

# Pershore Times



A free monthly newspaper for Pershore and surrounding villages

Issue 86

September 2023

**FREE**



Hay Bales Hinton on the Green © Peter Hodge, Worcestershire

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

We had some unfortunate news this month. ASDA Head Office advised us that we cannot place our newspapers in their store. They have for many years used a company to control newspapers and magazine distribution. We would have to deal with that company and pay substantial

monthly charges plus VAT. We cannot afford these charges. We would like to apologise to our regular readers, who have found it very convenient to access our paper in the Asda store. We understand that such a large group has to have rules and procedures in place,

otherwise chaos could prevail. We will have to find other ways of enabling customers to obtain our paper. We have listed where papers are currently available and plan to update this next month. August was the month of school examination results! We are delighted that Romy Kemp, a young contributor to our paper from Hanley Castle High School has achieved her first choice University, Liverpool! Romy wants to be a journalist and came to us as a work experience student. We were impressed and gave her a column. Romy will carry on writing for us from Liverpool. This is the second work experience student who writes for us. Gregory Sidaway came to us four years ago from

Pershore High. We gave him a column immediately and he continues writing for us from Exeter College, Oxford. This month is the start of our third work experience student, Evie Aubin from Pershore High School who wants to work in publishing.

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# Pershore man risks his life to rescue a sheep stranded on rocks



Chris Oxlade-Arnott, 51, and his wife Jilly, 55, were enjoying a scenic coastal walk when they came across an animal stuck near a beach on Monday 7th August.

Jilly had been snapping holiday photos of the picturesque coastline in Woolacombe, Devon, when she spotted the sheep in one of her pictures. With the tide coming in, the couple decided they could not leave the woolly creature behind to die and Chris began climbing down the steep rockface.

Incredible photos show the art gallery owner clambering across the jagged rocks to reach it as it balanced precariously next to the crashing waves. He then managed to haul it back up the rocks to safety on higher ground following a 30 minute rescue mission. The pair, from Pershore, Artist

Jilly, and gallery owner Chris, believe it had wandered onto the sheer rocks in search of food before getting spooked by the rough sea.

Chris said: 'She was getting hit by the waves, was wet through, clearly exhausted from clinging on a small ledge and looked rather pleased to see me.

The rocks were jagged and very pointed, with steep edges and limited foot holds, which were really nasty especially when wet. So, establishing a suitable route out to her was quite tricky, let alone finding a way back carrying a sheep.

When we first spotted her we thought that she wasn't going to get out of this by herself; in fact it was likely to get worse and end in tears. I don't like to see animals in pain or distress especially if I can help. It didn't look like anyone else was going to assist or had even spotted her, nor was it something I would concern the coastguard with at that stage.

I used to rock climb and I'm quite sure footed so thought the best choice of action was for me to try a rescue.

My wife, Jilly stayed on the cliff top to guide me and call for help if things went badly, but luck was on our side and the sheep was too exhausted to make a fuss.'

Jilly added: 'We were down for a weekend camping in our campervan near Woolacombe.



We were walking the coast path doing a circular route. There are sheep all over the area and there are lots of them on the cliff edge. But this one had gone over. I was taking scenic photos and spotted this sheep stranded on this rock. It was glaring up at us like it was saying 'help'.

It had obviously been there a while but it was stuck. It was shaking so it was clearly saturated. It was trying to get away from the water.

If we left it, it would die. We couldn't walk away. We couldn't live with the what if. I stood on the rocks giving Chris some guidance to where it was. He climbed down across the rocks and assessed how to get to the animal.

Initially it was panicking and moving towards the water so Chris grabbed it and reassured it. In the end he put it around his neck, held onto its front

legs with one hand, then clambered up the rocks with the other. It wasn't a full grown sheep, but it was a fair size. It was around 50kg or so. Jilly said 'once the animal had been brought back up to safety to rounds of applause from onlookers, it lay down for several minutes before it started grazing.'

She added: 'It laid down initially but we'd helped friends run a farm so we knew not to turn it upside down as they can have a heart attack. We rubbed it's head and we got it upright. She made a few steps then just ate. She must have been starving. A family gave Chris a round of applause. Sheep tend to graze right near the edge. They're a bit stupid really. If they see a nice bit of grass they'll go and get it. It's do you or don't you, and whether you take the risk. But we decided we just couldn't leave it there to die.'



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# Work starts on new community sports facilities

Work is underway on a £900,000 scheme to transform community sports facilities at Pershore High School. Wychavon is investing the money as part of its commitment to providing more sport and leisure opportunities for residents. The project will create a new floodlit sand dressed artificial pitch at the Station Road school, which will be used for hockey and football training. One of the benefits of the project is it will allow Pershore Hockey Club to play in their hometown for the first time in decades. The existing 3G pitch, which is about 20 years old, is being resurfaced and the floodlights upgraded to energy efficient LEDs. Work is expected to be

completed on the 3G pitch by the end of August and the sand dressed pitch by the autumn. As well as providing modern state-of-the-art facilities for pupils, they will be available to the community to hire outside of school hours. The scheme is one of several investments in new sport and leisure facilities by Wychavon in recent years. They include a new 3G pitch and pavilion upgrade at Droitwich Spa, a new 3G pitch and pavilion in Evesham and Evesham VeloPark. James Cox, Facilities Manager at Pershore High School, said: "All at Pershore High School are delighted. Our project with Wychavon District Council to improve community sport facilities is now underway.



*Pictured: Cllr Rob Adams, Executive Board Member for Stronger Communities, Culture and Sport on Wychavon District Council and James Cox, Facilities Manager at Pershore High School*

The new sand dressed pitch will bring many more opportunities for community sports use as well as providing our students with a great

resource for their PE lessons. We look forward to the opening of the refurbished 3G pitch this August and the sand dressed pitch this autumn term."

## Bollard bombing for Plum Festival



If you were out and about in Pershore over the August Bank Holiday for Plum Festival, you may have noticed some colourful additions to the bollards in Broad Street and along the High Street. The two u3a Crochet groups have been busy making bollard toppers to add to the decorations around town celebrating our famous Plum Festival. We decided back in May that it would be

fun to have a few toppers around town, and after counting the bollards, we set about trying to make 60. Each one is themed around plums and different depending on the maker's style. Did you have a favourite?

*Sally Whyte*

*For more information about the u3a in Pershore visit [www.u3asites.org.uk/pershore](http://www.u3asites.org.uk/pershore)*

## Carnival coffee morning

Following another successful Carnival in May this year, Pershore Carnival Committee is holding a coffee morning at the Town Hall on Saturday 30th September at 10.30am. Come and meet the team, share your experiences of Pershore Carnival and give us some ideas to make next year's Carnival even better. We are

also keen to welcome new members into our friendly group. Pershore Carnival really is one of the best of its kind and as a committee we are determined to keep it that way, but we need your help. So come and enjoy a free cuppa and a cake on us and help us look ahead to 2024.



### September

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

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



### MP Welcomes Planning Reforms

Harriett Baldwin has welcomed Government plans to support local authorities to deliver the right homes for local communities.

Housing Secretary Michael Gove today offered £37 million of additional funding to help councils deal with local planning backlogs and drive forward ambitious plans to build larger scale housing projects.

The Government will also allow local authorities to increase their fees for planning applications with fees for large

developments rising by 35 per cent and all other applications being hiked by 25 per cent. Harriett commented: "From time to time, I get complaints from constituents about the time it is taking for local councils to address new planning applications and I encourage Malvern Hills and Wychavon District Councils to apply to this new fund. Of greater concern to us all, is the time taken to get the new South Worcestershire Development Plan in place, to head off the wave of speculative planning applications that are emerging. I have always supported the small, organic growth of local communities and housebuilding at sites where it has the expressed support of local people. There's extra money in this announcement to support the development of Neighbourhood Plans. By having clear, democratically approved local plans in place, we can ensure that new homes are built in the right places and at the right time."

### MP Supports War on Fly-Tippers

Harriett Baldwin MP has welcomed new legislation which will help local councils to punish fly-tippers. The Government has passed beefed up legislation strengthening fines for people dumping rubbish in the countryside. The maximum fine for fly-tipping has been raised from £400 to £1000 and people who litter or write graffiti now face a maximum £500 fine.

The announcement formed part of a series of initiatives to combat anti-social behaviour including a £1.65 million fund to help local councils act on disposal of chewing gum and extra support for youth clubs to allow them to open for more nights.

Alongside this, the Home Office launched pilots of the 'Immediate Justice' scheme, which sees those found engaging in anti-social

behaviour made to repair the damage they inflicted on victims and communities, with an ambition for them to start work as soon as 48 hours after their offence.

Harriett said: "Fly-tipping is a serious issue in rural West Worcestershire and I welcome these efforts to increase fines which will strengthen our local councils hands in deterring and detecting fly-tippers. It's a serious scourge of our countryside and I'm hoping that councils will be encouraged to act whenever there are instances of rubbish dumping whether its in country lanes or on the street. Anti-social behaviour is a serious concern for my constituents and I support this decisive action to punish those responsible as well as supporting initiatives which will prevent further nuisance in the future."

"All our dreams will come true if we have the courage to pursue them"

Walt Disney

## Students urged to consider NHS career

The NHS begins a new drive to help school leavers explore the vast range of health careers on offer.

As A-Level, T-Level and BTEC results are announced, students are being encouraged to consider one of the more than 350 roles in the NHS. School leavers are being urged to search NHS Health Careers today so they can browse the routes and roles available to them.

Using a range of social media campaigns, support and advice from existing staff and students, the NHS will highlight the opportunities available.

Until 17th October, places are also available through UCAS clearing, presenting an opportunity for school leavers rethinking their next steps.

A total of 16,740 people have



already accepted places on nursing and midwifery courses. Healthcare students finish university as some of the country's most employable graduates.

The first-ever NHS Long Term Workforce Plan, published in June, set out how record numbers of doctors, nurses and other healthcare staff will be trained over the next 15 years. The plan, a once in a generation opportunity to put staffing on a sustainable footing and improve patient care, offers new entry routes into the NHS including through apprenticeships.

## Triple 5 food safety scheme launched



Pictured: 5-star service - Lisa Bonsall and Lisa James from the Deli@Pershore, celebrate achieving Triple 5 status.

Businesses that consistently maintain high food hygiene standards are being recognised as part of a new scheme.

The Triple 5 scheme celebrates eateries that gain the top level five Food Hygiene Rating and maintain it for at least three inspections – a cycle which takes about six years to complete. Restaurants, cafes, take-aways and catering vans that achieve Triple 5 status will be sent a letter from Worcestershire Regulatory Services, who carry out food hygiene inspections for Wychavon, which they can display to customers.

If a business fails to maintain a five rating at future inspections, they will lose Triple 5 status.

More than 70 businesses across

Wychavon have already been recognised by the scheme. More will be added as inspections take place.

The National Food Hygiene Rating scheme allows customers to choose where they eat out or grab food on the go with confidence. It rates food businesses from zero to five, with level five businesses deemed to be going above and beyond the required legal food safety standards.

Triple 5 rated businesses will be listed on the Worcestershire Regulatory Services website. Residents can find out the rating of a food business by visiting the Food Standards Agency website at [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings).



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# 'AI' in everyday life; friend or foe?



My first encounter with Artificial Intelligence (AI) was in 1990, when I dabbled in neural networks. Who knew then that AI would climb the 'Scare Chart' alongside Climate Change to worry us sick, so are we right to be concerned?

First, 'artificial' means something manufactured, but intelligence includes emotional understanding and common sense, which current AI systems do not possess. So, while our AI-powered virtual assistants can play catchy tunes or tell jokes, they won't win any prizes except for Most Annoying Voice!

Despite its limitations, AI is rapidly advancing, and some concerns are valid and deserve attention, as its impact on society is still uncertain. The potential for job losses because of AI and automation is a pressing worry. As AI becomes more capable of performing human tasks, there's a fear of widespread unemployment. But this has always been true - are you prepared to give up a washing machine and employ a skivvy, or what about all those telephone operators committed to the dustbin of history?

Moreover, autonomous systems raise ethical questions. What if AI algorithms make biased decisions or act without accountability? It's enough to send shivers down your spine! Another eerie application of AI lies in surveillance and data analysis. The thought of being constantly monitored might break you out in goosebumps. But hold on! Properly managed, AI can help identify and prevent crimes, making our neighbourhoods safer without invading our privacy.

And let's not forget the classic fear of the unknown. AI represents a new world of possibilities and challenges, and it's only natural to feel jittery. But think about all the

cool things AI has brought into our lives! AI is a wizard of wonders, from personalized movie recommendations to smart home devices that make our lives easier. Like it or not, you've enjoyed AI since predictive text caught you out by sending the wrong word in a text message. AI is like a temperamental genie, granting wishes with a surprisingly accurate guess, but often with unexpected results.

Sure, there are legitimate concerns about transparency and accountability regarding AI decision-making. Some AI algorithms' "black box" nature can be unnerving, leaving us wondering about the decision-making process. There's also the haunting fear of losing control over AI. Some folks get spooked by the idea of a "technological singularity," where AI surpasses human intelligence and takes matters into its own virtual hands. But fear not; we're a long way from that scenario and hope with the proper regulation, AI remains our trusted sidekick and doesn't start to make decisions not in line with human values.

AI has the potential to revolutionize healthcare, transportation, and scientific research. Imagine doctors using AI-powered tools to detect diseases at an early stage, saving countless lives. So, let's not cower in fear but embrace AI cautiously. Responsible development and transparency are the keys to unleashing AI's full potential while minimizing risks. Remember, AI is just a tool; like any tool, it's as good as the hands that wield it.

*Michael Chapman Pincher*

*If anyone in the area wants to set up an AI group email me on [michaelpincher@gmail.com](mailto:michaelpincher@gmail.com)*

# Support for school costs in the autumn

*My children are starting new schools in September, one is in primary school and the other secondary. Between uniforms, PE kit and knowing they'll need to catch the bus each day the costs are adding up. I'm already pretty stretched, so I'm not sure how to cover these extra outgoings. Is there any help I can get?*

A new school year can put pressure on lots of people's budgets, so you're not alone in your worries. But there is help available.

A good place to start is the Citizens Advice website where you'll find lots of information on the support you might be entitled to for school-related costs. The help you can get to cover school lunches will vary depending on how old your children are and if you claim benefits. Children in Reception, Year 1 and 2 automatically get free school meals. You can apply for free school meals for older children if you claim certain types of benefits, including Universal Credit, Child Tax Credit and Income Support.

*The full list is available on the Citizens Advice website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)*

You mentioned concerns about travel costs. If your child can't walk to school because of special educational needs or disabilities they should get free school transport. You may be able to get help with transport costs from your Local Education Authority if your children



can't walk because it's dangerous or too far. Your Local Education Authority is part of your local council that deals with education in your area, you can find yours on GOV.UK. Contact it directly to find out exactly what support it offers.

If you're on a low income, your Local Education Authority may also be able to help you with activity and school uniform costs. You're likely to be considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. In some places there are also local charitable schemes that can help. A good place to find out about these is the school itself or Parent Teacher Association (PTA) both will usually know if these kinds of schemes exist. A lot of people are feeling the squeeze at the moment, but it's important to remember that help is available with starting school costs and you're not alone.

*For more information Citizens Advice website. [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)*

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*Abraham Lincoln*



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# September Events at community run The Queen Elizabeth Inn

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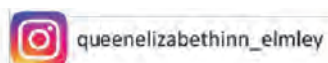
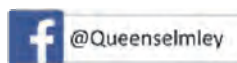
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# King's Worcester, remarkable A-level results



King's Worcester is delighted to recognise the achievements of this year's A-level students, as a record-breaking 98% of

students achieved all their grades at A\*-C. Overall, 18% of all grades awarded were A\*, 45% of results secured were

A\*- A and 77% were graded A\*- B. The accomplishments of this year's A-level students at King's Worcester are truly remarkable, especially as they were taking public examinations for the first time this year and had to face many interruptions over the past few years.

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

Of particular note are the 34 students who received A\* or A grades, including Head of

School, Bobby Riddell, who will read Philosophy, Politics and Economics at Durham and Senior Scholar, Grace Miller, who will study Dentistry at the University of Bristol University. Other examples of outstanding results were those of Alfred Kelsey, who received an Organ Scholarship to Oxford, rowing Vice-Captains of Boats, Rosie Stanley and Charlie Webster, who will both be reading Law at Exeter University, and First XV Rugby Captain Laurie Checkley, who is heading to Liverpool University to study Medicine. We are proud that such a significant number of our students have been accepted to pursue very prestigious courses of higher education, including Medical or Veterinary-related degrees, Law, Architecture, Geography, Maths, History, and Product Design.

## TinyTalk turns 21! Little artists celebrate with colouring competition and parties

This Summer babies and toddlers from local TinyTalk classes have been putting their pens to paper and celebrating their creativity and colouring skills with a 21st birthday colouring competition! 2023 sees TinyTalk achieve 21 years since it was founded by mum and teacher of the deaf Katie Mayne back in 2002 - it is now officially an adult! TinyTalk have been hosting 21st birthday parties across their venues. Our little ones (and their grown ups!) have been showing off the TinyTalk colours of purple, turquoise and orange in tutus, party dresses and homemade outfits whilst enjoying balloons, bubbles and of course, songs and signs! Babies and Toddlers have also taken part in a very special colouring competition showcasing handprints, glitter and even kisses which will now go on display at some of our venues. Local Teacher Natalie Lloyd says: "To celebrate TinyTalk's great milestone at the end of my first year of teaching has made it extra special! We have loved seeing all the babies and toddlers' artwork and we hope everybody can enjoy their creativity, fun

materials and bright colours on display in our venues. Baby sign is all about developing fine motor skills and this has been the perfect way for our little artists to show them off! I've been attending TinyTalk with Mollie for 4 years now, since my first little boy was 4mths old. We have LOVED our TinyTalk classes and found such value in them. I was amazed how young the boys could communicate what they needed and when my eldest was learning to talk, signing alongside his words took away all the frustration because I could still understand him! It was a lifesaver at times! TinyTalk Baby Signing & Toddler Talking classes run 6 days a week from Mon – Sat. Baby classes are suitable from birth and Toddler classes up to pre-school and run across Worcestershire in Crophorne, Crowle, Droitwich, Dumbleton, Hanley Swan and Worcester.



For more information go to [www.tinytalk.co.uk/molliep](http://www.tinytalk.co.uk/molliep), email [molliep@tinytalk.co.uk](mailto:molliep@tinytalk.co.uk) or phone 07432 612054

## Pershore Medical Practice New appointment system from 18th September

From 18th September 2023 Pershore Medical Practice will be amending their appointment system to 'total triage' They believe that by doing this it will help us to help you-meaning that all patients needs are assessed on first contact with the practice! and to ensure that problems are dealt with by the most appropriate service. This will allow us to ensure that we make time for people-with the most worrying symptoms or complex illness. *What does this mean for me in real terms?*

- We ask that any request for a GP appointment or admin query is made by using the simple online form on our website. If you struggle to do this and haven't got anyone who can help, you can still choose to contact reception, and they will fill in the form on your behalf.
- No matter how you contact the surgery (online, telephone or walk in) your request will be dealt with in the same way.
- Every single request will be assessed by a clinician and care navigator in our triage hub.
- You will then be contacted by text, email or: telephone to update you with how we can best help.

- This might mean we ask some further questions, give advice, direct you to a service which better suits your needs, or offer an appointment with one of our team.
  - For clinically urgent problems that might deteriorate without quick treatment, you will-be offered an appointment within 24h-72h . For less urgent problems or follow up for long term conditions, you may have to wait longer, but you will be able to book in advance.
  - We will try to accommodate your request for the type of appointment and preferred clinician where possible.
  - We will endeavor to process requests within 1-2 working days. Remember if your medical query is urgent please contact 111 out of hours, or in a medical emergency call 999.
  - Please note this means only requests for planned blood tests, nurse appointments and clinical pharmacy appointments can be booked directly by our reception team.
- Pershore Medical Practice  
Queen Elizabeth House,  
Queen Elizabeth Drive,  
Pershore, WR10 1PX  
[www.pershoremedicalpractice.co.uk](http://www.pershoremedicalpractice.co.uk)*

## Why do I need; Lasting Power of Attorney?

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

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

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

A question is asked "I am in my 30's I don't have dementia. Yes, but what happens if you have a car accident, hit on the head with a cricket ball, playing rugby or football or fall off a ladder, trip over and bang your head in a bad way, fall off a bike, these accident examples are not exhaustive so it is not just dementia is anything that could make you lose capacity. What happens if a loved one loses capacity....disaster then you have to deal with the Court of Protection. Try phoning them? The phone is never

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



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## The truth about air source heat pumps!



Curious about the buzz around Air Source Heat Pumps, and the need to shift from conventional boilers? Let's see if we break it down for you. Fossil fuel boilers are on their way out, starting with new build properties by 2025. There are few options available except Air Source Heat Pumps. This fresh approach to heating water is available to everyone now. It's clean, efficient, and eco-friendly. Instead of relying on fossil fuels, these pumps tap into the natural warmth of outside air and make hot water without harmful emissions. Boilers and heat pumps both make hot water, but here's the difference: boilers and radiators are rarely sized correctly for our homes and therefore use uncontrolled amounts of energy but, with energy costs rising and pollution concerns growing, change is overdue. A correctly installed heat pump must be designed for your home including the sizing of radiators in each of your rooms. Temperature guidelines and Heat Loss Surveys ensure your heat pump fits your property and guarantees you are cosy and warm. What's exciting?

These heat pumps are about four times more efficient than traditional boilers, which means cost savings too. But here's the catch: unlocking these benefits requires planning and expert installation. Every property is different which means each installation is unique. Some installations need less work than others, but the work involved is not completed in one day like a boiler. It can take three to five days to correctly install your new economical, carbon free heating system. The government has set a very ambitious target for installations of a heat pumps across the country. As a result, they have introduced a limited time grant to assist you with the cost as well as making the entire installation VAT exempt. If you are curious about a sustainable, cost-effective way to heat your home or want further information about air source heating pump heating in your home please get in touch. We're here to provide information and expert installation advice to make the transition to renewable heating smooth.

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# Rotary News

Although still enjoying the remains of summer with Pershore decked out in all its glorious colours, for Pershore Rotary it's the start of a new year and new hope for our community.

We have a new concept in Presidents, with three sharing the work. Lucy Thornton will be in charge for the first four months, then David Wickins and finally Richard Lees.

Pershore Times readers know that we live in a beautiful part of the country with many wonderful opportunities to enjoy life. We also know that there are many in our community who are not so lucky and life is a constant struggle. Rotary is about helping them and we would like to meet local people prepared to help us do that. So, we are visiting different pubs in the area each month and want to talk to residents about local issues. We have already been to The Star, Pershore and the Masons Arms, Wadborough. Our next visit is

to The Anchor, Wyre Piddle on 13th September. Look out for us in our blue polo shirts.

Traditionally, our President's Night closes out each Rotary year when we meet for a meal, some entertainment and to thank club members and others for the immense amount of support given over the past year. President Richard wanted to recognise several people starting with an Honorary membership of Pershore Rotary for Councillor Dan Boatright-Greene who has worked with us on environmental projects. Three members of our management committee; Secretary Brian (Kit) Carson, Treasurer Peter Gardner and Bob Marchant are standing down after many years on Council and were presented with Rotary 'Avenues of Service' awards by District Governor, Jim Currie in recognition of their outstanding service to Pershore Rotary.



L-R: District Governor Jim Currie, President Richard Lees, Stephen Malkinson and Lucy Thornton

DG Jim's final task of the evening was to present Rotary's most prestigious Paul Harris Fellowships to Stephen Malkinson and Lucy Thornton. Stephen has been in Rotary for 25 years and was past president of another club. Lucy is a past president, organizer of the Interact Club at Pershore High School and our Youth competitions. She has now taken on a wider Youth Services role covering all 58 clubs in D1100. Both are

dedicated Rotarians who have devoted themselves to helping those in need and provided opportunities for young people to prosper.

Whether you support your own community or overseas, Pershore Rotary is here to help.

*If you can help us and want to know more, follow us on Facebook or check out our website at [www.pershorerotary.club](http://www.pershorerotary.club)*

## A singalong evening of fun - Pershore Town Choir and folk group OneAchord

Pershore Town Choir and local folk band OneAchord invite you to a singalong concert at Crophorne Village Hall on 16th September at 7.30pm. Tickets cost £10 and will be available on the door or in advance from Brian, email: [willowbourne@gmail.com](mailto:willowbourne@gmail.com) Everyone is welcome to join in – the Choir and OneAchord will provide songsheets. We aim to raise the roof!

Pershore Town Choir is now in its 16th year under Musical Director David Barclay and is a friendly welcoming community choir. David Barclay says "We

are always happy to welcome new recruits – particularly for tenor and bass parts."

We rehearse every Wednesday evening at Holy Redeemer School, Priest Lane Pershore at 7.30. OneAchord is a local folk band. Two members of the band also sing with Pershore Town Choir (Tony Mealings and Peter Warner). Further information about OneAchord can be found at: [oneachord.co.uk](http://oneachord.co.uk)

The evening aims to be fun for all. Refreshments will be available at the interval. Funds raised will help to support the Town Choir.



Are you on the Organ Donation Register?

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For further information telephone **0300 123 23 23**

For enrolment information go to

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"It's unwise to pay too much... but it's worse to pay too little. When you pay too much, you lose a little money - that is all. When you pay too little, you sometimes lose everything, because the thing you bought was incapable of doing the thing it was bought to do. The common law of business balance prohibits paying a little and getting a lot - it can't be done. If you deal with the lowest bidder, it is well to add something for the risk you run. And if you do that, you will have enough to pay for something better."

*John Ruskin - 1856*



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**Allesborough Court, Pershore £390,000**

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**Malvern Mews, Pershore £350,000**

**\*\* Three bedroom terrace barn-style new build \*\*  
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EPC:TBC  
Council Tax Band:TBC**



**Chapel Lane, Wyre Piddle £285,000**

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**High Street, Pershore £275,000**

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EPC: F Council Tax Band: C**



**Hurst Road, Pershore £275,000**

**\*\* Three bedroom terraced house \*\* Freehold  
Refurbished by the current owner.  
EPC: D Council Tax Band: B**

# Seasons of change, seasons of love



Usually at this time of year, we pack away the flip-flops and say hello to jumpers and anoraks as the days grow shorter, the evenings cooler and the breezes of autumn blow increasingly fresh. This summer, however, the jumpers and anoraks saw more action than usual (at least in this country) and the transition to autumn seems less marked. Nonetheless, there is still a feeling of change in the air as the leaves turn and the curtains are drawn a little earlier each day. Autumn is a season of paradox. In films, shots of rain-spattered windows and falling leaves traditionally symbolise endings: a relationship, hope, a life. Yet autumn is also a time of new beginnings: children starting school, students off to university, new offerings in the shops and on TV. The crisper mornings of autumn equal the possibilities of new beginnings. Some people thrive on change. They love the open road and new horizons. For others, change can be a challenge: leaving the comfort zone brings unease or anger. Many of us move between these two states of mind. We know that fresh challenges have to be faced and that these can sometimes be exciting and make our lives fuller; but we worry that unknown roads lead to unknown places, and that makes us feel anxious. The phrase comfort zone does after all contain the word comfort. Given that change is universal, can we improve the way we cope with it? How can we help our children as they face a new school or university term? How can we support friends and family with new jobs, moving house, a different relationship, or changes in health? The NHS website Every Mind

Matters has a range of practical tips, including Catch It, Check It, Change It. If you are feeling anxious about coping, catch that thought and ask yourself why you are thinking this way – then replace it with a more positive one that says you can deal with the challenge. Focusing on the short term is another way of coping with change – what do I need to get through the next week? Or the next day? Or the next five minutes? Ben Fletcher (Professor of Psychology at the University of Hertfordshire) suggests in his book Flex that we can train ourselves to deal effectively with change. He challenges us to do something different every day – from small things like what we eat to bigger things like taking up a new interest. In this way (he says) we can learn the habit of coping with change more confidently. The 1990s hit Seasons of Love from the musical Rent (check it out on YouTube) is an inspirational anthem to the fact that change is inevitable – for good or for ill – and that we need to support each other through it. As the old saying goes, Every Moment is a New Beginning.

*Paul Morris*

*Pershore Wellbeing Hub  
No. 4, High Street  
or visit us at  
[www.pershorewellbeinghub.co.uk](http://www.pershorewellbeinghub.co.uk)*



# Mental health self-care, selfish or essential?



Before I started retraining as a counsellor, my mantra was ‘if you want something done, ask a busy person’, aka me! I saw self-care time and activities as indulgent, and when you have lots to do, a bit selfish. But self-care is essential and necessary to strive towards a happier and healthier life. Try it, here’s a few ideas....  
*What might work for you?*  
Being outside. All the senses, what can you see, smell, hear and feel? If you are feeling anxious or depressed, this is a good grounding exercise to help distract from overwhelming uncomfortable symptoms. Start a journal or notebook. It’s a great way of putting down your thoughts and feelings on paper (or any other device), just make sure it’s in a safe place, so you can write freely. Serenity to accept things you

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



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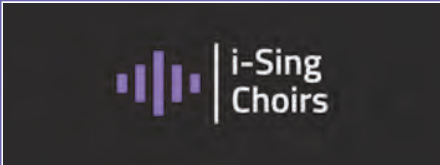
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# Autumn Open Mornings.




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**King's Hawford Friday 6<sup>th</sup> October**  
**King's St Alban's Saturday 7<sup>th</sup> October**

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## New choir starting in Pershore

**Thursday 15th September**  
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For more information, visit: [www.i-singchoirs.co.uk](http://www.i-singchoirs.co.uk)

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**Saturday 30th Sept '23**  
**at Crophorne Village Hall**  
**from 7.30pm**






# Women's Hour! Out of date! Susan Catford



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

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

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

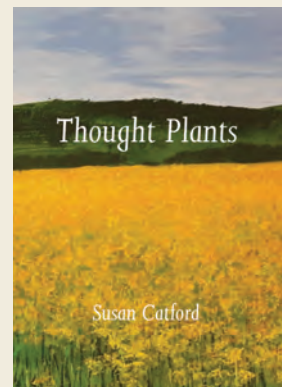
of recipes from every corner of the world. Who knew what zaatar was a couple of years back??! With a bit of shuffling it didn't take much to tidy them up but it did remind me to try some more exotic recipes in my cook books. Job done!! Everything in its appropriate place. No bouncing baked beans, no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

## Use by!!

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

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

Susan Catford



**'Thought Plants' is Susan's first book and is a new collection of writing and poems exploring ideas, events and everyday life. At times serious and thoughtful, at others enjoying the whimsical, lighter side of things. It has grown surprisingly well from early seeds and a fertile imagination.**

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

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



Lansdown Terrace, Cheltenham

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



Gloster Gauntlet

However he needed a factory where every department was on one site. Then Arle Court, just outside Cheltenham and with 80 acres of land became available. This worked perfectly. By now, 1934, the threat of Hitler's Luftwaffe forced the British Government to turn to the aircraft industry which it had neglected. After losing the First World War, Germany had been forbidden to build military aircraft. It was not until 1935 that governments realised that German civilian aircraft were fighters and bombers in disguise. Furthermore, they were far superior to any RAF aircraft; low winged monoplanes with retractable undercarriages compared to our biplanes with fixed undercarriages. Helping Britain to catch up gave Dowty's operation great opportunities. Before long, George was supplying equipment to 20 British companies, 5 airlines and 17 other countries. To cope with this expansion he needed more money but as, again, the Midland Bank would not help, the company had to go public so that the shareholders could provide the capital needed for work to be done. Then in 1938 his mother died. Two years later, George had the organ in Pershore Abbey rebuilt. By 1939 the company was making equipment for almost every UK aeroplane; when war was declared, such was the demand that Dowty had to enlist the engineering departments of large companies to ensure manufacture kept up. In 1940, large-scale manufacturing began in a new Dowty factory in Canada. The Gloster Whittle, Britain's first jet aircraft, had Dowty equipment and the Gloster Meteor, the Allies first jet fighter had the world's first undercarriage that shortened as it was retracted to fit into a small space. At the height of wartime activities the company



Dowty Rotol at Staverton

employed 3,000 people and many thousands more worked for the 310 subcontractors. When the war ended, George was able to report that no aircraft had been grounded for lack of a Dowty spare. In January, 1945, George with his twin brother and others were travelling to a meeting in London by car when it was struck by an out-of-control Army lorry. The injuries sustained by the brother killed him. After a service in Pershore Abbey, where they had both been christened, Edward was buried in a grave next to their mother and father. At a special service in the Abbey in June 1946, the Archdeacon of Worcester dedicated the altar rails that George had paid for in Edward's memory. During the War, sales had reached £10 million a year but the Government took 100% tax on any profit more than the small pre-war company profits. Consequently there was no capital to deal with the abrupt drop in orders. However, George always believed that knowledge was more important than money so he looked for industries, other than aircraft, to apply the expertise that had been gained. By 1949, Dowty had developed a hydraulic prop for use in mines. Until then, wooden pit props had been used. However, although metal hydraulic props were more expensive, they lasted much longer, were reusable and, most importantly, were much safer, preventing roof falls. Needless to say, due to a reluctance to change by the colliery owners, and the miners demanding extra pay for handling props in spite of the fact that they improved their safety, their adoption took years. Today, hydraulic support for mine roofs is used worldwide. Dowty Mining Equipment was born. Later, Dowty Seals, Dowty Fuel Systems and Dowty Nucleonics were set up. In July, 1956 George Dowty was knighted, not for the industries he had built but for services to the disabled. Such did our

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

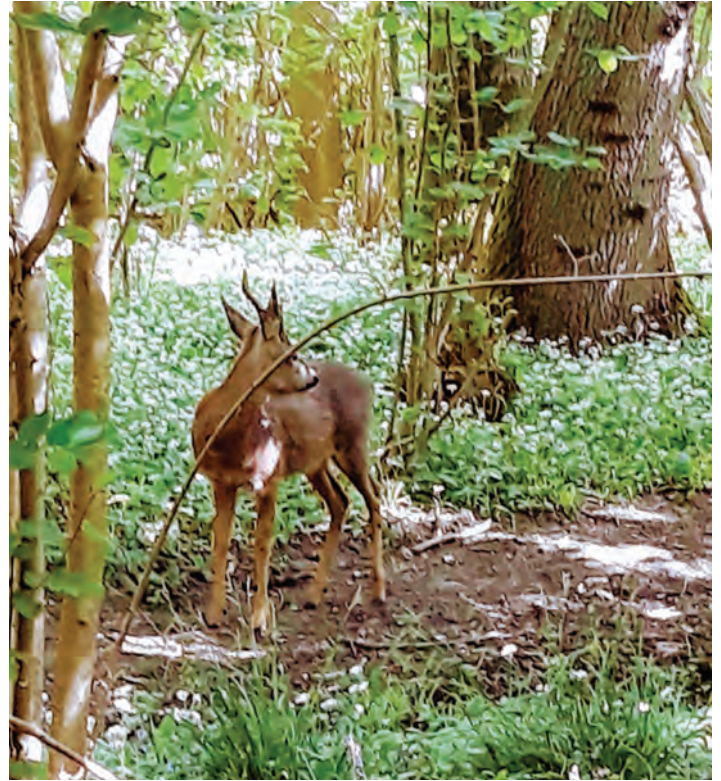


Gravestones of Sir George and his twin brother

## Country Watch

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

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



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

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



### VETERINARY ADVICE ESPECIALLY FOR YOU!



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**Pet Health Club**

[info@martinandcarrvets.co.uk](mailto:info@martinandcarrvets.co.uk)  
[martinandcarrvets.co.uk](http://martinandcarrvets.co.uk)



# A beginner's guide to garden bulbs

Nikki Hollier

Spring bulbs are some of my favourite flowers. However, bulbs aren't just for spring; they are great at providing colour and interest all year round. There are lots to choose from so here's my guide on which bulbs to buy and taking care of them.

Bulbs are generally robust, which makes them easy to grow, however they prefer a well-drained soil so if you do have water-logged garden during the winter, make sure you add plenty of horticultural grit and farmyard manure to the soil before planting.

the bulbs are firm to the touch and not mouldy as they are unlikely to develop. Try and buy them early in the season as they will be better quality too. How many you need depends on where you are planting them – they are usually sold in packs, which are enough for a container, but if you're planting in a border it's likely you will need more packs to create a display.

### Taking care of garden bulbs

Once planted, it's unlikely you will get any problems but if you get yellow leaves, it could be down to a virus in the bulb,

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

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

### Planting bulbs

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

### Year-Round Colour

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



**Nikki Hollier**  
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@borderinabox  
www.borderinabox.com



### Buying bulbs

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

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



# September gardening tips

Reg Moule BBC Hereford & Worcester

### Early in the Month

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

### Mid-Month

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

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

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

### Later this Month

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



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

## A time of transition



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

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

For details see [www.malvernautumn.co.uk](http://www.malvernautumn.co.uk)

## Brian Johnson-Thomas

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

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

## Beat your fear of flying!



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

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

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

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

Books available from:  
Hughes & Company  
8 Church Street, Pershore,  
Worcestershire WR10 1DT  
Tel: 01386 803803  
Email: [print@hughes.company](mailto:print@hughes.company)

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

## 2024 Seed Calendars

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# Everest - 70th Anniversary *Part 3 John Walton*

After the success of our ascent of Pikey Peak, we were able to focus on our journey towards Everest and the celebrations that were taking place on the 29th May. The cloud still hung around the summits, obscuring any chance of us seeing the wall of snow-capped mountains to the north. As we relaxed into the trek, we were able to appreciate our crew of four porters and three Sherpas. The porters, all young men in their early twenties, each carried two kitbags, plus their own meagre belongings, the total weight not exceeding 30kg. Trek porters are now relatively well cared for, not only with weight limits imposed, but with rates of pay, proper food and accommodation provided and insurance. Two kitbags would be tied together with a head band allowing them to take the weight on their well-defined neck and back muscles. Their leg muscles, which propelled them up and down the hills, were also well developed. We would come across them every-so-often during the course of a day's walk and they always seemed to be smiling! Contouring around the dome of Pikey Peak we began our descent through forests of rhododendron

trees with flowers ranging from white to deep pink and red. The descent was long, steep and knee jarring, and a good opportunity to engage our Sherpas in conversation. The quality of the conversation was very dependant upon how good their English was, not being able to speak more than just a few words of Nepali myself. Padam had, by far, the best command of English. He had extensive knowledge of the area we were trekking through, about the culture, flora and fauna. His brother, Indra, had less understanding of English so conversations were a bit limited. Perhaps the most fascinating to talk to was Lakpa, a man in his late forties. He never went to school and admitted that he could not read or write, yet his ability to converse in English was remarkable, an ability learnt over many years of trekking with English speaking people. He told me that he had three children. His eldest daughter is twenty-two and living in Greece earning money as an olive picker. His son is twenty and in prison. He got into a fight in Kathmandu, was arrested and given a custodial sentence. So far, he has spent



three years in prison and Lakpa did not know when he might be released. His youngest daughter is training to be an English teacher. The fact that he could talk so lucidly, despite his lack of education, made each conversation something to treasure. It is not just the conversations that make these people very special. Ever since climbers and trekkers have been visiting the Nepal Himalaya they have relied on the local mountain people, the Sherpas, to guide them, to carry for them, to provide for them and to look after them. They are always there when you need them. Any perceived danger, they are there to give a

guiding hand. If anybody is struggling they willingly take their pack to give them the best chance of reaching their daily goal. They are so aware of the people in their care, fully understand the difficulties they may face with altitude, steepness of ascent or descent and permanently have a watchful eye over them. You feel very safe in their company. They glide effortlessly up and down the slopes, each foot gently and carefully placed with the minimum amount of effort. You don't see them panting or perspiring! I try to emulate their style, and fail miserably!

## Thoughts from the Snug...

### Car insurance. It's a rip-off!

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

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

Buddy Bach

### Do we have herd immunity yet?

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

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

Buddy Bach

## Cooking for fun! *Ailsa Craddock*

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

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

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

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

#### **Tomato and Plum Salad**

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

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

#### **Tomato Jam**

*This sweet Tomato Jam is given a nice kick by the addition of ginger*  
2 tablespoons sunflower oil  
2 tablespoons grated ginger  
1 red onion, finely chopped  
1/2 cup (125ml) red wine vinegar  
1/2 firmly packed (100g) brown sugar

1 small red chilli, finely chopped  
450g chopped tomatoes  
1 tablespoon honey  
Heat the oil in a saucepan over medium-high heat. Add the ginger and onion, and cook for 2-3 minutes until the onion is soft. Add the vinegar, brown sugar and chilli, and cook, stirring, for 2-3 minutes until sugar dissolves. Stir in the tomatoes and season with salt and pepper.



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

#### **Fried green tomatoes with garlic mayonnaise**

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

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

#### **Garlic mayonnaise**

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



## Jazz News

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

### *Peter Farrall*

three of our friends from Israel who had followed all the previous festivals at Pershore College. Number 8 café bar was indeed heaving with people taking lunch before sampling the Plum Festival activities and other delights of Pershore Town prior to the concert. The success of the event may be judged by the many requests to be informed as soon as next year's booking is opened.

Mention the name Jeff Barnhart to any follower of Pershore Jazz and it will generate a big smile and an appreciative comment. Jeff has made regular appearances at Pershore Jazz Festival and Club, often with his wife Anne as the duo "Ivory and Gold", in reference to Jeff's piano keys and Anne's real gold flute. The couple, who hail from the charmingly named town of Mystic,

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



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

### **The Jazz Notables Wednesday 27th September**

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

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

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

## Hasta la vista, Pershore!

For quite a while now, this column has been called 'Gregory's World' and I've tried to convey a sense of the world through my eyes. Geographically speaking, though, it's only recently that my 'world' has expanded beyond Pershore or Oxford and started feeling a bit more like a world. So, without further ado, buckle up, pay attention to the safety demonstration, and cram your rucksack under the seat in front of you, because it will – yes, it will – fit under there. Come fly with me, fellow reader. Our destination: Spain. We were heading towards Formentera del Segura, a sun-baked village about a forty minute drive from Alicante; for anyone unfamiliar, Alicante is a city about two-thirds of the way down Spain's east coast, nestled against the Costa Blanca coastline, famous for producing 115,000 tonnes of rice a year, and home to mighty Santa Bárbara Castle. While my trip to Ireland last month demanded that I pack many layers, generous with rain clouds as the country is, my rucksack was nowhere near bursting this time. After all, Spain is shorts and t-shirts

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



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

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

# Evie's Teenage Focus *Evie Aubin*

Looking back on the summer holidays now that they are almost over I realise what an amazing time I've had. The first few weeks, I'll be honest I didn't do much, I think the most exciting it got was sitting outside and reading a book. Which to me seems like the perfect use of my six weeks off. However, I unfortunately could not stay curled up with a book the entire holiday and soon had to do something with my new found time. I think the reason this holiday has been so special to me was because it was the first time I felt truly independent. Two other friends and I decided that we wanted to go on a mini holiday together, so after a lot of trial and error, attempting to find a campsite close to the sea yet close enough for us to drive to, we decided to go to Lyme Regis. Truthfully I was rather scared I hadn't been to Lyme Regis in years and despite my

friends being camping experts I for one was not. The weeks following up I was convinced that something was going to go wrong and our plans would fall through. However, by eleven o'clock on our decided day we were in the car and on our way! The drive down was a lot of fun we spent hours singing to Taylor Swift and listening to Hamilton and in no time we had made it to our lovely little campsite. Not everything could be perfect though as about five minutes into setting up our tent it started to chuck it down with rain, but after navigating all of the rocks which seemed to be everywhere the tent was up and we were zipped up inside. Unfortunately the first night only got worse from there on out. The rain didn't seem to want to die down and we were all hungry from the long drive, so we decided it would be best to try and make some dinner on our little stove. Now this is

where the real problem starts so let me paint an image for you. We had been sitting in our tent for almost an hour waiting for the rain to die down (spoiler it didn't) eating carrots and hummus, and when we realised it's not stopping any time soon, we ran outside to try and get the stove to start so we could get some hot food. We stood there in the rain and we tried to light it. But it didn't work, so we tried again, and again, and again. I guess you know where this is going, and if you didn't... well it didn't work. At this point it was around eight o'clock and we had no food. After debating whether we wanted to continue to eat our raw carrots on hummus, for dinner we decided we should try to go out and get food. So once again we piled in the car and drove down into town to a cute little take out pizza place. I think what happened next was my favourite moment from our



little holiday. Once we got our pizza we went out of the shop and the rain was worse than it had been all day, so we ran. My friends and I ran up almost 120 steps, in the dark, carrying three pizzas, in the pouring rain along the coast of Lyme Regis. And I don't know why but to me that was so special and I think I will remember that for a very long time. After our three amazing days in Lyme Regis were over, we made it back home safe and sound, with some new amazing memories!

## Child Trust Funds

Carol Draper

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

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

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



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

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

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

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

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

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

*John Ruskin (1819-1900)*

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## A Woman, a tent and her bike

Angela Johns



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

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

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

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

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



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# Is your GPS working?

Karen Harris

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

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

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

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

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

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

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

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

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 07954 544595

# Don't suffer in silence

Emily Papirnik



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

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

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

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

**YES or NO?**

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

**YES, of course!**

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

**Karen Harris, Posture Alignment Specialist, Fitness Trainer**  
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**Karen & Emily's**  
 Mind, Body & Soul experience - **NEW DATES!**

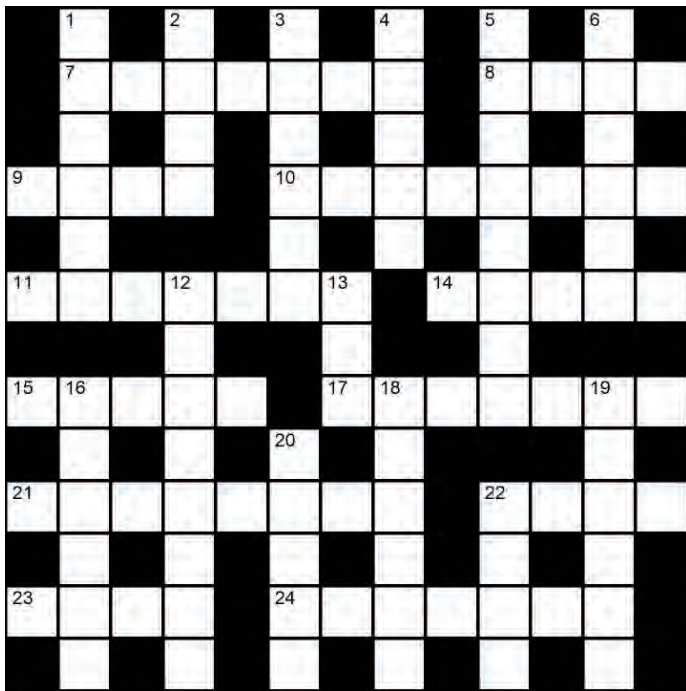
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# Coffee Break

## Crossword



## Across

- 7 Romance language (7)
- 8 Continuous dull pain (4)
- 9 Ooze (4)
- 10 Wrist band (8)
- 11 Corridor (7)
- 14 Cinder (5)
- 15 Expel (5)
- 17 Exacted retribution (7)
- 21 Rousing (8)
- 22 Silent (4)
- 23 Retained (4)
- 24 Imitate (7)

## Down

- 1 Picture theatre (6)
- 2 Door fastener (4)
- 3 Knapsack (6)
- 4 Relative by marriage (2-3)
- 5 Rep (8)
- 6 Steal (6)
- 12 Safety (8)
- 13 Period of history (3)
- 16 Protruded (6)
- 18 Vitality (6)
- 19 Respect (6)
- 20 Duck with soft down (5)
- 22 Fosse (4)

## Sudoku

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

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

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

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## ?Wordsearch

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

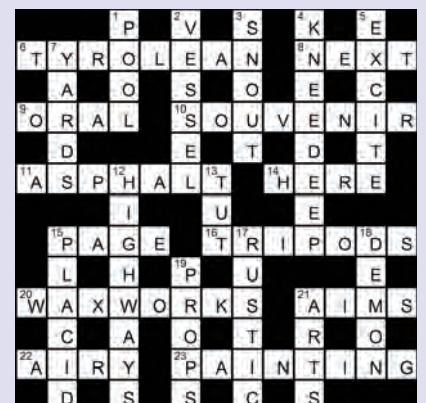
## ABANDONMENT

- ALL
- ASH
- BOAT
- CAL
- DEPP
- DIG
- DOOM
- ERA
- EYED
- FED
- FISHES
- FITS
- FRAY
- HEN
- I B M
- LYCRA
- MEIR

## MEMO

- MOOD
- NAT
- NODE
- OAK
- OPEN
- PAN
- PROCLAIM
- PUT
- ROME
- SLY
- SORES
- THORNS
- TO START
- WITH
- TODAY
- TOLL
- TOP

## August Answers



# Poets' Corner

## A Shropshire Lad

XV

Look not in my eyes, for fear  
They mirror true the sight I see,  
And there you find your face too clear  
And love it and be lost like me.  
One the long nights through must lie  
Spent in star-defeated sighs,  
But why should you as well as I  
Perish? gaze not in my eyes.

A Grecian lad, as I hear tell,  
One that many loved in vain,  
Looked into a forest well  
And never looked away again.  
There, when the turf in springtime flowers,  
With downward eye and gazes sad,  
Stands amid the glancing showers  
A jonquil, not a Grecian lad.

XVI

It nods and curtsies and recovers  
When the wind blows above,  
The nettle on the graves of lovers  
That hanged themselves for love.

The nettle nods, the wind blows over,  
The man, he does not move,  
The lover of the grave, the lover  
That hanged himself for love.

XVII

Twice a week the winter thorough  
Here stood I to keep the goal:  
Football then was fighting sorrow  
For the young man's soul.

Now in May time to the wicket  
Out I march with bat and pad:  
See the son of grief at cricket  
Trying to be glad.

Try I will; no harm in trying:  
Wonder 'tis how little mirth  
Keeps the bones of man from lying  
On the bed of earth.

A. E. Housman 1859-1936

## Spot & Shop - August Winners

- |                  |                      |
|------------------|----------------------|
| 1) Mike Midgley  | 2) June Carson       |
| 3) Jane Machin   | 4) Catherine Baiden  |
| 5) Mrs K Harvey  | 6) Mrs Dereth Thomas |
| 7) Terry Baldock |                      |

**Last month's answer:**  
**La Vista Restaurant and Bar**

# Fun Quiz!



- 1) Who painted the famous artwork "Mona Lisa"?
- 2) Which famous scientist formulated the theory of relativity?
- 3) Which planet is known as the "Red Planet"?
- 4) What is the tallest animal in the world?
- 5) What is the capital city of Canada?
- 6) Which river is the longest in the world?
- 7) Which novel begins with the line, "It was the best of times, it was the worst of times"?
- 8) What is the largest organ inside the human body?
- 9) What is the rarest blood type in humans?
- 10) Which African country was formerly known as Abyssinia?
- 11) Which historic agreement was signed in Northern Ireland in April 1998?
- 12) In April 2019 what did scientists manage to get an image of, at the centre of the M87 galaxy?
- 13) Born in 1963, which Russian chess grandmaster was the World Chess Champion from 1985 to 2000?
- 14) William Booth born in April 1829 went on to found which international charitable organization?
- 15) Which Ugandan dictator was deposed in April 1979?
- 16) In 1981 a massive riot resulting in over 300 police casualties and 65 serious civilian injuries took place in which London Borough?
- 17) In 1937 in Rugby, England, Sir Frank Whittle ground tested the first what?
- 18) Who became the first human to travel to outer space when he orbited the earth in April 1961?
- 19) In 1997 who became the youngest golfer to win the US Masters?
- 20) April 1866 saw the birth of which famous outlaw and leader of the 'Wild Bunch'?

Answers: 1) Leonardo da Vinci. 2) Albert Einstein. 3) Mars. 4) The giraffe. 5) Ottawa. 6) The Nile River. 7) "A Tale of Two Cities" by Charles Dickens. 8) The liver. 9) AB negative (AB-). 10) Ethiopia. 11) The Good Friday Agreement. 12) A Black Hole. 13) Garry Kasparov. 14) The Salvation Army. 15) Idi Amin. 16) Brixton. 17) Jet Engine. 18) Yuri Gagarin. 19) Tiger Woods. 20) Butch Cassidy.



## COMPETITION TIME!

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



- This month's prizes!**
- 1st - £25 cash donated by Pershore Times
  - 2nd - £20 Food Voucher at Benvenuti Belle House, Pershore
  - 3rd - £20 Food Voucher at The Queen Elizabeth, Elmley
  - 4th - Revills £10 Voucher
  - 5th - Masons Arms £10 Guest Voucher
  - 6th - £10 Voucher at Craftpyro, Bakers Arcade, Pershore
  - 7th - Coronation Jigsaw
  - 8th - Reg Moule Gardening Book
  - 9th - Pat's Pantry- Jar of home-made marmalade/jam

Complete and return this form or email: [news@hughes.company](mailto:news@hughes.company) for your chance to win!  
**Pershore Times closing date: 29th September 2023**

Answer: \_\_\_\_\_

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

Telephone/email: \_\_\_\_\_

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## In memoriam



### HILL. Gordon John

formerly of Pershore. Passed away at his home on August 10th 2023. A beloved Dad, Grandad, Son, Brother, Uncle and Friend. Gordon, formerly of Hill's Coaches and a long distance lorry driver was loved by all who knew him. He will be very sadly missed. Funeral service was held at the Vale Crematorium on Tuesday 29th August 29th. Donations, if desired, for Cyclists Fighting Cancer (specifically helping kids with cancer) cheques to CFC please may be sent to E Hill & Son Funeral Directors.

### Pouncett John Alfred

Passed away peacefully on 8th August 2023 aged 81. Much loved husband of Sylvia, father of Carol and Michael. John will be sadly missed by all his family and friends. A service took place at The Vale Crematorium, Fladbury on Tuesday 22nd August. Family flowers only. Donations in John's memory are invited for Dementia UK. These may be sent to E Hill & Son Funeral Directors.

Donations may be sent to:  
E Hill & Son Funeral Directors, Pershore WR10 1HZ  
Tel: 01386 552141

*Sadly we record the passing of John Pouncett who for years was a member of our team. We shared some good times together. We send our deepest sympathy to his wife and family.*  
Ed.

## Letters to the Editor

Dear Editor,  
On behalf of the county prostate cancer support group I'd like to thank you for publishing the PSA testing event article in your August edition of the Pershore Times.  
The take-up locally of appointments at the event on September 7th. has been amazing. The original 120 slots were filled by 10th August, so another 50 were added and all went within three more days, boosted by the Nick Owen revelation (incidentally, Nick is

our patron).  
With 80 posters distributed in and around Pershore, the story featuring prominently in the Pershore Times and the Nick Owen boost we are delighted that 170 men can be tested free of charge in Pershore thanks to the generosity of the Pershore Prostate Cancer Support Fund and the Friends of Pershore Hospital. Happy to send you a story after the event for the October edition.  
Kind regards  
Peter Corbishley

Dear Editor,  
When we moved to Pershore back in 2016, we did so because of the wonderful surrounding countryside and the beautiful villages and riverside walks etc etc. It was all a far cry from the over developed and congested towns and cities down south. However during that time there have been about a dozen new developments built within a couple of miles of Pershore and

probably many more that we don't know of.  
The new proposal at Tiddesley Wood is utter madness. The town cannot cope at the moment with lack of Pharmacies and doctors etc When are the council going to come to their senses and put a stop to any further concreting of beautiful green and pleasant Worcestershire.  
Yours sincerely  
John Clapp

## 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](mailto:reg.moule@gmail.com) for further details and to check availability.*



### SUMMER PROGRAMME 2023

This year Pershore Riverside Centre ran our Summer Programme of activities once again! Our Summer programme is open to everyone, however this year included funding from HAF (Worcestershire holiday and food activities) which gives funded places to qualifying young people. Hot meals were included and provided by the Deli, Pershore.



The summer programme is designed to include a huge range of activities to captivate young people, keep them active and creative over the holiday period. This year we hosted Kidderminster Harriers FC, Meadow Arts workshops, Clik-Clik

Collective Bucket hat & sock designing, Severn Arts music workshops, Circus Skills, our usual fun in-house youth worker games and water sports! Trips included Weston-Super-Mare and Croome court.

Our SEND (Special Educational Needs and Disabilities) youth group have also attended a range of trips including Your Ideas gaming centre, , bowling and Wick Care farm.



With over 200 attendees over Summer it is fair to say it has been a busy summer holidays - but one full of fun and laughter!

During all of these activities our usual Youth Groups provisions ran as usual. Monday Club (ages 7 - 13), Tuesday and Wednesday Youthy (13+), Saturday SEND club (ages 15 - 18) Sunday SEND club (ages 7 - 16). If you are interested in learning more about our youth groups please enquire via 01386 554 713 or email [youth@pershoreriversidecentre.org.uk](mailto:youth@pershoreriversidecentre.org.uk).



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## Copy Deadline

October Issue - 20th September 2023

## Situations Vacant

### Farm Shop Assistant Required

4 days per week -Weekend availability

Permanent - Driving licence required

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## What's On?

### Cinema Listings

#### The Velvet Queen (12A)

Thursday 7 September -  
7.30pm Tickets: £9.00

1hr 32 mins, French with  
subtitles, 2021

#### Mission: Impossible Dead

#### Reckoning Part One (12A)

Friday 8 September - 7.30pm;

Monday 11 September -  
11.00am & 7.30pm (ST);

Tuesday 12 September -

7.30pm 2hrs 43 mins

Tickets: £9.00, Daytime £8.00

#### Paris Memories (15)

Thursday 14 September -

7.30pm 1hr 43mins, French

with subtitles Tickets: £9.00

#### Barbie (12A)

Saturday 16 September -

7.30pm; Monday 18 September

- 11.00am & 7.30pm;

Tuesday 19 September -

7.30pm 1hr 54 mins, AD

Tickets: £9.00, Daytime £8.00

#### The Prime of Miss Jean

#### Brodie (12A)

Friday 22 September - 7.30pm;

Monday 25 September -

11.00am 1hr 51mins, 1969

Tickets: £9.00, Daytime £8.00

#### Gosford Park (15)

Friday 29 September - 7.30pm;

Monday 2 October - 11.00am

2hrs 18mins, 2001

Tickets: £9.00, Daytime £8.00

### Theater Camp (12A)

Saturday 30 September - 7.30pm;

Monday 2 October - 7.30pm

1hr 33 mins, AD Tickets: £9.00

### Name Me Lawand (PG)

Tuesday 3 October - 7.30pm

1hr 31 mins, AD Tickets: £9.00

### Events Listings

#### Matthew Bourne's Swan Lake

Friday 15 September - 7.00pm;

Saturday 30 September -

3.00pm 2hrs 7mins, Cert PG

Tickets: £16, 16 & under £10

#### The Royal Opera:

#### Das Rheingold

Thursday 21 September -

7.15pm 2 hrs 50 mins

Tickets: £17, Seniors £16

#### Pershore Operatic &

#### Dramatic Society presents

#### Back to the 80s Singalong

Saturday 23 September -

2.30pm & 7.30pm

Tickets: £10

#### The Royal Opera: L'elisir

#### d'amore

Thursday 5 October - 7.15pm;

Encore: Sunday 8 October -

2.00pm 3hrs 30mins (inc.

interval)

Tickets: £17, Seniors £16

#### The Flowers Band in

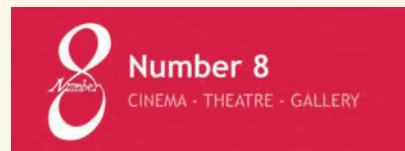
#### Concert: An Afternoon of Stage & Screen

Saturday 7 October - 3.00pm

Tickets: £18, Seniors £15,

Students £9, 16 & under £5

2hrs (inc. interval)



Box Office Opening Hours

In Person Bookings: Mon - Sat 10am - 4pm & from 6pm on performance evenings

Telephone Bookings: Mon - Sat 4pm - 6pm

High Street Pershore Worcestershire WR10 1BG

Box Office: 01386 555488 Email: [enquiries@number8.org](mailto:enquiries@number8.org)

[www.number8.org](http://www.number8.org)

## Thoughts from Churches of Pershore

We have a story told to us by St Matthew about how Jesus was persuaded to change his mind about something. He was asked by a woman to heal her daughter and, to begin with, Jesus seems reluctant to do so. It's only after a conversation with this unnamed lady that he commends her for her faith and does indeed heal the daughter. Changing a decision we've made it is not a sign of weakness or failure. Rather the opposite is true. It takes courage to admit that another way of acting or thinking may be better than our original choice and will lead to a better outcome.

Christine Dodd, Holy Redeemer Catholic Church

## An Afternoon with Ben & Bumpy

Legendary Worcestershire wicketkeeper and Coach Steve 'Bumpy' Rhodes will be the guest speaker at the event which is part of current wicketkeeper Ben Cox's Testimonial 2023 Season.

Don't miss out! There are just 30 tickets remaining for what will be a fantastic afternoon.

The event takes place at 2.30pm at Stourbridge Cricket Club on  
Sunday 1st October with tickets costing just £10 person  
Call Mark on 07506 747619 or via email at ma004g2691@gmail.com



### September Monthly Meeting Tuesday 19th September 2023 at 2pm

Dr Graham Cope, medical scientist  
What is inflammation, how does the  
immune system work, and what happens  
when it goes wrong?

How do anti-inflammatory painkillers  
work, and what can you do and eat to  
help reduce inflammation

All monthly meetings held at  
Number 8 High Street Pershore WR10 1BG  
Everyone welcome, no need to book

For more details contact  
**Sally Whyte, Speaker Coordinator:**  
email: u3apershoresally@gmail.com  
<https://u3asites.org.uk/pershore>

### English Country Dancing

Tuesday Afternoons 2 -4pm

at Stoulton Village Hall  
Church Lane, Stoulton WR7 4RE

Enjoy gentle exercise while dancing to  
lovely music. It is a very social activity,  
so you will soon make plenty of  
new friends. No partner necessary

Admission £3 per week

For more information contact:

Sue Jeavons 01386 750695



### Women's Institute

Make new friends!

Second Thursday of  
each Month at 7.30pm

Meet at Wulstan Hall  
Priest Lane, WR10 1EB

Do come!

We are waiting to say "Hello"  
have you just moved into the area or  
would you like to make new friends?  
Come and join us at Pershore WI.  
We are not all "Jam and Jerusalem" -  
we enjoy crafts, lunches, skittles and  
speakers and above all try to have fun.

For more information contact:  
Audrey Whitehouse - Tel: 01386 554856  
Maureen Speight - Tel: 01386 556772



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#### • Deputyships & Wills

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 regarding 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

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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.

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# Vale Golf Club Seniors - Seniors v Veterans



Seniors v Veterans Players Relaxing After The Competition

The annual Grudge Match to see who came out on top went to the veterans with a resounding five and a half to

one and a half win. 28 players in seven teams had a great day of golf and all enjoyed the post match "banter". It shows there

is plenty of life left in the older dogs thrashing the Seniors by such a large margin.

The Seniors Club Championship was played on 24th July. Thirty entered the prestigious Stroke Play competition played over 27 holes with the prize for the best lowest gross score being Senior Club Champion and the best net score Trophy going to the player with the lowest net score. Results were:  
 Senior Club Champion with a score of 131 was Brian Brumhead.  
 Second with a score of 134 was Mike Roberts.  
 Third with a score of 135 was Andy Struthers.  
 The best Net Score Trophy went to Keith Nichols with 108 points.  
 Second with a score of 110 points was Brian Brumhead.  
 Third with a score of 114 points was John Eastoe.  
 The Gordan Sallis Trophy played off yellow tees in a

stroke play attracted 68 senior players the results were:

*Div 1.*  
 1st Rob Sharp 73 points  
 2nd John Eastoe 74 points  
 3rd Mike Heard 75 points

*Div 2.*  
 1st Steve Marsh 69 points  
 2nd Steve Nichols 72 points  
 3rd David Hayes 73 points

*Div 3.*  
 1st Peter Richards 75 points  
 2nd Alan Warburton 77 points  
 3rd Alan Watson 79 points  
 The overall winner with an impressive 69 points was Steve Marsh.



## Lady Captain's Charity

Thomas Brothers Funeral Directors, Redditch have donated £16,000.00 to the Vale Golf Club Lady Captain's Charity over the last twenty years. To commemorate their kind support and generosity, on

Tuesday 11th July, Simon Thomas was invited to present the inaugural Thomas Brothers Trophy to the winner. Thirty ladies played the 18 hole Stableford competition which was won by Mary Collier.



Left to right: Simon Thomas, Mary Collier and the Lady Captain Pearl Winchester



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# Pershore Times



## Dragons Roar



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

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

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

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

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