not work! Yes, a holistic approach requires a little more effort but your body will thank you in the long run.

A happy and healthy Christmas to everyone!

Finding Peace and Joy:

Emily Papirnik

Navigating the Festive Season with Ease

The festive season is often hailed as a time of peace and joy, a time to come together with family and friends. However, the reality for many can be far from idyllic, as the pressures associated with holiday expectations loom large. In the midst of the chaos, it's crucial to pause and reflect on what truly matters, embracing simplicity and allowing ourselves to experience genuine peace and joy.

For many, the prospect of family time during the holidays is a double-edged sword. Instead of eagerly anticipating reunions with seldom-seen relatives, the stress of coordinating schedules and managing multiple commitments can overshadow the joy of these gatherings. The pressure to create a perfect holiday experience, complete with festive activities and traditions, can leave us feeling overwhelmed and exhausted.

It's essential to shift our perspective and recognise that simplicity can be the key to the best holiday experiences. By communicating openly with family members and setting realistic expectations, we can alleviate the pressure to conform to an idealised version on the holiday season. Embracing the concept that it's not all about one specific day but rather the moments shared with loved ones throughout the season can help foster a more relaxed and enjoyable atmosphere.

The cycle of giving during the holidays, while undoubtedly heart-warming, can also become a source of stress. Financial strain, exhaustion and even resentment can arise when the



act of giving becomes a burden. It is important to give ourselves permission to step back, reassess our priorities, and find a balance that aligns with our values and well-being.

This festive season, consider redefining the way you approach the holidays. Give yourself the gift of ease by simplifying your plans, acknowledging that feeling good is the ultimate goal. When we prioritise our well-being, everything else tends to fall into place more smoothly. This shift in mindset not only benefits us individually but also extends a positive ripple effect to our family and friends.

As we navigate the holiday season, let's remember that life is for living. Find moments of peace and joy in the simple pleasures, whether it's taking a leisurely walk, sharing genuine smiles with those you encounter, or slowing down to savour the beauty of the season. By avoiding the temptation to stretch ourselves, we can create a truly meaningful and harmonious festive experience.

This year, make a conscious effort to embrace peace and joy, fostering a spirit of authenticity and connection that will endure long after the festive decorations are put away.

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

Romy's Uni Life



Romy Kemp *Liverpool University*

Spending the holidays in a city is extremely different to the countryside which I am used to. This is due to the amount of Christmas decorations which have managed to spread out pretty much everywhere! The weather is getting rather cold here with the wind at hand feeling brutally bitter. People have always acknowledged that the North is colder than the South, and I can now fully agree with this idea because I am freezing all of the time. Scarves are a must in this weather, as well as fluffy socks! I can honestly say that I've never known a place to rain as much as it has here, since I've moved. University has been rather exhausting for the past month and I cannot wait for a Christmas break, despite the fact that I do have to prepare for exams and still write a couple of essays. I have had a few assignments due in over the past few months which were extremely exciting to write (at university level), yet rather stressful. Nevertheless, I am exultant at university at the minute! Being able to explore the city, and go shopping, has been absolutely wonderful with all the holiday cheer beginning to flow throughout and spread to the people encompassing the city of Liverpool. My birthday was a few weeks ago and I went home for a weekend to celebrate and catch up face-to-face with my family and friends which was definitely what I needed after two whole months. Although it was a quick visit, it felt so lovely to be home



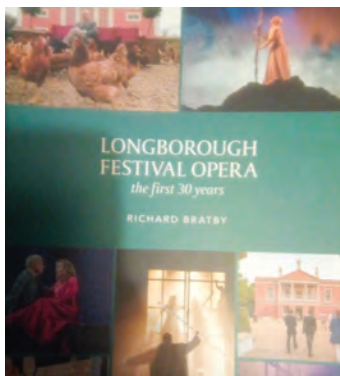
with my family. That is why I cannot wait to go home for the holidays.

My entire month has been filled with university work and assignments which have been interesting, yet challenging. As well as being able to chat with so many different people and meet up with people from your course, or society, or even accommodation mates. Having a drink with a friend and just chatting is one of my favourite parts of social life around university.

Emotions for many at university have been all over the place. Despite growing friendships, it is likely that feelings of glumness and loneliness will occur over the duration of time at university. Especially in the first few months, many of the people I know have felt rather down whether that's due to the university work itself or through the social life aspects. Everyone experiences these feelings at some point, and even I have struggled at certain points with doubts. Nevertheless, the majority of my university experience has been wonderful!

Book review

Brian Johnson-Thomas



'Longborough Festival Opera: the first 30 years'

Coincidentally this is author Richard Bratby's second new book in almost as many weeks, following hard on the success of

his trail blazing work describing the musical phenomenon that is the Academy of Ancient Music. Now he turns his attention to the even more gripping story of the genesis, rise and triumph of a world class opera company flourishing in the Cotswolds. It is the story, firstly, of the vision of one man, Martin Graham and his wife, Lizzie, who turned his love of music into an enterprise that transformed not only their lives but, arguably, the lives of those around them, not only family and friends but also their neighbours and, eventually, the entire musical establishment. Their achievement can perhaps be summed up in this quote

Evie's Teenage Focus



Evie Aubin

My morning walks to school are getting colder; I'm even taking my Mum's advice and taking my coat with me. I've already seen some Christmas lights up around Pershore and to my Dads dismay so have our house's decorations! I don't know how my Mum did it but somehow the Christmas decorations were up at the end of November compared to my dad's preferred time of two or three weeks before Christmas. I feel I can now finally start settling down and relaxing for the festive season. I finished all of my exams for this year and, whilst I have some early into the next year, I think I deserve to forget about them for a bit! One of my favourite things to do around the holidays is to go to the Christmas light switch on. I remember the first time I went, and all my family were gathered round this big red button. We all counted down and then in typical fashion the button didn't work. But this year was so different to the others I had been to, I felt like I just had to write about it. There was a Christmas market! I love Christmas markets. I think they are so cool, you can just go and wander round them for ages and this one was no different. We went down saw the lights turn on, saw the fireworks go off; that was another thing... what was going on with the fireworks? I swear every half hour there would be this one stray, random firework that would go off and scare me and all my friends. Anyway back on track now, the fireworks went off,



then my friends and I were there for around three hours just trying the food and checking out the stalls. I personally loved how they put food stalls at intermittent places so everywhere you walked there would be this new amazing smell! When you walked in there was the cotton candy, and the pizza, oh, my gosh, that smelt so good. But it wasn't just the food there that was good; I found so many stalls with small brands that I hadn't seen before. I remember walking past a booth with, I think it was different kinds of sweet potato gin; back then I hadn't realised what the brand was but when I was driving to the Co-op the next day I saw the warehouse next to the entrance is actually that company. Whilst this may seem like a small thing, I personally love seeing local brands getting involved with the community! Anyhow with my merry little Christmas market rant over, I do believe it is time for me to tell you all to have the most wonderful holidays in every way you celebrate, and I'll write to you all in the New Year.

Happy Holidays everyone!

from a letter written back in 1992 to Martin Graham from theatre designer Iain Mackintosh: "Thank you very much for your letter of 28 July. Jan and I loved our visit and remain firmly convinced that you are a) mad, b) right about a lot of things, c) liable to succeed" Since I hold the view that a reviewer should be suggesting to the reader whether a book is worth reading then I'll cut to the chase. It is. Therefore I'm not going to go into much detail here, lest it spoil your subsequent enjoyment. So here's the nub, in one paragraph:- Martin Graham came to Longborough, outside Morton In Marsh, aged six, when his dad got a job at the nearby RAF station. He made a success of his life becoming a property

developer, bought his growing family a big house nearby and began to stage operas in his stable block. These were sell outs so he then turned an old barn into an opera house, this caused a fight, which he won, with the planning authority, and he then went on to stage arguably the most difficult feat in the entire opera compendium, Wagner's entire Ring cycle, to critical acclaim.

The book tells you the story of this inspiring vision in telling, and sometimes amusing, detail. It's the heart warming tale of an obsession that has resulted in no less than 312 people working at the opera this last season. Worthy of a space in your Christmas stocking.

To order see www.lfo.org.uk

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



Performance: Impossible

It was a show that lost half of its cast, a show that was cancelled twice during the rehearsal process, a show even we thought was doomed. This is the story of how we pulled it off.

Let me sail our narrative ferry back to September, to a wooded nook on the Welsh coastline, where I was holidaying with family in the tiny ... 'village' is probably too generous a term ... of Sandy Haven. It was indeed a haven – sandy too – without noises, disturbances or pavements. It was here that it all began.

My phone buzzed and reminded me again of the university I'd left behind in the balmy Summer heat after exams, the university I knew would soon be aflame with autumn as Michaelmas Term began. A friend of mine texted me, saying she would be co-directing a student production of Ibsen's *An Enemy of the People* and wondering whether I'd be interested in auditioning. Consider me interested! Hadn't I'd spent my first year keen to wriggle into the theatrical circles I'd heard so much about?

Unlike sport or cooking or combing my hair, acting has always been a close chum of mine. I enjoy being onstage and making a fool of myself, particularly if there's a hat and cane involved. You always hear

so many stories about great partnerships made in Oxbridge drama societies and I loved the idea of immersing myself in an environment of talent and fun. So, last year, I fired off some audition tapes ... only to hear I wasn't what they were after but they wished me the best of luck for the future. However, I now felt the winds of change as all of that balled-up luck finally paid off; I auditioned for the main role of Thomas Stockmann and got the next best thing – the main role's brother, Peter. Our show was very much a modern re-imagining of the original play. When I think of Ibsen, I imagine quite a serious man. His portraits show him in a broad, double-breasted coat, with fierce whiskers buttressing his chin and shaping his face into a frowning square. I'm no expert but I'm fairly certain he never wrote the lines: 'Father, chill' or 'the water is poisoned, you stone-hearted gremlin' or 'What in the crap-tastic universe is that!?' Then again, Ibsen's work is all translated from Norwegian, giving us some interpretative wiggle room. We infused this one hundred and forty-one year old play with a zinging zest of energy and a dash of undergraduate tomfoolery for a whole new audience to enjoy.

It shouldn't surprise me – yet it inevitably does – just how

much time it takes to transform a handful of actors pacing with scripts in a hired-out conference room, into a staged and lavishly-lit performance at the Keble O'Reilly Theatre. (Keble College is one of uni's most distinct colleges, sometimes referred to as the 'lasagna college' because of its layered orange and red bricks – but what a stunning, gothic lasagna it is!) Oxford also exists in its own time zone, there are never enough hours in a day, and this meant we naturally had some hurdles to leap over. About half of the cast quit due to other commitments, including our lead actor, and – perhaps symbolically – I never saw our welfare representative again after our first rehearsal. It got to the point where our co-director would screenshot every text of 'resignation' to show us and her thumb would receive a solid workout by the time she'd finished flicking through them all. I later discovered the show had been cancelled, once, for copyright reasons, and the second time, because of an undisclosed problem during a performance of *Hamlet* the week before, prompting Keble to cancel all future shows at the O'Reilly. Thankfully, this verdict was overturned.

Those who remained banded together to overcome a dollop of problems and I can confidently



say we produced something brilliant. I'd spent two weeks reciting my lines on the pilgrimage back and forth from lectures and because – like all sensible nineteen-year-olds – I already owned a top hat and cane for my character to use, so I felt in my element when at last I heard my cue and strode onstage. After five shows, crescendos of laughter, and one broken finger (our poor lead actor) I was officially baptised into the world of Oxford drama. Suffice to say, I won't be leaving anytime soon. Wishing you a happy festive season, fellow reader, on behalf of myself and Fry – my air fryer, who I'm sure will accompany us on future adventures.

Have a Merry Christmas and a Happy New Year!

Book review

Richard Catford



**Handbook Volume 3
'And another Thing'
By Reg Moule**

Reg Moule has done it again! He has produced another useful, pocket sized handbook entitled 'And Another Thing' on growing fruit and vegetables.

This new publication complements handbooks 1 & 2; *'The Garden Diary'* - a month by month explanation of gardening tasks and *'This is what I would do'* - an explanation of techniques and advice for both novice and experienced gardeners.

This new Handbook gives more detail and explanation on many of the topics mentioned in Reg's previous publications, but without fear of repetition. Although it is not intended to be an instruction book on growing all crops, it does cover a very wide range of fruit and veg.

In this new volume Reg adds his own tips on ensuring bumper crops and avoiding disappointing failures. How to feed, fertilize and care for crops, avoid pests and diseases is explained. He explains when and how to apply

potash, phosphates and other nutrients to crops, but the main emphasis is on organic techniques. These tips can be applied to cultivation on any scale from pots, window boxes, or containers to full sized flower beds and allotments.

There is comprehensive coverage of the less commonly mentioned produce such as mushrooms, celeriac, asparagus, chillies and garlic. Guidance on cultivating citrus fruits, grapes and olive trees, plus other fruiting shrubs and bushes is explained. How to prune and renovate older trees will be appreciated by those just beginning their gardening journey and act as a handy reminder for the more experienced gardener. When will I use Reg's handbooks? *Handbook 1-*

'The Garden Diary' is used regularly throughout the year. It tells me when to do things in the right way at the right time. It is a diary that prompts me on

jobs to do each month. *Handbook 2*

'This is what I would do'. I will probably use this a little less often, but certainly before I go to the garden centre to buy compost and new plants, or before I plan to reorganise a flower bed or corner of my garden. I will certainly look up how to prune my wisteria and other shrubs each year.

Handbook 3

'And another Thing.' Focuses on fruit and vegetables and gives more details on successful cultivation of more exotic, unusual fruit and veg. As my gardening confidence grows I will use the advice in this handbook to ensure better care of the things I have planted.

All these Handbooks are published by Hughes and Company, 8 Church Street, Pershore WR101DT. Price £10 per copy

Willie's War (1914 – 1919)

Robert Maude

This book provides a valuable insight into the life of a soldier who fought on the front line in France and who amazingly survived the First World War.

He was William (Willie) Henry Barry and his story is told by his nephew Robert Maude.

This account is written using Willie's own words taken from letters and postcards sent home to his mother

Sarah Barry in Dublin, Ireland between 1914 and 1919. Many of the images from the postcards have been added to the text to support and illustrate his story.

Published by Hughes & Company



£11.95

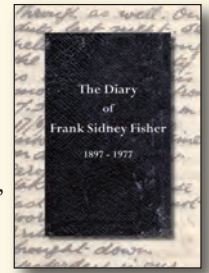
The Diary of Frank Sidney Fisher 1897 - 1977

Charles Dieppe

This is a true record of the early adulthood of the youngest son of an ordinary London family, who fought for his country in World War 1.

It has been written and compiled by Charles Dieppe and obviously Frank Fisher.

Charles is married to Frank's daughter, Christine.



£10.00

Published by Hughes & Company

Beat your fear of Flying

Captain Chris

Statistically there are one in five of us that have some flight phobia, from mild concern to total avoidance and panic attacks. This book was written by me, Captain Chris expressly to help those with a degree of anxiety of flying. In it you will find the inside knowledge about your flight, your fear and how to help you overcome it. This is a simple step by step guide for both the nervous passenger and also the veteran flyer that wants to know more about the workings of aviation. There are sections on air traffic control, your aircrew, engineers, weather and staying healthy during your flight.



£11.99

Swing Time

Written by Dr. Rand Jerris and Peter Lewis

A Celebration of Golf and Music 1870-1939

Grant Books recently published for the United States Golf Association Foundation

Swing Time: A Celebration of Golf and Music 1870-1939.

The authors are two well-known and highly-respected golf historians, Dr. Rand Jerris and Peter Lewis, who also are excellent

collaborators. This unique and important new entry in the Library of Golf is 324 pages, which

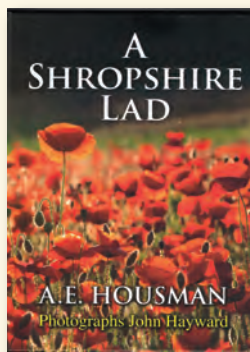
includes a comprehensive Bibliography and Index, together with profuse colour illustrations.

The book is printed on acid-free paper with an illustrated dust jacket in a limited edition of

1500 copies. *Produced by Hughes & Company*



£40.00



'A Shropshire Lad'

Author: John Hayward

This is the first photographically illustrated edition of 'The Shropshire Lad', timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen.

Photographer John Hayward follows the different locations mentioned in the poem with stunning, full-colour plates.

Published by: Merlin Unwin Books, Ludlow, Shropshire

Available from: Hughes & Company

£20.00

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The turn of the Year

Even though the rain is still intermittent, the view from our bedroom window is quite spectacular. Nearby the thickset trees are bursting with Autumn colours whilst further on, the silver sea stretches out to the far horizon.

We're staying at Grange over Sands, on the southern edge of the Lake District and about three and a half hours drive from Pershore.

Our hotel is, in fact, called the Grange and we're staying here courtesy of a deal found on the Travelzoo website for a bargain £148 which includes a couple of glasses of prosecco and a cream tea on arrival, a five course dinner, a comfortable bed and a lavish breakfast. As well as being on the coast we're a fifteen minute drive from Lake Windermere, so close to all the famous Lakeland sites. For this hotel

see www.grange-hotel.co.uk and for a whole lot more bargain breaks, see www.travelzoo.com.

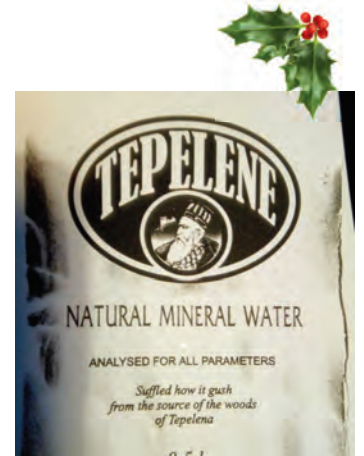
Nearer home we're looking forward to experiencing Croome Court's tradition of hosting local choirs in the church of St. Mary Magdalene on the estate over the first three Saturdays of this month with two opportunities daily, at 11am and 2pm. This coming Saturday sees the Roses Theatre Choir, Saturday the 9th features the Pershore Community Choir, with Voices Unlimited singing on the 16th. If you're planning on being there, remember to wrap up warm!

Whilst on that topic I suggest that a commendation is due to Stratford's Royal Shakespeare Theatre who are reopening their Warm Hub every Tuesday from 2 till 5pm until March 26th

Brian Johnson-Thomas

Visitors will be able to access a range of services including free hot drinks and snacks, arts and crafts workshops for adults, after school activities for children and also books, puzzles, games and free wi-fi. They say that everyone is welcome and it certainly seems a splendid idea. If you should fancy staying on to see a show, then the current production in the smaller Swan Theatre is The Fair Maid of the West, which runs until Sunday 14th January and tells the story of an Elizabethan landlady who is about to face the ultimate test of her character....

Indeed they have created the atmosphere of a 1590's Tavern inside the theatre by reusing some of the furnishings from the nearby Dirty Duck pub which has just been refurbished. Since eight years have now passed since first writing this



column it seemed to be a good idea to get rid of some of the miscellaneous paperwork I seem to have accumulated in the process. So here's a souvenir from Albania, the label from a bottle of mineral water that they say was "suffled how it gush" direct from the spring....

*Happy Suffleing!
See you next year....*

Jazz News

How many jazzers spotted the error in last month's Jazz News? The original Dixieland Jazz Band came to Britain in 1919 not 2019. Expect some ribald comments at this month's club session! December club night sees the last of our three "Jazz Age" presentations, this time by Dave Browning's Jazz Cats, a band of star musicians especially chosen by Dave for their consummate interpretation of the idiom. The band take much of their inspiration from the music of William Edward "Wild Bill" Davison, cornetist, the epitome of the Chicago musicians in the 1920s who found employment in the gangster run nightclubs. Davison who earned the nickname of "wild" due to his degenerate lifestyle of excessive drinking, womanising and general unruly behaviour was, nevertheless, known also to be kind, compassionate and sensitive; contrasting qualities manifesting themselves in his music which could set the night on fire with red hot jazz but express a quiet gentleness in ballads and slower numbers. Hear some of his musical legacy at the December club night (but played by gentlemen of a more temperate disposition).

Duke Ellington said, when talking about jazz and classical

Peter Farrall

music, that there are only two kinds of music – good and bad; quite a profound statement when we think about it. Ellington took inspiration from the classical repertoire several times; no need to guess where his "Nutcracker Suite" came from and another Ellington recording was "Afternoon of an Elf," a piece by Errol Garner with a nod to Leo Delibes' "Après Midi D'un Faune." Some of the old time New Orleans jazz musicians were appreciative of the classics and Louis Armstrong was, it is said, used to hang around the New Orleans Opera House, when he was a boy just to try and catch a few notes of the performances. One of Jelly Roll Morton's favourite pieces was the Miserere from Verdi's Il Trovatore, and he recorded a scintillating transcription of it in 1938 – still available on YouTube. Nearer home, Alexis Korner's Blues Incorporated recorded "Finkle's Café," so obviously taken from "Fingle's Fingle's Cave" by Felix Mendelsohn, and then there were the iconic series of Hamlet cigar adverts accompanied by Bach's "Air on the G String", one of many classics arranged by the Jaques Loussier Trio. There are so many jazz performances respectfully borrowed from the classical repertoire and as the



Duke said, good or bad. Some of the good ones, from the Rich Hughes Trio, will be heard in Fugue and Groove at January's club session.

*Merry Christmas and
a Happy and Positive
New Year from
All at Pershore Jazz!*

Dave Browning's Jazz Cats Fugue & Groove by the Rich Hughes Trio
Wednesday 13th December & Wednesday 31st January
 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



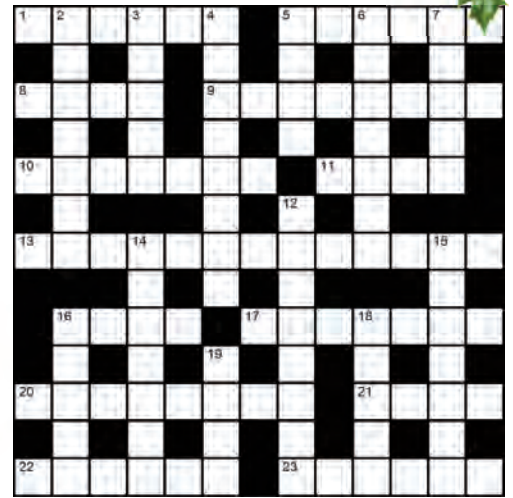
Christmas Crossword

Across

- 1 South North American republic (6)
- 5 Warning (3-3)
- 8 Version still being developed (4)
- 9 Boss (8)
- 10 Packages (7)
- 11 Literary work (4)
- 13 Donkey (5,2,6)
- 16 Close (4)
- 17 Commander in chief of a fleet (7)
- 20 Parasol (8)
- 21 Wicked (4)
- 22 Gorge (6)
- 23 Loftier (6)

Down

- 2 Lift up (7)
- 3 Hebrew patriarch (5)
- 4 Fail to notice (8)
- 5 Class (4)
- 6 Flourish (7)
- 7 Eats (5)
- 12 Submissive to authority (8)
- 14 Soft and moist (7)
- 15 Scrutinise (7)
- 16 Sweatbox (5)
- 18 Standard of perfection (5)
- 19 Futile (4)

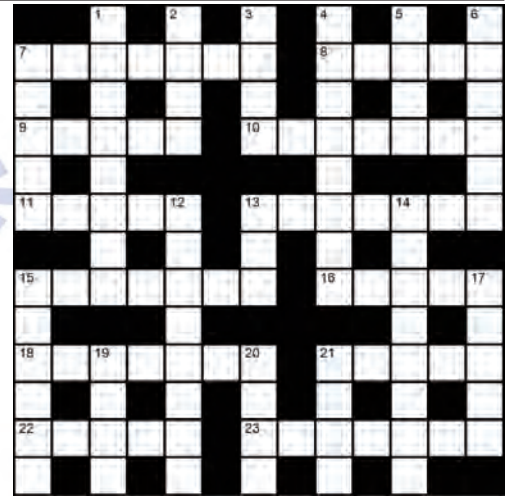


Across

- 7 Ape (7)
- 8 Decree (5)
- 9 Harass (5)
- 10 Intoxicating liquor (7)
- 11 As before (5)
- 13 Appears (7)
- 15 Common sight in Saudi Arabia (3,4)
- 16 Run away (5)
- 18 Hearing distance (7)
- 21 Strode (5)
- 22 Farewell (5)
- 23 Rooms (7)

Down

- 1 Previous to birth (8)
- 2 Bump off (4)
- 3 The Pope (4)
- 4 Instructors (8)
- 5 Desire (4)
- 6 Fashions (6)
- 7 Stately (5)
- 12 Repair (8)
- 13 Snake-like fish (3)
- 14 Enormous (8)
- 15 Musical dramas (6)
- 17 Oceanic ins and outs (5)
- 19 Sudden assault (4)
- 20 Underground (4)
- 21 Seed containers (4)

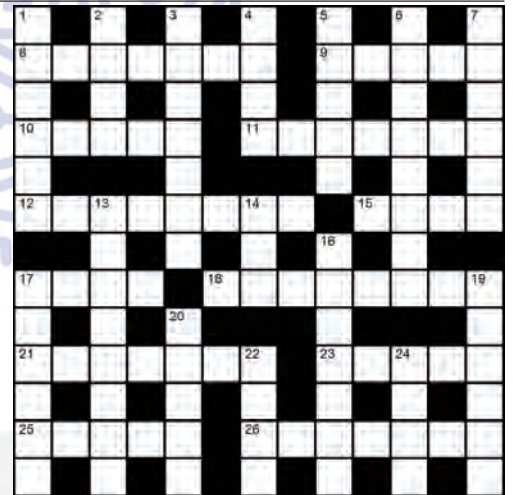


Across

- 8 Its capital is Kiev (7)
- 9 Jewelled headdress (5)
- 10 Pawnbroker (5)
- 11 Ignorant (7)
- 12 Deep-pitched band instrument (4,4)
- 15 Fourth Gospel (4)
- 17 Above (4)
- 18 E.g. Germaine Greer (8)
- 21 Glass containers (7)
- 23 Cutting instrument (5)
- 25 Vision (5)
- 26 Advantage (7)

Down

- 1 Urban commuter belt (6)
- 2 Voracious aquatic reptile (Abbr.) (4)
- 3 Fruit drink (7)
- 4 List from which to choose (4)
- 5 Water vapour (5)
- 6 Tubular pasta (8)
- 7 Collapse (4,2)
- 13 Dearth (8)
- 14 Exploit (3)
- 16 Going down (7)
- 17 Surprise attack (6)
- 19 Agreement (6)
- 20 Roofing stone (5)
- 22 Weeps (4)
- 24 Gen (4)



Christmas Magic Squares - Fill in grids, so that each column, row and diagonal add up to the same

9		
		8
5		3

2		4
6	1	

8		
1	5	
	7	

Poets' Corner

XXI Bredon Hill

In summertime on Bredon
The bells they sound so clear;
Round both the shires they ring them
In steeples far and near,
A happy noise to hear.

Here of a Sunday morning
My love and I would lie
And see the coloured counties,
And hear the larks so high
About us in the sky.

The bells would ring to call her
In valleys miles away:
"Come all to church, good people;
Good people, come and pray."
But here my love would stay.

And I would turn and answer
Among the springing thyme,
"Oh, peal upon our wedding,
And we will hear the chime,
And come to church in time."

But when the snows at Christmas
On Bredon top were strown,
My love rose up so early
And stole out unbeknown
And went to church alone.

They tolled the one bell only,
Groom there was none to see,
The mourners followed after,
And so to church went she,
And would not wait for me.

The bells they sound on Bredon,
And still the steeples hum.
"Come all to church, good people,"-
Oh, noisy bells, be dumb;
I hear you, I will come.

A. E. Housman 1859-1936

Fun Quiz!



1. What automatic system was patented by Ernest Serrine?
2. How many commonwealth countries are there in total?
3. In Germany, the word 'Gesundheit' is used to wish someone good health especially when that someone has just what?
4. What word, containing all five vowels, appears first in the English dictionary?
5. How many days and nights is the Hanukkah festival observed for?
6. What is a fetlock on a horse?
7. Can you unscramble the following letters to reveal the name of a long bone located between the shoulder blade and the breastbone: VCCELILA
8. What song was released by Ariana Grande, Miley Cyrus and Lana Del Rey in 2019 for the Charlie's Angels movie?
9. What is the title of the 'Jumanji' movie released in 2019?
10. Which European city is nicknamed 'The Eternal City'?
11. What is a metronome?
12. In Greek mythology, who is the Goddess of the Dawn?
13. Which animal has the longest gestation period of all mammals?
14. What is the name of the faith followed by Muslims?
15. The words 'Good friend, for Jesus' sake forbear to dig the dust enclosed here. Blest be the man that spares these stones, and curst be he that moves my bones' can be found on the tombstone of which famous playwright?
16. True or false: Anteaters have teeth?
17. A basilisk is a legendary what?
18. Who presents The Late Late Show in America?
19. What type of penguin is commonly known as the Jackass Penguin?
20. How many stars appear on the National Flag of the People's Republic of China?

Answers: 1. Traffic light system 2. 53 countries 3. Sneezed 4. Absentious 5. 8 days, 8 nights 6. The joints of horse's (located on the leg between the cannon bone and the pastern) 7. CLAVICLE 8. Don't Call Me Angel 9. The next level 10. Rome 11. A device that produces a steady beat to aid musicians 12. Eos 13. Elephant 14. Islam 15. William Shakespeare 16. False 17. Reptile (serpent king) 18. James Gordon 19. African Penguin 20. Five

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

This month's anagram
AUG POLLER VOWERS

This month's prizes!
1st - £25 cash
Donated by Powick Times
2nd - **Coronation Jigsaw**
Value £20
3rd - **Reg Moule's Gardening Diary**
Value £10
4th - **Pat's Pantry - Jar of home-made marmalade**

Complete and return this form or email: news@hughes.company for your chance to win!
Powick Times closing date: 31st December 2023

Answer: _____

Name: _____

Telephone/email: _____

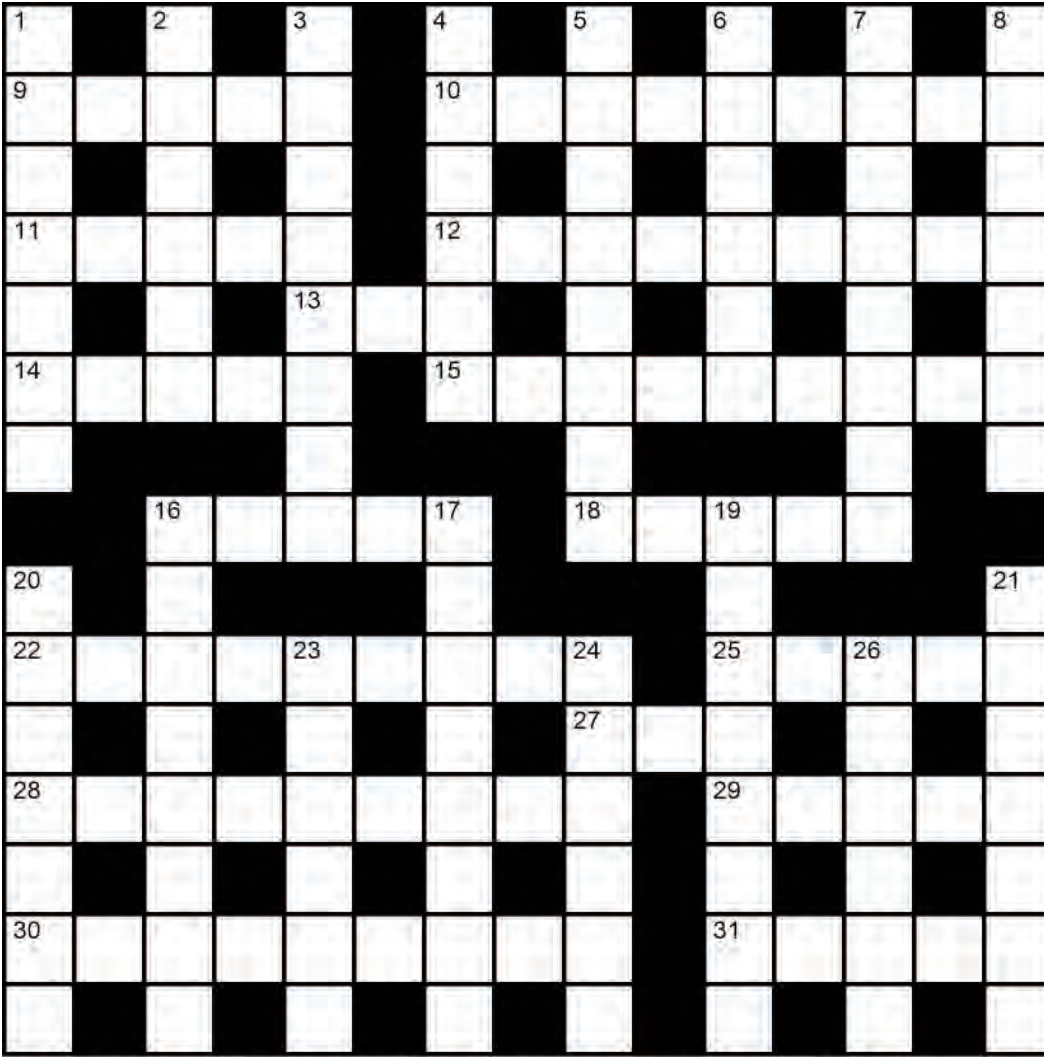
Return to: Powick Times, Hughes & Company
8 Church Street, Pershore Worcestershire WR10 1DT

Spot & Shop - November Winners

- 1) Peter Dixon
- 2) Michael Washbourne
- 3) Roger Gurney
- 4) Graham Plumpton

Last month's answer:
Kings Worcester

Christmas Crossword



Across

- 9 Corpulent (5)
- 10 Extreme surprise (9)
- 11 Souvenir (5)
- 12 Inherent (9)
- 13 Possess (3)
- 14 Hebrew minor prophet (5)
- 15 E.g. wine goblets (9)
- 16 Bush (5)
- 18 Double birdie (5)
- 22 Large mass of sliding snow (9)
- 25 Renounce (5)
- 27 Open mesh fabric (3)
- 28 Staff (9)
- 29 Mistaken (5)
- 30 Weaken insidiously (9)
- 31 Passageway (5)

Down

- 1 Highest singing voice in women (7)
- 2 Affluence (6)
- 3 Recent arrival (8)
- 4 Saw (6)
- 5 Book end, perhaps (4,4)
- 6 Exceptional intellect (6)
- 7 Convince (8)
- 8 Adhesive label (7)
- 16 Frenzied rush (8)
- 17 Single-celled organisms (8)
- 19 Conceal with decorative paper (4,4)
- 20 Neither solid nor liquid (7)
- 21 Abrade (7)
- 23 Part of a group (6)
- 24 Followed (6)
- 26 Cardiff International Airport (6)

Wordsearch

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

- | | | | |
|---------|---------|--------|-------|
| Angola | Gabon | Laos | Spain |
| Aruba | Guam | Mali | Togo |
| Belize | Iceland | Nauru | USA |
| Canada | India | Niger | Wales |
| Chad | Iraq | Oman | Yemen |
| China | Israel | Peru | |
| Estonia | Italy | Qatar | |
| Fiji | Kenya | Russia | |

Sudoku

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

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

November Crossword Answers



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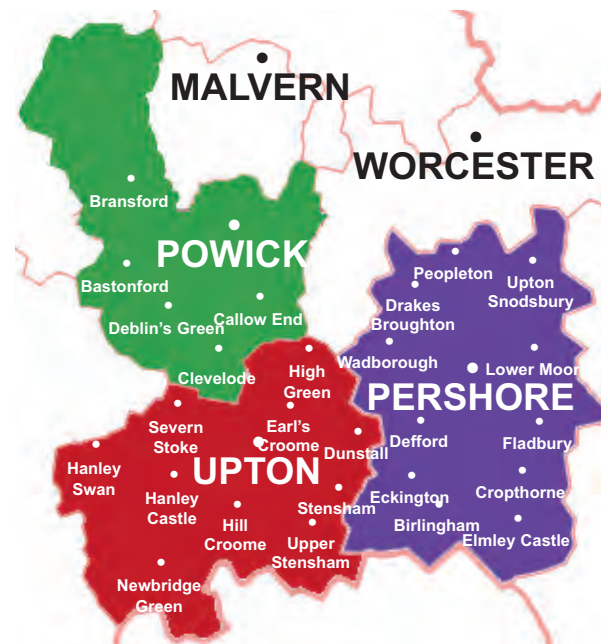
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Copy Deadline

February Issue - 15th January 2024

Powick Times

Distribution Areas:



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

Rural Reels Films

Callow End Village Hall

Doors open at 7.00pm

Films starts at 7.30pm

Tickets £5 each

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Howick Times



Farewell to Joe!



Our New Year concert on Saturday 6th January 2024 marks our farewell to musical director and conductor, Joe Davies. Joe joined the orchestra in 2019 since when he has raised the

standard of the WPO to new heights. His meticulous preparation for rehearsals and performances have been greatly appreciated by both members of the orchestra and audiences. During Covid, Joe organised a varied programme of activities for the orchestra and together with Chair, Susan Kilgour and Secretary Heather Barnes organised an early return to rehearsals, making a great effort to fulfil all the regulations. Joe will be sorely missed and a difficult act to follow. He is moving to London with his partner, where they both have opportunities to develop their careers. We wish them both every success.

The WPO is in the process of selecting a new musical director. Tickets available online: ticketsource.co.uk or Tel: 01905 353013

Worcester Philharmonic ORCHESTRA

Tenor Jack Dolan
Conductor Joe Davies
Leader Graham Longfils



Saturday 6th January 2024 2:30pm
Pershore Abbey WR10 1BL

Beethoven – Overture:
Consecration of the House
Fauré – Pavane
Beethoven – Turkish March
Elgar – Salut d'Amour
Strauss – Roses from the South
Songs and Arias by Mozart, Wagner and Lehár

Tickets £15 (Under 16s free)
• Pershore Town Hall (by cash or cheque only, no card payments)
• Ticket Secretary: 01905 353013
• Online at: ticketsource.co.uk (booking fees apply online)
Registered Charity Number 512073





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a year
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a day

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Commercial litigation - we understand the damage that disputes can do to your business. They cause stress and prevent you doing what you need to be doing to grow your business. Resolve Law Group is here to help take away the worry and help you get back to business as usual. We cover a range of commercial litigation from disputes to contracts to debt recovery.

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Should the worst happen you want to make sure that the people you care about are taken care of. Even if you already have a will it's advisable to review it regularly as your circumstances change over time. At Resolve Law Group we can handle everything to ensure that your assets will go to your loved ones, guardians for your children are in place, and directions regard your funeral arrangements.

• Family matters & divorce

Whether it's divorce, separation, financial arguments, cohabitee agreements, child custody, or domestic violence, you can be confident that we'll handle your family matters with discretion, empathy, sympathy and professionalism in order to find a positive solution.

• Employment & HR

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

• Aviation law

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

• Sports law

Whether you're an athlete, team, or club, Resolve Law Group can help anyone involved with the sports sector on legal issues. We help individuals and their representatives negotiate terms and terminations, and help them understand laws and regulations. We also help teams and clubs with negotiations, regulations, insurance, and compensation.

• Contracts & agreements

We can provide businesses and sole traders expert advice with their contracts and agreements as well as helping with drafts and negotiations. It's not just about getting the job done, it's also about helping you understand and use your documentation.

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