

Pershore Times

A free monthly newspaper for Pershore and surrounding villages



September 2022



Queen Elizabeth II
1926 - 2022

Thank You Ma'am



"I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

Speech on her 21st birthday, April 21, 1947, broadcast on the radio from Cape Town.



"I cannot lead you into battle, I do not give you laws or administer justice but I can do something else, I can give you my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations."



“When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.”



“It is through this lens of history that we should view the conflicts of today, and so give us hope for tomorrow.”

*Born: 21 April 1926, Bruton Street, London
Died: 8 September 2022, Balmoral Castle*



“Over the years, those who have seemed to me to be the most happy, contented and fulfilled have always been the people who have lived the most outgoing and unselfish lives.”



Pershore Times



King Charles iii



God save our King

Pershore Times



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Issue 75

September 2022

FREE



Cruising along the Avon near Defford © Jayne Winter FRPS, www.jaynewinterphotography.co.uk

We have a new Prime Minister Ms. Liz Truss to whom we wish every success. Thank goodness it's all over! The process of electing a new Prime Minister and the fourth leader of the Conservative Party in six years seemed to go on and on for ever. Surely there has to be a better way! Both candidates must be exhausted! We have a war in Europe which is causing loss of life, and massive difficulties throughout the continent, with fuel and food supplies. We also have other world wide post pandemic challenges, yet it took nearly two months to elect a leader! To change leaders so regularly is not good policy. The media and the minority of the Tory party got their way but it leaves one with a feeling of irresponsibility by parliamentarians, headline grabbing newspapers and TV pundits. We have so many experts in Westminster and the media I am amazed we have any problems at all! It is very important that our new Prime Minister gets

the support needed to manage and move us forward to better days. Where there is a will there's a way! We have been through a heat wave. The environment is suffering and our wild life is under threat with rivers drying up and water bans being introduced. Thank goodness we are having some rain. The Commonwealth Games were a brilliant success with over two million people visiting Birmingham. The organisation

was excellent and we enjoyed many incredible achievements. There is no other country in the world that could invite 72 independent countries to events like this. The common-wealth is a unique voluntary association consisting of about 2.5b people, approx. one-third of the world's population. The Plum Festival made a welcome return and was another great success. With so many interesting events it was truly amazing. Many congratulations to all involved. Thank you for the nice comments we have received about our paper. 'Today' our on-line newspaper has dramatically increased its readership by over a 1,500 during the last month, to over 7,500 readers! This is very satisfactory and we are finalising exciting new innovations for next month.



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Windows upgrade helps cut carbon emissions



Pictured: (left to right) Rich James, Nathan Swenson, Phil Cox, Ade Cox and Chris Ricketts from Joedan Commercial Division with (middle) Cllr Tony Rowley, Executive Board for Climate Change, Environmental Policy and Regulatory Services on Wychavon District Council.

The Civic Centre in Pershore has had an energy efficiency upgrade as part of Wychavon's efforts to cut its carbon footprint.

All 410 windows at the Queen Elizabeth Way building have been replaced with the latest triple glazed technology. They use toughened low-emissivity glass with argon filled gas which improves thermal resistance and helps prevent heat loss.

The Building Management System control panel has also been upgraded to make the heating system more efficient. This will allow heating to be controlled remotely, reducing the amount of energy used. As well as saving money on energy bills, the work is expected to reduce the building's annual carbon emissions by about 28 tonnes. The work is part of Wychavon's Intelligently Green Plan which sets out how the council will cut its carbon emissions by 75% by 2030 and a 50% reduction in the district's carbon footprint by the same date.

It cost almost £515,000 and was partly funded by a £417,000 grant from the Public

Sector Energy Efficiency Programme, which provides money to public sector organisations to reduce energy use and invest in renewable technology.

Other businesses are being urged to apply for funding to cut their energy bills and carbon emissions.

The Business Energy Efficiency Programme provides grants of up to £20,000 for projects, including installing LED lighting, heating and insulation systems and heat recovery.

The Low Carbon Opportunities Fund provides grants of up to £100,000 to help small and medium-sized businesses install renewable energy systems.

The Zero Carbon Ready Worcestershire programme offers a range of support including free advice and assessments, training and smart meters.

Applications must be made before 31 October 2022. Information on all these schemes, as well as other available funding, can be found at www.wychavon.gov.uk/business under the funding and support button.

Free energy efficiency improvements on offer

Some of the least energy efficient homes across Wychavon could get a free upgrade as part of a new scheme. Wychavon has been given more than £1.1m from the Government's Sustainable Warmth Fund to spend on improving the energy rating of the district's homes. The work will not only help cut energy bills but also carbon emissions to help tackle climate change. The money will be targeted at households with a combined income of less than £30,000 and whose home has been given an Energy Performance rating of D or below. Work costing up to £25,000 will be fully funded. How much someone receives will depend on the energy rating of their property and whether or not they are on the mains gas network. Properties off the mains gas network can still apply.

The grants will cover energy efficiency measures including:

- Energy efficient replacement of electric storage heaters
- Replacement windows and doors
- Loft insulation
- PV panels
- Air source heat pumps

Residents are being encouraged to check their Energy Performance Certificate, which they can do through Wychavon's energy advice page. If their home is a grade D or below and they meet the other qualifying criteria then they are being urged to register their interest in the scheme. *An online expression of interest form is available at www.wychavon.gov.uk/energy or people can call Act on Energy, who are administering the scheme for Wychavon, on 0800 988 2881*

£2 bus fare cap

People could save more than £3 per single bus ticket to help with cost of living pressures £2 bus fare cap on almost every single journey across England, saving people 30% on the average fare, helping millions with travel costs for work and essential journeys Government providing up to £60 million over three months to subsidise operator costs and incentivise greener travel for commuters. Millions across England will save money through a new £2 cap on single bus journeys from January to March, backed by up to £60 million to ensure affordable transport across the country. The Transport Secretary announced on 3rd September the Government will provide up to £60 million from January to March next year, to help bus operators to cap single adult fares at £2 per journey. The move will help passengers with

travel costs for work, education, shopping and medical treatments over the winter months while they are facing pressures from the rising cost of living. Bus fares vary across different parts of the country and between bus operators, and can even reach almost £6 for a single journey in rural areas. The new cap means passengers in those areas could save more than £60 a month if they took four single trips a week. The average single fare for a three-mile journey is estimated at over £2.80, meaning that the new fare will save passengers almost 30% of the price every time they travel. The funding to keep fares down follows the Government's announcement of £130 million last month to protect vital bus routes and services across the country, which those on lower-incomes in particular rely on.

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Sixth form students excel!

Congratulations to Pershore High's fabulous Sixth Form students who have performed superbly in their exams this summer. They should all be congratulated on their significant achievements and we are delighted that they will be moving on to places at university, in Higher Level Apprenticeships and the workplace. These students have had significant disruption to their education caused by the pandemic and did not have the experience of GCSE exams to help them prepare for the demands of A Levels; despite this, they have achieved

magnificent results and we are very proud of them all. We are pleased to report that 36% of A Level grades were achieved at A*-A, 65% at A*-B and 84% A*-C. Headteacher, Phil Hanson, congratulated all students on the incredible dedication and commitment that has enabled them to achieve such excellent results and wished them every success in the future. He also thanked the Sixth Form team of Jason Howell, Zoe Starkey and Jo Robinson and all other staff for contributing to this outstanding level of student performance.



GCSE students achieve excellent results

Pershore High School students have once again performed well in their GCSE examinations this summer. 76% of grades were awarded at 4+, 60% at 5+ and 22% of grades were achieved at 7+. Overall, 72% of students achieved 5 grades at 4+. The School's Attainment 8 score is 49. Students have worked very hard to attain these excellent grades during a very challenging time. Head teacher Phil Hanson says: "I am so pleased to congratulate our wonderful students on their fabulous GCSE results. They have worked very hard despite the

disruption they faced and this has paid off with excellent results. I would like to pay tribute to all of their teachers who have supported the students so well and helped them to achieve their grades. We wish them every success in their futures here in the Sixth Form, at other local colleges or in Apprenticeships."



Today, our online magazine is available for those on the go. Accessible on your smart phone, tablet, lap-top or PC, it offers a mixture of interesting articles, local information, what's on in your area, news, puzzle pages and so much

more! Updated regularly, it can offer features that complement the Pershore Times and Upton Times, covering news and items that arise on a daily basis. You can also access previous articles from our papers that you may have missed.

If you have something that you wish to publicise and be accessible at the click of a button, contact by email: news@pershoretimes.co.uk. With current readership at 7500+ it is functional, factual and fun in your pocket. If you haven't tried it give it a look!

www.pershoreonline.co.uk or www.uptononline.co.uk

One man's wage increase is another man's price increase.
Harold Wilson

100th Birthday

Millicent (Milly) Goddard (nee Waters)

Milly was born in Lower Moor on Monday 18 September 1922, and attended Fladbury and Pershore Schools. At the outbreak of war in 1939, with a brother in the Army (Ron) and one in the Air Force (Ivan) Milly thought she would make it a full house, and joined the Women's Royal Naval Service – as an 18 year old. She served for four and a half years, two of which she spent at Scapa Flow in the Orkneys, which was Britain's chief naval base. Leave to travel home was granted only every 18 months and Auntie Milly remembers the arduous journey, first by boat to the mainland, and then hours by train back to Pershore. She met her future husband Geoff in the Anchor Inn at Wyre and was escorted home in 1946. Two and a half years later they were married in Fladbury Church on 14 August 1948, and honeymooned in Bournemouth. They celebrated their Golden wedding anniversary in 1998 at the Anchor – the very pub where they had first met. Since marriage, Milly has lived the whole of her life in the same house in Wyre - 74 years where she still lives independently. She is an avid follower and



supporter of Liverpool FC with her favourite player being Mo Salah. She has three sons – Malcolm, Ian and Martin plus four grandchildren and six great grandchildren. The expectation is for the arrival of a celebratory card from Her Majesty the Queen in time for her party for family and friends on the Big Day.

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A few words from... Harriett Baldwin MP



"I'd like to congratulate my colleague, Liz Truss MP, for winning the leadership of the Conservative party. There are some very major challenges to address in the coming days, weeks and months with the fast rising cost of living, a global economic and climate crisis and the continued war in Ukraine. I wish her all the best and hope that she will bring the party and the country together as we work to deliver for the people of the UK and for West Worcestershire."

Community Transport Boost

Harriett has welcomed plans to use technology to boost the County's community bus network. Private bus operators have been withdrawing from services across Worcestershire leaving commuters and shoppers without reliable public transport options. Harriett met with Worcestershire County

Councillor Mike Rouse to hear about plans to roll out a mobile phone application which will allow people to access bus services on demand. The technology will mean that the thriving community transport network will be able to access the market, increasing choice for local people. Worcestershire County Council is trialling the technology in Bromsgrove before rolling it out to the whole county. Harriett said: "I have been complaining about bus service provision for many years but this issue has been exacerbated by the pandemic and seriously declining demand for bus services. People are not popping back onto the bus and I hope that the use of innovative technological solutions will help stimulate more demand. I'm also keen to see more support for the community transport network, which plays an important role helping vulnerable groups of people to get out and about. In recent weeks I have met with two thriving community transport schemes and it is clear to me that they have capacity to grow. I hope that they will be able to exploit this opportunity in the market that is currently being ignored by the large bus operators. It we are to achieve our net zero ambitions, we must look to use our private cars less and opt for cleaner, greener solutions. I was heartened to see Teme Wheels buying an electric vehicle in its fleet and I hope this is the sign of things to come – with large, empty diesel buses becoming a thing of the past."

£19m bid to help level up Evesham

Wychavon has made an ambitious £19 million bid to help kick-start the transformation of Evesham Town Centre. The application to the Levelling Up Fund is part of a wider £95 million overhaul of the Riverside Shopping Centre and the town's main shopping area. Chase Commercial Ltd, acting on behalf of the centre's owner PJK Ltd, has been working closely with Wychavon to develop a master plan for the site. It includes the potential for 213 new residential apartments, a theatre and cinema complex, a hotel, restaurants, cafes, bars and independent retail outlets. The ambition is to open up the heart of the town centre to make the most of views over Abbey Park and the River Avon. The proposal will also

reconnect the main shopping area with Evesham's heritage assets like the Bell Tower, the churches of All Saints and St Laurence's and Abbey grounds and the Almonry Museum. As part of the project, Wychavon has already pledged £3.9 million to refurbish Evesham Public Hall to create a new events venue and home for Evesham Arts Association. The application is part of Wychavon's efforts to bring to life the vision set out in its Evesham Town Centre Investment Prospectus. Wychavon will hear sometime in the autumn if the application has been successful. Visit: www.wychavon.gov.uk/town-centres for more information on Wychavon's vision for the future of the district's town centres.



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Willow Bank care home rated 'Good'



Willow Bank care home in Pershore has been rated Good in all five areas in their latest CQC inspection. The Care Quality Commission made an unannounced visit on the 6th and 7th June to Willow Bank Residential Home which looked at all five areas of inspection: Safe, Effective, Caring, Responsive and Well Led. The inspectors were accompanied by a mental health specialist advisor and an Expert by Experience for older people who live with dementia. The report highlighted the improvements made at the 63-bed care home, particularly the kindness of the staff: 'People told us staff were kind and treated them well. Relatives felt the staff cared for their family member in a caring and supportive way. Staff treated people as individuals and respected the choices they made. Staff treated people with care and respect and maintained their dignity.' A resident stated "I feel safe here," and another said, "Staff are lovely, generous in what they do." Inspectors also reported that they "saw staff were kind and caring towards people. Where people had become upset or distressed, staff provided reassurance and hugs,

which we saw people felt comforted by. We also saw that staff knew people's individual preferences, and when people wanted their own space, staff respected this." Relatives of residents seemed particularly pleased with care home staff with the report mentioning, "Relatives told us their family member was treated well and cared for by staff. One relative said, "Lovely staff, friendly and helpful." Manager Carole Hall said, "I am so proud of the whole team for working so hard these past few years, particularly through the difficulties of Covid-19. It is fantastic that the high standards we aim towards have been recognised officially by the regulator. We are excited to continue to improve and work with families to make Willow Bank an even better home for our residents". Willow Bank Residential Home is part of the Buckland Care group and provides residential and dementia care to individuals on a permanent or respite basis.

For more information please visit www.bucklandcare.co.uk or email: willowbank@bucklandcare.co.uk

Choir sings for Plum Festival



Pershore Town Choir was in fine voice last Saturday (13th) singing the first of their gigs for the Plum Festival. The free event was held in Chapman Court (by ASDA) and was appreciated by local people, including the many shoppers passing through the court. Among the pieces they sang were Elton John's "Can you feel the love tonight" from the Lion King and the Beatles "All you need is Love". The concert raised £95 for Prostate Cancer UK. This was the first of two free concerts being held as part of Pershore's Plum Festival. The second was in Pershore Abbey on 29th August. When the choir sang a mixed repertoire of classical and modern songs. Pershore Town Choir was formed in 2008, but had to disband for 18 months during the pandemic and was unable to get together to rehearse until 12 months ago. Now back in full voice and based in Pershore Abbey, they are looking forward to contributing

again to the musical scene in Pershore and villages around. Musical Director David Barclay said "It's just great that the choir can sing again - it has been a part of Pershore for 14 years Recovering from the pandemic has been a long haul but we're happy to be performing again for the town. The two gigs – in the open at Chapman Court and in the Abbey – offer totally different challenges but great opportunities for the choir to show what it can do".

The choir rehearses in Pershore Abbey on Wednesday evenings and welcomes new members – for more information call 07933 172364 or just turn up for a rehearsal.





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Rotary News

George's fundraising



George outside Asda

We have welcomed Rotarians Erica Norton, Derek Emmins and Jonathan Sington to the club. Each brings with them many years of community support experience.

July and August have been busy preparing for the year ahead with projects we support. Colin Shepherd and Rob Stone updated us on the 2022 Pershore Carnival and Jane Knox explained how the 'Pershore Relief in Sickness'

Charity 'Question Time'

Pershore Rotary will be staging its own version of the popular BBC TV programme at 7.30pm on Friday 7th October 2022 at the West Mercia Police HQ at Hindlip Hall. This will be a charity event in support of the Alzheimer's Society and research into the causes of dementia.

The panellists for the evening have been chosen to cover a wide range of subjects put to them by the audience and will be; Paul McMaster - former President of Médecins Sans Frontières Lt General (Rtd) Robin Brims CB CBE DSO DL - retired distinguished senior British Army Officer

charity provides specialist equipment and support for the sick through local medical teams.

Pride of place this month goes to 10-year-old George, who can't stop raising money for the Ukrainian refugees. We met George in March at the peak of the refugee crisis when he raised £691 from donations. With George's fundraising, a street collection and online giving, the Club donated £6,200 to the ShelterBox project and Disasters Emergency Committee to help the refugees.

George was back outside Asda again this month, bringing his total raised to £790. Recognizing his dedication to helping Ukrainian refugees, we were delighted to present George with Pershore Rotary's Community Service award on Sunday, 7th August, with a very proud mum and dad looking on.

For more information, follow Pershore Rotary on Facebook or see what we do on www.pershorerotary.club and it may inspire you to help us at times on our local community projects.

Dr Helen Whitwell - member of Pershore Rotary and the inspiration for the TV series 'Silent Witness'

Tim Curtis - former England cricketer and Director of Sport at RGS and Jerry Reakes-Williams - street pastor in Worcester.

*Tickets cost £15.00 and can be obtained from Rotarian Jonathan Sington
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Since opening back in May, Warner's Supermarkets in Upton-upon-Severn has stocked over 700 locally produced food and drink items, from over 70 producers from Worcestershire and the surrounding areas. Have you discovered your favourite yet?

You can't get much more locally produced than Pegoty Hedge's freshly made organic ready meals – made quite literally across the river from the store, or delicious steamed puddings from The Pudding Shop – exactly 0.3 miles door to door! We've noticed the people of Upton seem to have a sweet tooth – sales of Choccotastic's chocolate lollies and loaded bars have been brilliant! Heather and her team are based just over the hills in Ledbury, and we can't wait to see what products they have available for the festive season! We'd love to introduce you to some of the producers themselves, so we're holding a 'Meet the Producer' day on Saturday 24th September 10am – 4pm at the store. Come along, have a taste of some fantastic locally made food and drink including beers from Hobson's Brewery in Clebury Mortimer,

cider from Oldfield's in Tenbury Wells, cakes from Fatherson Bakery in Alcester and puddings from The Pudding Shop in Upton, amongst several others, and meet the producers themselves. We're also giving you 10% off all local food and drink for the day!

Not only that, but we'll also be giving you an opportunity to taste some of the range from COOK – remarkable food for your freezer. If you haven't tried COOK yet, make sure you visit us on **Saturday 24th September** for the opportunity to taste some of their delicious meals, including curry, coq au vin and vegetable & chickpea tagine, as well as getting 10% off all COOK purchases for the day. We are also giving all customers who make a purchase on

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Glassier Windows 40 years! *Howard Nicholls, Chairman*

In 1981 I was working as an English teacher at a comprehensive School in Thornbury, Glos. I thoroughly enjoyed the teaching aspect. Every week I gave each of my five classes a written assignment that would take up to three hours per class to mark in the evenings. I coached rugby and cricket two evenings a week and two lunchtimes with two games against other schools often on Wednesday and Saturday mornings for no extra pay. It was just something the teachers wanted and were expected) to do. I also played rugby for Clifton RFC and cricket for Westbury-on-Trym in Bristol, whilst playing football for a Sunday League team. Life was hectic and the more effort I seemed to put in, the more fun I took out!! Just before Easter the Headmaster called me to his study and offered me a terrific promotion. I would be a Head of Year. I had been form tutor to what was then a first form (11-12 year olds) and had taken them into their second year. I also did their sports coaching, so naturally he wanted me to be Head of the third years and taking them to their finish in school in Year 5. I listened to what he had to say and said I

would make my mind up over the Easter Break. I was genuinely excited and walked back into the staffroom, only to bump into Phil who was actually doing that job I was offered for another Year. Phil was a really genial bloke who was around 30, prematurely grey and always telling kids off. It came to me that he was a school gaoler!! I went back home to Cornwall and pondered over the break. When I returned I resigned saying I would leave at the end of the school year!!! Having tried to get into different jobs, I answered a get rich quick advert from a double glazing firm called Alaskan and so I got into windows and would work until I found a proper job. Unbeknown to me, the dreadful company was run by a load of dodgy people who had lots of enthusiasm for making money. They were from the original 'sell it 80's culture', but I got swept along by them, especially as I was personally making a lot of money. I was working from my parent's home, and then moved to Plymouth where a store was getting us lots of enquiries. One day I had a phone call from an ex-representative of Alaskan who had a sale but

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couldn't take it, so he offered me half the commission, which was around £750 each, if I would put the business in my name. The job was a hotel in Stow on the Wold. We met there and he suggested we set up a company in Worcester as his father, Brian Boraston, had invented a new window product. They needed cash to start. I had, at that time, been

asked to try out for Gloucester RFC so thought this would be a great opportunity to play rugby and start a business. WRONG!! I invested £10K and the bank offered a matching overdraft. We had rented a factory in the old St. George's Laundry and began. Within four weeks we were so far overdrawn that I knew I would never play serious rugby again!!

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September Events at community run The Queen Elizabeth Inn

Here's a small taste of what is going on in September !!
Who knew that a rural community pub could be so exciting !!

BEER & CIDER FESTIVAL

Friday 2nd to Sunday 4th September
A great selection of beers and ciders !!

FISH & CHIP QUIZ NIGHT

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£10 per head entry fee including Fish & Chips. Max 6 per team

FRENCH FOOD NIGHT

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English Country Dancing

English Country Dancing does not have a very high profile although this Club has been running for over fifty years and others in the area for over seventy. Most people think of the country dancing they did at school which was vigorous but our style is more varied with different speeds, tempos, formation shapes and a lovely range of music.

I asked our members why they came along in the first place and why they decided to continue. Here are a few of their comments:

“The first session was free so I thought ‘Why not?’. “Glad I did as it’s the highlight of my week now.”

“When we retired, my wife and I wanted an activity we could pursue together. This combines gentle exercise with a bit of brainwork and fits the bill perfectly.”

“I have a regular monthly commitment on Tuesday afternoons so this fits in with my programme as I don’t need to attend every week because the dances are walked through every time and cued

throughout.”

“The dancers are so friendly. I don’t have a partner but I am asked to dance every single dance and, even if I go to a neighbouring club, I rarely have to sit out.”

“I couldn’t persuade my husband to come with me so I went on my own. Loved every minute. Still working on my husband- he doesn’t know what he’s missing.”

“A lot of the dances are ‘progressive’, which means that the same sequence of moves is called several times and each time it is repeated you move on to dance with another couple. This leads to a really good social atmosphere which I look forward to every week.”

“I have been a member of this Club for over ten years now and I like the fact that when I go on holiday I can attend a local club and be sure of a warm welcome. Several of us often attend weekend dance breaks. Shortly we will be going to Paignton and have several other weekends booked.”



At the beginning of May this year, there was a four-day event in Evesham for English and International folk dancers which was attended by hundreds of dancers and musicians. This is set to become an annual event. There are also various folk festivals all over the country. Stoulton Club has its own ‘Day of Dance’ in October.

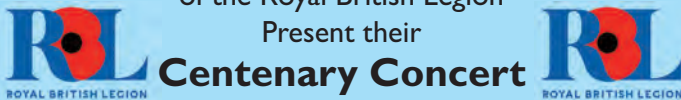
As you can see, there is quite a lot going on in the folk dance world. Once you have gained experience at club level you can dance anywhere else in the country.

So, if you feel like trying a new hobby this Autumn, our new term starts on 13th September. We meet every Tuesday afternoon 2-4 p.m. at: Stoulton Village Hall Church Street Stoulton WR7 4RE Newcomers can attend their first session free-of-charge (£3 per week thereafter).

If you need further information, please ring Sue Jeavons on 01386 750695 or just come along and see for yourself.

Pershore & District Branch

of the Royal British Legion
Present their



Centenary Concert

1922 - 2022

on 1st October 2022

£16 per ticket from the box office

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‘Perfect Vintage’

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The Band and Perfect Vintage to lead the singing
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A changing local property market *Nigel Poole*

Not simply post-covid but a more recent trend, is the number of out of area buyers compared to local. By local I'm taking a ten mile radius of Pershore.

I am now seeing over 80% from other areas of the country without any set pattern, yes a few are from the Birmingham suburbs, children having left home they are retired and seeking the country life, but the others are completely random. Their target range is generally higher £400 to £600,000 being the most popular from recent registrations. The local demand in recent times shows either circa £250,000 or £500,000 plus being the most sought after, bungalows in particular close to the town centre, property to "do up" is forever needed

and increasingly hard to find and quite often seem to make more than typical end value when taking renovation costs into consideration.

The number of properties coming to the market is holding firm and sales are good. Internet numbers of properties available within ten miles is steadily rising but still only half pre-covid, demonstrating the turnover is still at a high level. September quite often sees a spike in demand when schools reopen and more time is available to view and consider options for a pre-Christmas move, school availability also playing a major role in the decision process.

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Royal British Legion centenary concert



The Pershore Branch of the Royal British Legion was founded on the 6th October 1922 following World War 1 to support and help Military Personnel and their families. (The War memorial in Pershore Abbey was unveiled on the 5th November 1921). Later the Branches in the surrounding villages became too small to function independently and so they joined the Pershore Branch. To commemorate the 100 years of the Branch, there will be a Centenary Concert at the No. 8 Theatre on the High Street in Pershore on Saturday the 1st October 2022 commencing at 19.30, featuring the band of the

West Midlands Fire Service and "Perfect Vintage", highly regarded vintage vocalists who have performed all over the UK delighting audiences with their fun performances and witty banter. A great night out with a varied programme of concert and marching band numbers, songs from the 1930's and 1940's and beyond, plus a large dose of fun. We will also be holding a Centenary Remembrance service at Evensong in the Abbey on Sunday 2nd October at 17.00 Further to our article "Seeking new Members" published in the July edition of the Pershore Times, we will be available to

discuss opportunities for any members (lapsed or potential new members) on the evening of the concert. There is no need for members to have served in any of the Armed Forces. Our objectives remain to:-

- Support ex-military personnel and their dependants.
- Support their need in relation to Mental and Emotional problems.
- Help relieve suffering and hardship and to promote Remembrance.

Our future activities planned for 2022 include:

- Poppy Appeal (Oct to Nov) Volunteers needed
- Service at the Cross, Pershore cemetery on the

11th November commencing at 10.30

- Remembrance Parade along the High Street concluding at Pershore Abbey with a service, commencing at 10.45 on Sunday 13th November.

If anyone would like more information on any of these activities or would like to join the branch please contact Gerald Gregory, Membership Secretary - Email: geraldgregory@icloud.com Mobile - 07802 897088



Requiem Choral concert

Choral singers from around Worcestershire, Gloucestershire and the Midlands will unite for a special performance in Pershore Abbey on October 15th, as they sing a deeply moving Requiem by acclaimed composer Matthew Coleridge. Up to one hundred singers are expected to sing in the concert, which will also feature cello soloist Maxim Calver - a former BBC Young Musician finalist - and a string ensemble from professional orchestra St Woolos Sinfonia. The Requiem concert is part of a series of performances around the country, with singers spending the day rehearsing under the composer's direction, before giving an evening performance. "It's a really unique way of getting my music 'out there' and connecting with choirs" said the composer. "It's quite thrilling to watch the singers grow in confidence throughout the day, and you can sense the excitement as momentum builds towards the

evening performance. It's quite an emotional journey, so there's often a tear or two shed amongst the choir!" It'll be the twentieth UK performance of the Requiem, which was hailed by the late Sir Neville Marriner as 'a valuable addition to 21st century choral music'. The piece is bursting with beautiful, memorable melodies and dramatic climaxes, interwoven with tender cello solos. Concert tickets (£10) are available from ticketsource.co.uk/matthewcoleridge and singers wishing to take part can book a place at matthewcoleridge.com/pershore

About the Composer
Matthew Coleridge is a self-taught, self-published choral composer living in Dorset. His 'Requiem in a Day' choral workshops have inspired singers around the UK, with performances in some of the country's finest cathedrals and abbeys. The Choir of Royal Holloway will release a new recording of his choral works on Convivium Records in early 2023.

u3a Open Morning



Pershore and District u3a are holding an open morning Saturday 24th September, 10am - 12:00 noon. Our 60's pop group (Bandage) will be playing popular songs in Chapman Court and some of our members will be there to chat to interested people. In the Town Hall, there will be an exhibition of artwork, crafts and photographs showcasing the activities of the u3a. These include monthly meetings in Number 8, where members have the opportunity to hear speakers on a fascinating variety of subjects.

Visitors will be able to explore the activities of over 70 different interest groups, that meet regularly, where members can pursue new hobbies or revisit past interests. Joining the local u3a is an excellent way for retired people and those who are no longer in full time work to meet new friends and keep active and busy.

For more information visit www.u3asites.org.uk/pershore email: u3apershore@gmail.com

Women's Hour!

Dedicated follower of fashion

Susan Catford



During our recent heatwave, feeling as limp as a wet lettuce leaf and with the energy of a sloth, I decided that the only thing I could do was to catch up on some magazine reading. With a stack of back dated copies, provided very kindly as gift subscriptions, I retreated to the relative cool of the house with an electric fan to keep me alive. The first issue to hand was dated June, so that meant it was probably written back in February or March. What to wear in the summer months caught my eye. Was I dressing 'on trend'? It was difficult to know as there was so much to choose from – long, short, maxi, midi, midaxi (?) – and that was just the length! It seemed that, perhaps surprisingly, maxi dresses are the cool thing to wear in hot weather, both fashion and

temperature wise. As long as they are floaty and allow the air to circulate around the body and legs, they are just right. On our recent trip to Paris during their heatwave in May, my husband was captivated by the pretty ladies in their long dresses. This may well have been because many were also slit to the thigh! Ladies of all shapes, sizes and ages were attired in this way and demonstrated their French chic. Not to be left out, I managed to find a C&A store (yes, they do still exist!) and purchased a similar garment, floaty but no side split (inexpensive for Paris). Now the interesting thing as I am sure many of you already know, is that these dresses are to be worn with trainers to be really fashionable. It is strange how footwear can also change as a couple of years ago, they were being modelled with boots. How wearing something cooling then constraining your feet in lace-ups somewhat baffles me! Bring back strappy sandals or pretty shoes I say. However, in order to survive all the walking involved in our trip to Paris, I was obliged to follow suit and donned my trainers. The result of this was my feet

were not footsore but I did return with somewhat alarming fat feet and ankles. Beware! Most fashions I have already tried and tested over the years; some worked, some less so! What was okay as a teenager is most definitely a no-no these days. My pink suede hot pants were very 'on trend' way back but not at all practical when it came to cleaning them. Dungarees and jumpsuits are back in fashion but they too have a less convenient aspect when it comes to visiting the loo. Best to allow plenty of time to wriggle in and out of these garments, particularly if they have a back zip then you need to be a contortionist or have a helpful friend to hand. Back in the days when we attended some swish social events, we went to a summer ball. Dressed in my beautiful, taffeta, full-skirted ball gown I felt very elegant. Unfortunately, it was a very wet evening (we were in a marquee) and the only loos were Portaloos, involving a dash across wet grass. Once inside the cubicle, it was an impossible situation to deal with acres of material in a very confined space. I eventually emerged very ruffled and rather damp round the edges. The memory has remained with me! Back to the magazine! Sadly, it didn't advise what to wear in an untypical English heatwave. On holiday it is fine to wear little and keep cool in the water but on the high street a degree of modesty is to be recommended. Still there is so much choice and it is lovely to see those long, floaty dresses have been adopted here, as well as the trainers! I will continue to catch



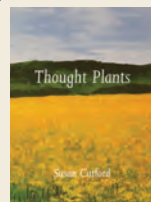
up on my reading as long the heat remains but whether I will make it to the August issue remains to be seen. Our fickle weather can change at any time and as a Bank Holiday is looming, we will probably be reaching for umbrellas and wellies soon. Meanwhile the fan is doing its job, a chilled drink is to hand and those trainers come in handy for dog walking, particularly when wearing my floaty dresses.

Keep fit – for Nicole who keeps us on our toes

It's Monday morning, time to go
Along to my keep fit.
With leggings, top and trainers,
I'm wearing all the kit.
A towel to mop my fevered brow,
And water to hydrate,
I grab a hasty breakfast
And try not to be late.
Our teacher's ready waiting.
We need to warm our parts,
To loosen up our bodies
And exercise our hearts.
We start with gentle jogging,
The music's rather slow.
Some stretches now are needed
Before we're good to go.
And now the tempo's rising,
While moving arms and feet.
We're trying to keep time to

The rhythm and the beat.
We're feeling rather warm now
And need to have a drink
Before we tackle weights next,
My favourite, I don't think!!
We've done our bit to follow,
The teacher's done her best
And looking at that mat now
We hope that we can rest.
But, no, there is some more to
come.
We need to tighten bums
With planks and more leg raisers
Then crunchies for the tums.
At last we've finally finished,
Our bodies feeling rough.
They call this session Eazy Fit,
We think it's rather tough!

by 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.

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Garden Watch



Last month I reported that the garden was looking uninspiring; this month it is even worse! Lack of rain and a prolonged spell of very hot weather has left its mark. The grass is so brown and dry that it hasn't needed a cut. The only thing growing there are some very tall, yellow-flowered weeds, some kind of Hawkweed I think. It seems to need a shave rather than a haircut! The trees are shedding their leaves even more and the poor magnolia has really suffered. Its leaves are completely brown and dried so it looks as if it has died. Until there is a hosepipe ban in our area, there has been some serious watering in a rescue attempt to try and revive those wilting most. There is little in bloom now apart from the patio pots which, again, are only clinging on through their daily watering. However, the geraniums and fuschias are still doing quite well and adding their own brightness. One plant seems to be growing in spite of the heat and dry weather. I didn't know what this silvery-leaved plant was called until I discovered a label hidden in the undergrowth. Apparently it is Senecio, also known as 'Angel Wings' which seems to be an appropriate description of its pretty, full leaves. The one by the front door is growing so tall that I joked I would be adding Christmas lights to it if it continues this way! Out of sight at the bottom of the garden we have a small greenhouse containing only tomato plants this year. These seem to be doing okay but are

not prolific; sweet and juicy though. The pears are ripening but we will need some high ladders to get at the ones at the top of the tree. Sophie loves a pear and frequently presents us with a nice, brown rotting one! The birds are still feeding well (in fact I need to replenish the feeders)- mostly tits but we did have some greenfinches recently. Every so often we have an influx of crows in the trees. One afternoon they all lined up along the ridge tiles but flew off before I could catch them on camera. I have mentioned before the sounds around us – sheep, hens, ducks, cockerels, dogs and (more recently) goats. Sadly we understand a fox got in with the ducks and hens and they are no more. It is strange without our cock crowing in the morning. The hedgehog made a reckless appearance two nights ago. Sophie located him but we managed to get her away and he hasn't been back since. We have had a little rain this week but not nearly enough for the garden and the forecast is mainly to continue dry. It will be interesting to see what will happen to the trees. Will they lose their leaves before they have a chance to change colour? It could be a dull Autumn.

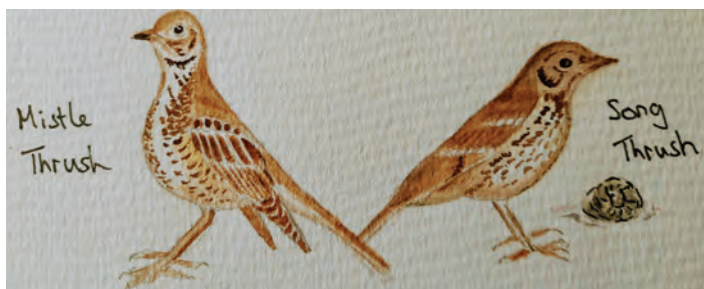
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Country file - Thrushes



Many of us know of the song thrush and the mistle thrush but may not be aware that blackbirds, fieldfares and redwings belong to the same family. The largest of these are the blackbird and the mistle thrush. The male blackbird is easily recognised and has the most beautiful song. It is often seen and heard on roof tops and T.V. aerials as well as high in the trees. It is often particularly vocal in the evenings. The female blackbird is actually dark brown so may be less easy to distinguish from other birds. The song thrush also has a lovely song. It can be confused with the mistle thrush in appearance. Both have spotted breasts but the mistle thrush has white fringes to its wing feathers and part of the underwings. The song thrush is smaller, short-tailed and is more evenly brown on upperparts. Both birds are common; the mistle thrush slightly less so. Their habitat is woods, hedgerows, parks, trees and bushes. The

song thrush can be heard 'smashing' snails open, particularly during very dry weather. Fieldfares are large, long-tailed thrushes. The head and back are grey, divided by a brown saddle. The breast is ochre coloured with speckles. They can often be seen in flocks in open fields, orchards and parks. They are quite common around these parts and can be very noisy in flocks! The redwing is the smallest of the thrushes and is a common visitor from Iceland and Scandinavia. It is highly gregarious so is often found feeding in flocks though it is easily disturbed. It can be distinguished by its white eyebrow and reddish flanks and underwings when in flight. The thrush family may be difficult to identify one from the other but the speckled breast is what most of us recognise and we all enjoy their delightful song!



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Cooking for fun! *Ailsa Craddock*

In the UK we call them courgettes, in other countries, zucchini, and when they get *big*, they are called marrow. Wherever they are, once they start producing, they go on and on till you are wading through a glut. The trouble is, you cannot grow just one courgette. Minutes after you plant a single seed, hundreds of courgettes will barge out of the ground and sprawl around the garden, menacing the other vegetables. So the trick is to pick and eat them quickly - although this now gives you the problem of what to do with them. All of these recipes are freezerable - or pass-on-able - or barter-able (you know how your blackcurrants failed - find someone whose didn't and do some trading!)

Courgette Frittatas

(this recipe makes 8 but they keep in the fridge for a day or so you can have two lunches - or invite a friend over for lunch in the garden and serve with a nice salad and cold white wine)

*1 large or 2 small courgettes
4 spring onions, 2 tsp rapeseed oil, 1 crushed garlic clove
3 large eggs, good pinch dill fronds, 4 tbsp Greek yogurt*

Heat oven to 220C/200C fan/gas 7, then put an empty muffin tin inside. Coarsely grate 1 large or 2 small courgettes and slice 4 spring onions. Heat 2 tsp rapeseed oil in a frying pan and fry the spring onions for about 3 mins. Stir in 1 crushed garlic clove and the grated courgette and cook for another 1 min, then set aside to cool. Beat 3 large eggs, a good pinch of dill fronds and 4 tbsp Greek yogurt together in a jug, then season. Stir in the courgette mixture. Take the muffin tin out of the oven and drop in eight muffin cases, divide the egg mixture between the cases and bake for 15-18 mins until set and golden. Serve hot or cold.



Courgette Salad

*4 medium green courgettes
150 g goats' cheese,
120g sundried tomatoes, sliced
200 g peas, (If frozen defrosted)
sea salt and cracked black pepper*

Pumpkin seed dressing

*6 tbsp. sherry vinegar
4 tsp. honey, 250 ml olive oil
2 tbsp. freshly grated ginger
5 tbsp. pumpkin seeds, lightly
toasted, 3 tbsp. poppy seeds
10 Mint leaves, finely chopped
Handful of flat leaf parsley
finely chopped
1/2 tsp. salt*

For the dressing: Add all the ingredients into a sealable container and shake up well. This will make more than needed, but you can use to dress any salads, and it will keep in the fridge for up to 1 week. Wash the courgettes under cold

running water and pat dry. Using a knife, top and tail the courgettes, then using a potato peeler, run long slices off the courgette turning each time you reach the seedy centre. In a large bowl combine the courgette ribbons, peas and sundried tomatoes and then crumble in your goats' cheese with some of your dressing. Season with salt and cracked black pepper. Toss everything together, serve in a large bowl or on individual plates depending on your requirements. Courgettes, like carrots, make very good cakes so don't forget they can have a sweet side!



Courgette Loaf Cake

*2 large eggs, 125ml vegetable oil, 85g soft brown sugar
350g courgette, coarsely grated
1 tsp vanilla extract, 300g plain flour, 2 tsp cinnamon,
1/4 tsp nutmeg, 1/2 tsp bicarbonate of sod, 1/2 tsp baking powder
85g walnuts, roughly chopped
140g sultana*

Heat oven to 180C/160C fan/gas 4. Butter and line a 2lb loaf tin with baking parchment. In a large bowl, whisk the eggs, oil and sugar, then add the courgettes and vanilla. In another bowl, combine the remaining ingredients with a pinch of salt. Stir the dry ingredients into the wet mixture, then pour into the tin. Bake for 1hr, or until a skewer inserted into the centre comes out clean. Leave to cool, then serve, or freeze for up to 1 month. You can top it with a cream cheese frosting just like a carrot cake, too, or plain with with a slathering of butter!



Jazz News *Peter Farrall*



At last, the much anticipated, long awaited "Jazz on a Summer's Day" took place on 13th August at Number 8 Arts Centre. Twenty-one of Britain's topflight musicians assembled in a variety of combinations to provide an afternoon and evening of jazz, echoing the sounds of the 1920s, 30s and 40s, to a near full house of discerning and appreciative audience. The theatre was buzzing with delight as favourite tunes, as well as some

not so familiar, filled the auditorium with an obvious two-way empathy between performers and audience. On probably the most intense day of the current heatwave, there was no point in going outside to find some cool air and as the heat gradually permeated through the building, many found that the simple, tri-fold programmes issued made ideal fans which were wafted in time with the music. The final performance by the Keith

Nichols Memorial orchestra was, as expected, an emotional experience with many tributes to the late maestro and we were so pleased that Eve, Keith's widow, was able to be there. Thanks to the musicians who gave of their best, no doubt evoking personal memories of times performing under Keith's baton. Keith's musical and personal legacy will be influencing the jazz world for many years to come. Thanks to Alan, Zoe and the staff at Number 8 and the volunteer stewards who helped make it such a memorable occasion and to the Deli who supplied a hearty buffet to keep the musicians going during a hectic day's performing. So, we take a deep breath and swing into our autumn and winter club programme, beginning in September with Pershore favourites Jeff and Anne Barnhart over from the

USA on a very welcome first visit since the pandemic. Jeff and Anne are well known for their "Ivory and Gold" double act (a reference to piano and flute) and this time are teaming up with local musician Spats Langham who recently starred in Jazz on a Summer's Day, on guitar, banjo and our own Graham Smith, drums, to form the Sweet and Hot Quartet. An evening of jazz, blues, ragtime plus whatever else and, with Jeff and Spats on stage, much hilarity.

*The Sweet and Hot Quartet
Wednesday, 28th September
in the Function Room,
Pershore Football Club
Doors open at 7pm, music at 8
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raffle ticket. Book in advance
and pay on arrival
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606964 find us on Facebook*

Creating a garden from scratch at a new-build home

Nikki Hollier - Border In A Box



With all the new-build homes that have gone up in and around Pershore, ‘tackling the garden’ may be one of those jobs you keep putting off. I was in the same boat a few years back after I had moved into a new home and experienced the following problems, all of which probably sound familiar to you...

- I had no clue about gardening but wanted a pretty space
- I had no time or desire to research plants and gardening ideas on the internet or books
- I found garden centres were overwhelming, with too many plants to choose from and no one around to give advice or help
- I had no idea what plants would be suitable for my garden or soil

- I had no knowledge about what plants go well together let alone to create the ‘wow’ factor
- I had no clue as to how to take care of or maintain the plants once they’re in the garden

- I had a tight budget
And then there’s the soil to contend with. It was rock hard - I found out that the top layer of soil was scraped off and sold on, then all the machinery compacted the ground during the build of the houses. What gets left is grim. How can any plant survive let alone thrive in such a soil?

But don’t despair, there’s a lot you can do regardless of your budget and here are some ideas to get you started.

How to improve soil in a new build garden

I would recommend before planting anything, that the compacted and poor soil is conditioned first. Remove any rubble and add in some organic material. This can be purchased from the garden centre in bags, or you can buy tonne bags if you have a large area. Dig this



into the soil – it will be hard work, but worth it. Alternatively, if you don’t want to dig the garden over, use raised beds.

Which plants to choose for your garden

Ideally, start with some structure - an evergreen shrub such as Choisya is great. There are different varieties to choose from, so pick one suitable for your size of garden: the Choisya x dewitteana white dazzler will grow to around 1.5m tall and wide compared to Choisya ternata sundance which grows to 2.5m tall and wide. Then choose some perennials – this is a plant that will die back in the winter and re-grow in the spring. A Persicaria ticks all the boxes as it will provide ground cover too. Persicaria bistorta ‘Superba’ grows to around 60cm tall and has thin stems with pink flowers. It’s fast



Nikki Hollier

nikki@borderinabox.com
@borderinabox

www.borderinabox.com

*Royal Horticultural Society
Silver Medal Winner &
Peoples Choice Award Winner*

growing and flowers from June to October. It prefers damp soil, so if you have a boggy patch, try this plant and I’m sure it will love it. With new-build properties you are often overlooked by the neighbours, so a climbing plant to scramble over a pergola or fence is needed. The Clematis ‘Freda’ is gorgeous when it’s in bloom – pretty pink flowers from May-June. The downside is that its deciduous, meaning it loses its leaves in the autumn, so you may want to plant an evergreen variety alongside it.

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 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.

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 important this year after the drought. 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. 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. 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.

Wellbeing Hub

Our acts of kindness



“Community is another way of saying connection. And connection is life itself. The practices of kindness inspire and deepen our connection to ourselves and to one another.”

Sharon Salzberg – author of *The Force of Kindness*

How many times have you read, seen or heard of kindness being offered by complete strangers to people in need? Maybe you have been that stranger?

We are all vulnerable in some way or other, so it's important we help each other if we can, in whatever way we can. In Pershore and the surrounding area we are fortunate that people help each other. Our community spirit is evident through many of our organisations and the kindness of our people.

Acts of kindness come in many forms:

- Helping a person with their shopping
- Giving up our seat on a bus/train
- Offering transport to a neighbour

- Giving emotional support - a physical presence can be reassuring
- Providing a home to refugees
- Giving time to chat and show interest
- Donating food to food banks
- Taking unwanted items to charity shops
- Raising money for charity through sponsored events/table top sales
- Picking up a piece of litter
- Helping to reassure and alleviate the anxiety of someone who has fallen
- Volunteering in the community
- Offering clothing to homeless shelters
- Financial - giving money to worthy causes

And countless ways more.

What are our acts of kindness?

“What wisdom can you find that is greater than kindness?”

Jean-Jacques Rousseau

'Freedom'

Angela Johns

I took myself off to the Somerset Levels with a tent and my bike. I enjoy my own company and the few times I have managed to get away by myself has always been a wonderful fulfilling experience. I had to take the 'big' tent which I successfully put up single-handedly. The campsite owner chuckled when I said I might need some help with the taller poles and promised he wouldn't watch me. I think he promptly forgot about me as I had to seek him out to proudly tell him, “Don't worry, I did it!”. The freedom of travelling alone is important to me. Maybe it is because of the roles I fulfil in daily life but the joy of pleasing myself, no compromises, rates right up there near the top. It's a gift to myself and a form of self-love. I realise that I am blessed to have the freedom to do it. It enriches my life with experiences and challenges and when I've been stuck, the Universe has always put someone in my path to help me. This same self-care extends to giving myself the freedom to explore my feelings and emotions in safety. Although, I may need someone to realise that freedom by holding my hand, metaphorically or otherwise, as I do it. There is relief in freedom of expression as my heart sings to its tune of poignancy or bliss. Freedom has different values to



different people. One person's joy to have freedom from responsibility is in opposition to another's joy in having the freedom to choose responsibility. Freedom doesn't just happen though. It is built – by laws, customs and culture, by loved ones and by our own choices. As a woman travelling alone I have to curb mine. I have to make considerations and have extra awareness that a man travelling alone does not. I can't always go anywhere at any time, even in a “free” country. Freedom is to be valued and protected – in our families, our communities, in the political arena. *Currently training as an Emotional Therapeutic Counsellor with the AETC, Angela is a qualified Reflexologist, Aromareflex Practitioner and Reiki Teacher/Practitioner. She is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing. You can find her at angelajohns.co.uk*

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Complex? No, it all makes sense

Karen Harris

How can something so complex be so simple? The human body is such a masterpiece of engineering; when you consider all its different 'systems' - neurological, cardiovascular, respiratory, digestive, etc - overlaid with the musculoskeletal system, and the brain controlling all this! It is truly amazing. It takes abuse daily, too little exercise, too much exercise, injury, too much food, too little food, the 'wrong' food, stress, too much alcohol. We don't think about these things, we just do it and expect it to carry on regardless. However, when you truly understand that it is purely this connectivity that makes things so simple, and why the disjointed way of only dealing with symptoms in the affected area, just doesn't make sense. When it comes to muscles - which are of course, connected to your skeleton via tendons - they are reliant on what you actually do with them. Very simply, stop using them and they stop working. Let them adapt to environmental factors and they will deviate your skeleton to reflect the impact. If for instance a sport, or working situation causes imbalances in the body - one side could lock long, and the other side will lock short, half of your core strength and balance is compromised. This situation limits function and demands compensation. So why do muscles become 'locked'? Your muscles exist within a framework of fascia. Fascia, is yet another system that is its own system, but fully integrated into the others, and understanding it is key to restoring optimal function. I asked local Soft Tissue Therapist Sally Allen (www.bredonhillbodywork.co.uk) to step in with her expertise in this area

and explain more. "Whereas traditional anatomy breaks the body down into around 600 individual muscles, it's actually more accurate to think of one big muscle separated into lots of different compartments by a continuous three-dimensional web of connective tissue known as fascia. Fascia surrounds and connects all of the body's structures (bones, muscles, organs, nerves etc), providing support and stability as well as flexibility, and is also our richest sensory organ. A good analogy is an orange, with the outer layer of peel (skin) holding everything together, and the pith (fascia) surrounding and dividing the various segments, as well as the individual cells within those segments. Healthy fascia is adaptable and helps to distribute forces throughout the body. However, like muscles, fascia is subject to all sorts of stresses and strains as we go through life. Fascia that is 'stuck', either through injury or embedded postural patterns, is no longer able to function effectively; a restriction in one area will have a knock-on effect along the fascial lines of tension, leading to compensations elsewhere as the body tries to achieve the desired range of movement. Over time, this can pull the body out of alignment and cause problems in a seemingly unrelated area. It's a bit like a snag in your favourite jumper - pulling on it will eventually affect the shape of the whole jumper. Fascia relies on fluid moving in, around and through the fibres to keep it healthy, flexible and adaptable, and movement is the key to achieving this." It is this understanding of the body that makes holistic therapies make total sense.



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Find your community

Emily Papirnik

This can be a place of comfort but for me it doesn't always have to include people. Community can be in nature, walking in a beautiful park being part of the fabulous oak trees you pass or walking the animals. There is a community to be a part of if it makes you feel good. Many will find an online community of people who they interact with typing comments. Some may think this is strange as you may not actually ever meet them in person, but for so many it works, allowing them to discuss their favourite things. Finding your community is all about finding that place where you feel comfortable, sometimes sharing your thoughts and interests and other times just being comfortable in that space, whether virtual or actual. Find that space, take your time. If one space doesn't feel right



then don't give up, try another community to be part of. There are so many. I know the pandemic caused many specific destination communities to close but that encouraged so many more online. The world became smaller and people started making friendships with those on the other side of the world. Add a similar interest, and there you go. Feel comfortable and feel comforted in your community.

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Reg Moule

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

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

Heritage & History Society

Abberton

Sixty years ago, in August 1962, the spire of St Edburga's Church at Abberton was removed by order of the Air Ministry because, they said, it was a danger to aircraft taking off from Pershore Airfield. The village lost its most conspicuous landmark. Abberton is a small village located in stunning rural Worcestershire countryside between Rous Lench, Flyford Flavel and Bishampton, It was a Berwick of Pershore Abbey. A Berwick was part of an estate or manor. The Domesday Book tells us that it was very small with 4.3 households and a land tax of only 2.3 gelds. Pershore Abbey kept a total of some 600 sheep, Abberton, Broadway and Leigh. The Abbey had several mills in the area including one at Abberton. The villages also sent cattle, pigs and sheep to the Abbey.

At the dissolution of the Abbey in 1543 William and Francis Sheldon from Abberton were granted the site of the monastery together with pastures and manors at Pershore, for this they are reported to have paid £500 14s 4d. Later they sold the Abbey to Conan Richardson

in 1553, but kept the manor of Abberton which was quite large as it included several villages around. The Sheldon's also retained the advowson of Abberton church - the right to choose the vicar or rector of the parish. The church is dedicated to St. Edburga who is depicted in a stained glass window in Pershore Abbey.

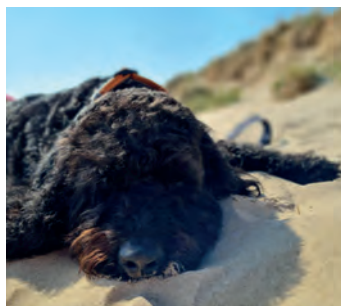
The Sheldon family lived at Abberton from fifteenth century. Their family tree is complex with many having the name Francis. In the seventeenth century a Francis Sheldon married Susanna Dormer. They had many children, but the eldest, Francis became a lunatic and his mother had an Act of Parliament in 1724 to withhold his right to inherit from his father. Another son, Dormer, took the title to the manor. He married Mary Lucy Rede from Lugwardine and New Court near Hereford. He became a clergyman and was rector of Church Lench and Shennington 1728 (a hundred of Tewksbury then 1824 Oxfordshire). His son and heir, another Francis had three children but they all died young, so there was no male to inherit, only nieces. In 1828 the King granted a royal



licence for them to use the surname Sheldon, also to bear the arms of Sheldon. A Lucy Sheldon married Samuel Lessingham and lived at Abberton Hall. They were the last of Sheldon's to live there till 1841. There are Sheldon and Lessingham memorials in St Edburga's Church. The Hall was sold to William Laslett, one-time M.P. for Worcester, who lived there and was a most charitable man. Laslett had Abberton church rebuilt in 1882 and he restored many other buildings. He also bought the old gaol in Worcester to convert to almshouses. The almshouses were later rebuilt and opened by the Countess of Coventry in 1912. Laslett's Almshouses are still to be found in Union Street in Worcester. Laslett caught a cold in January 1884, during the opening of Flyford Flavell church after its rebuilding, and later died. His

medical attendant was Dr. (Surgeon) Rusher from Pershore. William Laslett was buried at Abberton. The Hall since then has had many owners. When the church was built it had a spire which could be seen from all around the area, but it was inline with the main runway of Pershore aerodrome, so the aircraft had to fly right over the spire to get the correct flight path, First a red light was fixed to the spire to warn pilots. Later larger aircraft - "V" bombers - took off and landed very close to the top of the spire causing concern. It was said that these aircraft had secret equipment on board, and if they crashed important research could be affected, so the tower remains spire-less to this day. At present there is an exhibition telling the history of Abberton in St Edburga's Church. The Church is open daily.

Anthony Wittenberg



VETERINARY ADVICE ESPECIALLY FOR YOU!



Parasite Control – What, When and Why? Part 1

Keeping your furry friend free of unwanted critters can be a minefield when it comes to knowing what to use and when to use it. There is a wealth of information available across the pet industry and internet but unfortunately it is not always too reliable. To know the facts we recommend speaking to vet or vet nurse or other suitably qualified person (SQP).

Worming

There are 2 broad categories of worms: roundworms and tapeworms. Roundworms can cause disease by themselves in domestic pets, whilst tapeworms spread through our pets can cause severe disease in other species such as sheep or humans.

Most puppies and kittens are born with some level of roundworm infection due to a worm that passes only from pregnant females into their young. Therefore, all young animals should receive regular worming from soon after birth.

Worming in older animals is dependent on risk factors. For low-risk animals routine worming is recommended every 3-6 months. For high-risk animals, such as cats that are prolific hunters, worming can be done as often as monthly.

Lungworm is a potentially fatal infection in dogs caused by the roundworm *Angiostrongylus vasorum*. It is picked up through ingesting infected slugs and snails and can cause a severe bleeding disorder. It is becoming more prevalent across the whole of the UK and prevention is the best strategy for its control. It can be easily prevented with a monthly prescription roundworm treatment.

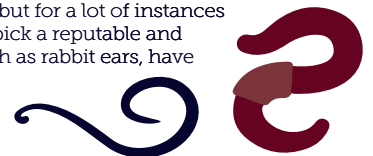
Rabbits can also pick up worm infections and these can be treated with routine worming. Rabbits can also have an infection of a parasite that gets into their cells called *E. cuniculi*. This can cause a severe neurological disease that can be fatal. A lot of rabbits are thought to harbour this parasite so a 28-day course of worming is recommended for all new pet bunnies and those being introduced to new groups.

For infections like lungworm a prescription worming tablet is a must but for a lot of instances non-prescription products can be just as effective. It is important to pick a reputable and reliable brand though with proven effectiveness. Some products, such as rabbit ears, have not been shown to have any reliable effects on worm populations.

Best wishes *Eliza*

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

Next month – Fleas, ticks and mites

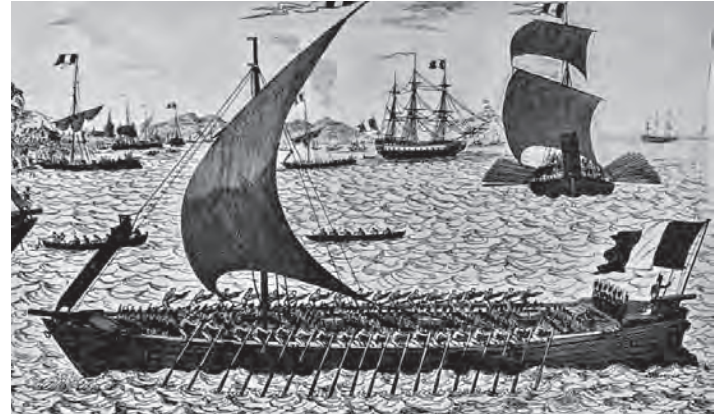


Invasions of Britain

Tim Hickson

A recent letter from a reader mentioned measures taken during World War 2 to make it more difficult for the Germans to invade. This prompted the thought that there have been five occasions in our history when boats have assembled on the other side of the English Channel to carry enemy troops to land in this country.. The first attempt was made by the Romans who were, of course, successful. Then there were the Normans of King William; again, partly because the English army led by King Harold had just had to defeat the Vikings and then rush down to Hastings, this second cross-Channel invasion succeeded. The third attack was to have been by the Spaniards but their Armada, which was to have shepherded the troop-carrying boats across from Holland, was scattered by Queen Elizabeth the 1st's navy - and the weather. The fourth person to assemble invasion barges was Napoleon but he, in the end, thought better of it. However, as part of our preparations to repel any enemy

landing, we set up the Ordnance Survey which produced the first accurate, regional maps of this country. (Today, we are used to satnavs and digital maps on our computers. These are very good for finding places we are looking for but paper maps are much more interesting as they show us what we did not know were there. Even more fascinating is to compare them with the original Ordnance Survey maps made in the early 1800s. Those of this area are well worth looking at and are readily available at the remarkable Map Shop in Upton.) The fifth time barges were assembled, for an attempt to invade us, was made, of course, by Hitler after the Germans had swept through The Netherlands, Belgium and northern France. This time, however, we were able to make elaborate preparations to prevent the expected invasion, as well as organising ways to make life very difficult for the enemy had he managed to cross the Channel and land. Whilst it was vital to take these



Boats of the Boulogne Flotilla for the Invasion of England, 1803

precautions, as we know, in the end they were not needed as the aggressors were unable to eliminate our Air Force which was the essential first step. The aerial Battle of Britain was won by British pilots aided particularly by those from Poland and the Commonwealth. Vitally important was the way in which we used radar to use our aircraft as economically as possible. Only when German bombers had been detected and tracked were our fighters sent up and directed to intercept them. Had the Germans managed to cross the sea and gain foothold, we had prepared more, very elaborate defences inland. Even today, over eighty years later,

as far from the coast as Worcestershire, there is still evidence of defences to be found. The old Evesham bridge, on the road to Evesham, is blocked by concrete cylinders. These are the remaining ones of a number that were stored nearby which would be moved to block both bridges against enemy vehicles including tanks. All river crossings were also defended by concrete gun emplacements. Have you seen the remains at Pershore and Eckington bridges and by The Fish and Anchor Inn near Offenham? *For those interested, there is an excellent book, The Defence of Worcestershire in World War II by Mick Wilks.*



Norman invasion of Britain - Arrival in England scene from the Bayeux Tapestry, depicting ships grounding and horses landing



Anti-tank cylinders on the Old Pershore Bridge

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Looking backwards and forwards

Brian Johnson-Thomas

September's a time when we simultaneously look back to the warmth of Summer and forwards to the delights of Christmas, from being too hot, on occasion, to being, probably a little too cold.

This Summer season has, though, been a delight as most of our old favourites came back after the Covid disruptions.

One of the season's stalwarts is the Longborough Festival Opera and the concluding events are always a celebration of emerging talent. So it was this year with a double bill of a new contemporary opera by Freya Waley-Cohen called *Spell Book* and a revival of a work first produced at the Court of Cosimo de Medici, the ruler of 17th century Tuscany, and remarkable in that it is one of the first operas to be written by a woman, Francesca Caccini. The full title is *La Liberazione di Ruggiero Dall'Isola D'Alcina* and this revival was a triumph, especially for the spirited singing of mezzo-sopranos Simone Ibbet-Brown and Lauren Joyanne Morris. I hope to hear and see more of them somewhere, soon. See www.lfo.org.uk for details of next years' performances.

Looking ahead now to the Autumn we took a day off recently to look at the less obvious corners of neighbouring Herefordshire, concentrating especially on the west of that county. We began at the quaintly named *Orgasmic Cider Company* at Eardisley, and very good cider it is, too. But the real gem of their establishment is an unusual

holiday let in the form of a converted railway carriage – and not just any old carriage but one dating back to the days of the Cambrian Railways, which were absorbed into the Great Western Railway's empire nearly a century ago. Modernised and comfortable it's a stay in a real slice of history, set in the tranquil countryside. *For details see www.airbnb.co.uk/rooms/1490446641*

Just a short hop away we found *Brobury House and Gardens* at Bredwardine, uniquely for gardens they're open for the full 12 months of the year and owner Pru Cartwright has ensured that every month sees a fresh surprise. The house and grounds date back to the 1880's and are situated on the banks of the Wye by Bredwardine Bridge. The magnificent trees which grace the grounds date from then, supplemented by later plantings of such trees as the stand of Paper Birches, whilst more recent features include the three formal water features. From the grounds the view across the valley takes in the Vicarage where the Rev. Francis Kilvert, the Victorian diarist and social observer lived and is buried. *See www.broburyhouse.co.uk for details*

We took lunch at *Oakchurch Farm Shop*, on the road from Hereford to Hay on Wye (or Y Gelli Gandryll, for those who speak in the civilised tongue...). Known locally as the "Harrods of Herefordshire" it's a day out in its own right with a winning combination of department store, farm shop, garden centre,



restaurant, coffee shop and an ice cream selection you wouldn't believe. We chanced to be there the day after they won more of the prestigious Great Taste Awards for four of their home-made ice creams – raspberry sorbet, chocky nut delight, strawberry and rummy raisin. I'm reliably informed that the ice cream with Stilton cheese flavouring is also rather scrumptious... If you should really be on a spending spree then their more upmarket offerings include *Clogau Gold* jewellery and, of course, lots of cider. (For some mistaken reason they think that theirs is better than ours on this side of the Severn). *See www.oakchurch.net for details*

Then as a fitting end to our day out we drove south to the village of Bromsash near Ross on Wye to visit the sculpture studio of *Walenty Pytel* whose metal sculptures are to be seen on sites as diverse as the Palace of Westminster and Birmingham Airport in the shapes of the Jubilee Fountain of Commonwealth Beasts and the

three giant egrets called "Take Off" on the airport's approach roundabout respectively. His wife, Mary, is happy to welcome visitors to their home, show them around the studio and gallery and give them a printed guide to other locations locally where his sculptures can be seen, all for a fee of just £12. For more details see www.walenty.pytel.com For more information on the delights of these and other Herefordshire attractions see www.eatsleeliveherefordshire.co.uk This just leaves me space to remind you of the upcoming *Malvern Autumn Show* at the Three Counties Showground starting on Friday 23rd of this month. Not only is there, as always, a lot to see and do, you can also visit two of our *Pershore Times* regular contributors, *Nikki Hollier* of *Border in a Box* and *Reg Moule* of *BBC Hereford and Worcester*, who will be signing copies of his new book. Don't forget to look out for them!

Maybe see you there?



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Teenage Focus

Romy Kemp (17)

How is your summer holiday?

With all the hot weather recently it has been hard to function and focus. I for one do not like the hot weather. I am a fan of the rain, snow and overall just the cold weather, as well as the season's joys that come with it, from Halloween to Christmas and New Year. As the grass has been turned brown by the sun, it has been harder to find a stereotypical sight in England - the rainy and green landscape of the West Midlands has been gone for a while. Sports, jobs and even just walking around has all been a struggle due to the hot weather.

With all this in mind it is important to stay safe, and if you're the opposite of me and enjoy sunbathing and sitting in the sun remember to be cautious of how strong the sun is by acknowledging where shelter is. However, the past few days (from about the 16th August) haven't been sunny at all and it has been wonderful for me, and with only about 17 (or 18) Fridays left until Christmas it is hard not to think about autumn and winter. During the summer holidays, I have been focusing on becoming more organised. I've organised pretty much everything in my life from choosing potential universities to tidying my sock drawer. I have always been a bit lazy when it comes to being organised, or I have had a secret space filled with chaos.



I have been sorting all of my school work out as I'm going into the last year of high school before I go off to study at university.

Now that I am older, I have learnt how important it is to stay focused and get things done. Everyone obviously changes as they grow older, and you find all the different and individual pieces that make you who you are - your family, your friends, jobs that you have, pets if you have them. Every single thing in your day-to-day life can change you as a person.

The summer holidays have welcomed change in all of us as people, without the stress of school, work and the people in it. Time away from school or work can allow you to change and develop as an individual. Time off helps people grow and really become the person they want to be. This is why I want my articles to help people become as best a version of themselves as they can be.

Gregory's world!

Gregory Sidaway (18)

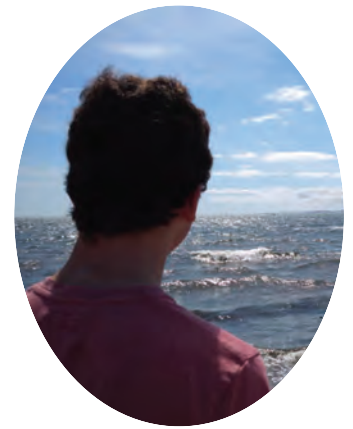
Great results!

So there I was, at the entrance to the High School. My heart was drumming. My fingers were twitching and fidgeting, taking on a life of their own. It was as if they were grasping for the dreaded exam results envelope before it was even within reach. I walked to school that morning, hoping a bit of the great outdoors would take my mind off the revelation to come. Other people from school passed me by and the whole thing felt like a strange sort of pilgrimage as I arrived at the entrance. It would be my last time here for – well – probably a long time, I thought. A bittersweet soup of emotions bubbled inside me. To think I had started High School six years ago much younger and much shorter, little more than an amoeba in a blazer and tie, only to be leaving now – metamorphosed into an adult! Nostalgia, excitement, anxiety and hope were all distinct flavours in my soup of emotions that day.

But not for long, because those results were still inside. As I crossed the threshold, my legs began to quake and quiver. Teachers were there too, congratulating people, making sure everyone was okay, preparing for the bidding war of exam grades and uni places that is the clearing process. Many people had already come and gone in a whirlwind, but there was my envelope on the 'S' table. I picked it up, thumbed it open and read intently.

In short, I got to Oxford. Hoorah! But, even better, I later got a plate of six free dough-balls from Pizza Express. Two years of Sixth Form was worth it just for those! At last, I could bid farewell to the lingering cloud in the back of my mind, the internal voice constantly asking: "What did I get for that paper?" "Was that the right answer to question two?" "Why did I even think I could take that subject?"

Last month, I detailed my slow and steady process finding a summer job. However, that plan



had to be abandoned when life threw me a curveball in the form of a reading list for uni; this basically equated to a small woodland's worth of books that needed finishing by September. I'm not sure if you're a slow or fast reader, but if there was a speed spectrum out there with snails and sloths on one side and cheetahs on the other, I would be hanging out with the snails and sloths. My month has been crammed with reading; two weeks ago, I was with Jane Eyre at Thornfield Hall; last week, I was sitting in Uncle Tom's Cabin; today, I followed Beowulf on his epic quest to battle the creature, Grendel, and his even more bloodthirsty mother. I have Rudyard Kipling's Kim and Joseph Conrad's The Secret Agent to cover yet, along with a handful of Old English poems, but with any luck I should be finished in time.

What I've found in reading these books, though, is an odd parallel to life at the moment: all of the protagonists undertake a journey and are changed by it. Granted, I must clarify that their scenarios are very very different to mine. Still, I can't help but feel as though High School and everything that came with it was volume one, as it were, or the first handful of chapters that everyone reads just to get to the really good stuff, the part where the action gets going. Is that where I am now? About to start the next chapter of a journey? That would be nice. Why don't you join me, fellow reader?



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family have to deal with the Court of Protection and they are a nightmare. They do not understand the word Urgency let alone spell it. The writer has terrible first hand experience with a family member. The Pershore Times have made a special arrangement with Resolve Law Group on behalf of their readers using the Newspaper Code PT75. The arrangement is that the fee for each LPA is £175.00 plus the fee to the Office of the Public Guardian of £82.00. Any person should have this in place whether you are 30 or 70 years old.

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Landlords – Why should you hold onto your rental properties?

Demand for rentals

The pandemic turned the property world upside down. Suddenly, the urban rental market went flat, whilst rural and suburban rental markets saw a surge in demand. People couldn't move around so vacant properties stayed empty. However, as the world tries to get back to normal, many people have returned to their offices and students are looking for accommodation. So, it's a good time to get back in the game.

Steady income

Many people think being a landlord is the key to getting rich quick – but that's never been the case. There are lots of costs involved with being a landlord, but ultimately, if you manage your investment properly, it will pay off. If you're a part-time landlord, you can expect a regular sum to supplement your monthly income. If you're a

full-time landlord with multiple properties, you'll see a rise in income as demand increases.

Buying (and spending) sensibly

As a landlord, the first rule to remember is that it's not your home. Take your time finding a buy-to-let and decide whether you want a ready-to-go rental or a renovation project to which you can add value. A good agent can tell you how much rent to expect and the necessary changes that need to be made to maximise earning potential. If you watch your pennies and don't pay out too much for décor and furnishings, you can still earn a respectable income once you've taken taxes and other expenses into account.

Saving for the future

Despite changes to tax laws and what you can claim in expenses, one thing remains the same: your rental property is an investment into your future.

Many people look at rental properties as part of their retirement income, either by the monthly rental yields or by selling the property on in later years.

Being a landlord isn't an easy route to riches; it takes a lot of hard work. However, if you maintain the property and work with a reliable agent, it's still worth investing in the buy-to-let market.



Tom Tarver BSc Est. Man. MNAEA MARLA

If you're looking to invest, contact our friendly team at Johnsons Property Consultants for a chat, call 01386 761515

01386 761515
email: tom.tarver@johnsons-property.co.uk



Taxation of rental properties

Carol Draper

If you own a property that you rent out, you will pay tax on the rental income less any allowable expenses. Equally when that property is sold, you are required to pay Capital Gains Tax on the profit from the sale. However, what happens if the property is jointly owned?

When there is joint ownership of a property HM Revenue and Customs will assume the property ownership is divided equally between the parties and as such any profits from rental income or Capital Gains from the sale of the property will be divided equally between the owners and taxed accordingly. However, what happens if the property ownership is divided unequally – say an 80/20 split? In situations such as these HMRC will still assume the property is divided equally and therefore for taxation purposes any profits will be split equally between the parties meaning that one person will be taxed more than is fair.

The situation can be solved by completing a Form 17 and

submitting this to HMRC. This form details the actual split of ownership, “the beneficial ownership”, of the property and requests that any future taxation of income or profit from the property be split in that proportion.

Even where property ownership is split equally it often happens that one party pays tax at a higher rate than the other and would prefer the profits from the rental to be taxed on the lower rate taxpayer.

If the property is owned equally but the owners want the income to be taxed in a different proportion, it will be necessary to obtain a declaration of beneficial ownership from a solicitor. This will not change the formal ownership of the property per the land registry records but will indicate the proportion that any profits from rental or sale of the property will be taxed. It is this declaration along with Form 17 that needs to be submitted to HMRC.

If you are affected by this and you would like to discuss the

possibility and implications of changing how income from a property is taxed, then speak to your accountant about the actions you can take.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd



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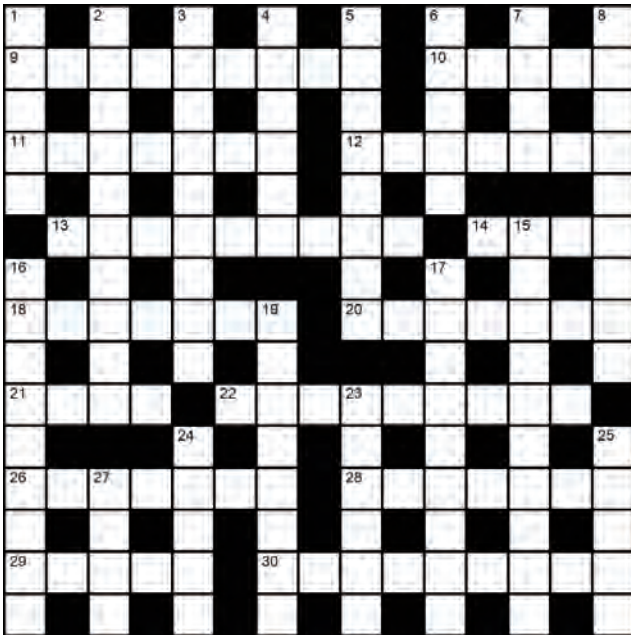
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Coffee Break

Crossword



Across

- 9 Playwright (9)
- 10 Moor (3,2)
- 11 Space surrounding an altar (7)
- 12 Quickly (7)
- 13 Runner (9)
- 14 Cougar (4)
- 18 Distinct sort or kind (7)
- 20 Surgical knife (7)
- 21 A great deal (4)
- 22 Herald (9)
- 26 Hedge (7)
- 28 Books of maps (7)
- 29 Young hooter (5)
- 30 Abbreviated (9)

Down

- 1 Decree (5)
- 2 Executives (10)
- 3 Biting (9)
- 4 Fiddle (6)
- 5 Old liners (8)
- 6 The Roman Empire's home country (5)
- 7 Large mass of floating ice (4)
- 8 As thumbs are (9)
- 15 Disagreeable (10)
- 16 Psalter (5,4)
- 17 Moon (9)
- 19 Astonishment (8)
- 23 Lea (6)
- 24 Threescore (5)
- 25 Stage whisper (5)
- 27 Depend (4)

Sudoku

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

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

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

Spot & Shop - August Winners

- 1) Jacqueline Griffin
- 2) Mrs Celia Barber
- 3) Mrs T Haines
- 4) Mrs D Morris
- 5) Sue Southwick
- 6) Bernie Jones

Last month's answer:
Bricklehampton Hall

Wordsearch

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

- ADAM
- AGES
- ALGAL
- APT
- CHOKED
- DOC
- ESP
- FBI
- FILE
- HIS
- IRA
- INSULT
- IVES
- JOIN
- KEENLY
- LEIA
- MAKER
- MEDDLE
- NASA
- NARROW
- OCEANS
- PAELLA
- PUNY
- RAN
- REED
- SAW
- SINCE
- SKIS
- TEN
- VAT
- WFF
- WHOLLY
- WREAK
- YAH
- YEP

August Answers



Poets' Corner

A Shropshire Lad iii

The Recruit

Leave your home behind, lad,
And reach your friends your hand,
And go, and luck go with you
While Ludlow tower shall stand.

Oh, come you home of Sunday
When Ludlow streets are still
And Ludlow bells are calling
To farm and lane and mill,

Or come you home of Monday
When Ludlow market hums
And Ludlow chimes are playing
"The conquering hero comes,"

Come you home a hero,
Or come not home at all,
The lads you leave will mind you
Till Ludlow tower shall fall.

And you will list the bugle
That blows in lands of morn,
And make the foes of England
Be sorry you were born.

And you till trump of doomsday
On lands of morn may lie,
And make the hearts of comrades
Be heavy where you die.

Leave your home behind you,
Your friends by field and town
Oh, town and field will mind you
Till Ludlow tower is down.

A. E. Housman 1859-1936

'The Recruit'

Linda Hart

Housman's youngest brother Herbert abandoned his medical studies in 1891 and enlisted in the King's Rifle Corps as a private. While serving in Burma ("lands of morn" means lands in the east) he wrote letters home about the fighting and his determination to slay England's foes. Housman must have had his brother in mind when he wrote this poem about a Shropshire lad who leaves from Ludlow to fight for his country. He and his comrades may be victorious (he will "Come home a hero"). But if

he dies in battle his friends in Ludlow will remember ("mind") him "Till Ludlow tower is down." His comrades-in-arms, who have seen his bravery while fighting ("make the foes of England/ Be sorry you were born") will grieve deeply over his death. Stanza six begins with a biblical reference that would have been widely understood at the time: "the last trump" refers to the final trumpet call that will awaken and raise the dead on the Day of Judgment.

Fun Quiz!



- Which two actresses are the leads in the TV series Killing Eve?
- If something is described as being 'porcine' what is it being likened to?
- What is the name of the Roman road that runs between Lincoln and Exeter?
- The mnemonic 'Brave your black girl's relatives' is a way of remembering which sporting symbol?
- Which American state has a border with Alaska?
- What is the name for the authority which controls UK lighthouses?
- Which ship, originally called Pelican, did Sir Francis Drake circumnavigate the globe in?
- What is the best hand in poker?
- What sport would be being played if someone performed a 'garryowen'?
- Which female singer released the album 'Alf'?
- The Andrew Roberts biography 'Walking with Destiny' features which former British Prime Minister?
- Postum became a popular alternative to which drink, particularly during the Second World War?
- The Pixel range of phones are produced by which tech firm?
- Born in Cumbria in 1770, which Lake Poet had the initials WW?
- Which Swedish band enjoyed 1994 chart success with 'The Sign'?
- From which river might you see Hampton Court Palace and Greenwich Park?
- 'Angel of the North' is a famous example of work from which 1994 Turner Prize winner?
- Complete the title of this children's book series; 'Diary of a Wimpy ...'
- Harry Redknapp had two spells in charge of which English football club between 2002 and 2008?
- As of 2022, playing Rita Sullivan, which actress is the longest serving female member of the Coronation Street cast?

Answers: 1. Jodie Comer and Sandra Oh 2. Pig 3. Fosse Way 4. The colours of the Olympic rings 5. None 6. Trinity House 7. Golden Hind 8. Royal Flush 9. Rugby 10. Allison Moyet 11. Winston Churchill 12. Coffee 13. Google 14. William Wordsworth 15. Ace of Base 16. River Thames 17. Sir Antony Gormley 8. Kid 9. Portsmouth 10. Barbara Knox

SPOT & SHOP!

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7th - Pat's Pantry -
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In memoriam

Dugmore. Douglas William

Passed away on 13th July 2022, aged 88 years. Devoted husband to the late Minnie, a much loved dad and grandad. Doug will be greatly missed by all his family and friends. Funeral service took place on Tuesday 2nd August. Donations for Cancer Research UK.

Petta. Elena (Nee Fortunato)

22.10.1928 - 22.07.2022 - Elena passed away peacefully at Stanfield Nursing Home. Widow of the late Giacomo, dearly loved mother of Josephine and Carmine, mother in law to Laurie and Kathleen and treasured nonna to Luisa, Michael and James. A Requiem Mass was held at Holy Redeemer Church on 11th August. Donations, are invited for Dementia UK.

Carr. Marylyn (Mal)

On 2nd August 2022, peacefully at Worcestershire Royal Hospital aged 80 years. Much loved wife of the late Moggy, loving mum to Jayne, Mike and Debbie, a devoted Gran and GreatGran. She will be sadly missed by her family and friends. Funeral service took place on Friday 19th August. Donations, if desired for Diabetes UK.

CARTER. Gerald Stephen. (Geraldo)

Passed away on 12th August 2022, aged 87 years. Funeral service at Pershore Abbey on Thursday 8th September at 2pm followed by interment at Pershore Cemetery. Everyone is welcome to join the family to celebrate Geraldo's wonderful life. Donations, if desired, to St Barnabus Hospice, Grantham. Please wear something pink if you can!

Brimmell. Alison (Brim)

Passed away peacefully at home on 14th August 2022, surrounded by her family and friends, aged 55 years. Loved and missed by Neil, precious daughter to Terry and Val and sister to Nick. She will be sadly missed by all who knew her. Funeral service took place on 1st September. Donations, if desired, to Macmillan Cancer Support (for the Macmillan Nurses) and WAH Charity for the Intensive Care Unit at WRH.

Cope. Pauline Mary (Formerly Hepworth)

Passed away peacefully at home in Pershore on 16th August 2022, aged 81 years. A much loved mum of Mandy and Sally, Nan to Emma, Katherine, Alice, Sam, and Stacey and great granny to Connie and Billy. Funeral Service at the Vale Crematorium, Fladbury on Tuesday 6th September at 12 noon. Family flowers only please. Donations, if desired in Pauline's memory for Campden Home Nurses CIO and Freedom Day Centre. "Memories are a gift to treasure, ours of you will last forever".

Donations may be sent to:

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Copy Deadline

October Issue - 23rd September 2022

Notice

Re-printing of 'Memories of a Childhood' Book

We would like to republish 'Memories of a Childhood' in memory of Ruth Jackson. A remarkable story by a remarkable lady. The original book was written by Ruth Jackson in 2004, Sadly Ruth died some years ago and we have been unable to trace the present copyright holder. Any information about this should be passed to the publisher so that it can be acknowledged in future editions. We do not wish to offend the copyright holder in any way but this story of heartbreak and courage should never be out of print.

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Letters to the Editor

Dear Editor,
Ms Stokes, you are listed on the Wychavon District Council website as having responsibility for car parks. The Council run car park next to Asda in Pershore has always operated a "cash back" scheme for genuine Asda customers. Until recently, the ticket was in two parts - one to be displayed in the car, and the other produced at the Asda checkout to claim the cash back. Recently this has changed, and now the ticket issued is purely for display purposes, with instructions on the reverse to take the ticket to the store for redemption.

I would be really impressed if you can come up with a method of doing both at the same time! Assuming you can't, the only solution would appear to be to make two visits to the store. Have you ever experienced the queue lengths in Asda on a Saturday morning? And please don't tell me to bring the ticket back next time I come. At a time of rapidly deteriorating finances, you seem to be doing your best to make things even worse, especially for the elderly. Please revisit this ridiculous decision without delay.

Michael Kent

Dear Editor,
In reply to Nacro: We change lives
Mr Campbell Robb, Chief Executive appears to contradict himself in nearly every rehabilitation situation. His article portrays on the current prison system.
- Prisons are doing little in basic human rights
- Long lock up times have not improved anything yet
- Today's report shows re-offending rate shows no improvement
- Purposeful activity still failing
- Nacro social justice charity failing after 50 years
Nine years at Her Majesty's Services convinced me, that drug use in adults will not change. However, to prevent children starting taking and selling drugs may be the best way forward. Very, very, strict rules of preventative methods in the young, at school, could eventually see a decline in the current drug problem in prison, leading to a decline in prisoners use of drugs and this cost of £5.63 billion a year.

R.S.T.

Dear Editor,
I was very pleased that you published one of my favourite poems - "Loveliest of trees" by A.E. Housman - in your August 2022 issue. Your readers might like to know that the Housman Society has just published a special centenary edition of his final volume, titled Last Poems, which contains informative commentaries on each of the 41 poems. This can be purchased via the Society's website (www.housman-society.co.uk) for £14.99 plus £2.00 postage.

Linda Hart.

Dear Editor,
On the 24th August 2022 Malcolm Walford will have completed 69 years working for the Croome Estate Trustees and the Earls of Coventry, Malcolm has also just celebrated his 89th birthday and is still working at Croome as a Historian for the Estate. Malcolm is based in the lovely church at Croome and is on duty on Wednesday and Saturday mornings from 10am until 1pm during the Summer months. There was a party held for Malcolm on the 24th August in the walled garden. Malcolm did not want any presents so he decided if someone would make a donation he would donate it to Pershore Community Hospital for all the wonderful help they gave for looking after his late partner Gaynor Powell.

Malcolm



Photo of Malcolm in the estate stores 1976

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What's On?



Cinema Listings

- The Big Hit (15)**
Thu 15 Sep - 7.30pm
Dir. Emmanuel Courcol,
1hr 47 mins, French with subtitles
Tickets: £8.50 (£8.00)
- Top Gun: Double Bill (12A)**
Sat 17 Sep - 5.30pm
Dir. Tony Scott, 1986;
Dir. Joseph Kosinski, 2019
4hrs 30 mins (inc interval)
Tickets: £11.00 (£10.00)
- Top Gun: Maverick (12A)**
Mon 19 Sep - 11.00am & 7.30pm
Dir. Joseph Kosinski 2hrs 11mins
Tickets: £8.50, Daytime £7.00
- Robust (15)**
Thu 22 Sep - 7.30pm; Wed 28 Sep - 2.30pm
Dir. Constance Meyer
1hr 35 mins, French with subtitles
Tickets: £8.50
- Fisherman's Friends: One and All (cert tbc)**
Fri 23 Sep - 2.30pm
Sat 24 Sep - 7.30pm
Mon 26 Sep - 11.00am & 7.30pm
Thu 29 & Fri 30 Sep - 7.30pm
Dir. Meg Leonard & Nick Moorcroft, running time tbc
Tickets: £8.50, Daytime £7.00

Events Listings

- Glyndebourne: La bohème**
Sun 11 Sep - 3.00pm 2hrs,
Sung in Italian with English subtitles
Tickets: £16, 16 & under £10
- Westlife - Live at Wembley Stadium!**
Fri 16 Sep - 7.30pm 2hrs
Tickets: £15, 16 & under £10
- Foyer Folk: Johnny Coppin**
Sat 17 Sep - 8.00pm
Tickets: £8
- National Theatre Live: Prima Facie Cert 15**
Tue 20 Sep - 7.00pm 2hrs
Tickets: £15, Students £10
- The Royal Opera: Madama Butterfly**
Tue 27 Sep - 7.15pm, 3hrs
10mins (inc interval), Sung in Italian with English subtitles
Tickets: £17, Seniors £16
- Royal British Legion Pershore & District Branch presents RBL Centenary Concert**
Sat 1 Oct - 7.30pm
2hrs 30mins (inc interval)
Tickets: £16, Students £10, 16 & under £10

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Brooks brings coaching boost for rugby



Pershore Rugby players give a warm welcome to new club coach, Stuart Brooks (centre front) with Bill Hurley, club Chairman (front left) and Toby Grace, club Director of Rugby (front right)

Fifteen-a-side Union players are turning up in force at Pershore Rugby for pre-season training, with a new, club head-coach, Stuart Brooks, now taking sessions. 'Brooksy,' as he is known to everyone, owns and runs a health and fitness business/gym locally; he was the men's first

team coach at Droitwich Rugby Club and he formerly ran the HITZ children's social inclusion rugby initiative at Worcester Warriors for 16-20-year-olds. His arrival at Pershore Rugby is being heralded as a new era for rugby in Pershore. His primary role will be to

coach the men's senior contact sides, but he will also help in other areas of the club, advising on how to approach coaching children, ladies and also Touch players and help all sections to consolidate and recruit new players.

Chair of Pershore Rugby, Bill Hurley, said: "We are delighted that Brooksy has chosen to join Pershore. Players and officials at Pershore are very excited to be benefitting, already, from his inspirational and professional coaching and his arrival is already providing a major boost to rugby in Pershore!"

Toby Grace, Pershore player for 30 years and Level 2 coach, was Acting Head Coach for Pershore last season and has taken on the role of Director of Rugby at Pershore and said his first job was to appoint Stuart Brooks: "Brooksy brings a tremendous wealth of knowledge and experience to his new role. He has a degree in Sports Science and Nutrition from Glamorgan University,

where he played. He is now a Level 2 RFU coach, working towards Level 3 and has been coaching rugby and fitness to all ages for many years. We are very lucky to have him join Pershore."

Stuart Brook's work in a Pupil Behavioural Unit locally means he also has great contacts with schools in Worcestershire, which will help build youth involvement in rugby at Pershore. On the back of Stuart's arrival, PRFC is undertaking a strong recruitment drive and, as part of that, are offering new players the first three training sessions free in the lead up to the rugby season in September. Rugby sessions are open to all comers and are being held at Pershore's Wyre Piddle grounds on: Men's XV - Tuesdays and Thursdays, starting at 7pm
Women's XV - Wednesdays 6.30pm;
Touch for women and men - Wednesdays 7.30pm.

Cricket Club 150th Anniversary

Established in 1871, Pershore Cricket Club (The Plums) have recently just celebrated their 150th anniversary as celebratory plans had to be put on hold last year due to the pandemic.

The Plums have always played cricket in Pershore on the same ground "The Bottoms" located in the heart of the town. A number of sports were added at the club over the years such as hockey, tennis (since moved to Pershore Horticultural College), skittles and squash. As more sports were added, the club decided it should be known as Pershore and District Sports Club; a vibrant club with excellent facilities that also include darts, pool and table tennis. The club is always looking to innovate and also offers croquet, walking cricket and is open to attract more sports and leisure activities in the future.

After playing cricket in a number of different leagues, Pershore became one of the founding members of the Worcestershire County League in 1999. The club ran the national trial of the successful

Chance to Shine programme followed with a five year programme involving most of the local first and middle schools. The club was also one of the first in Worcestershire to introduce a junior section and was the first in the county to gain the prestigious Clubmark accreditation.

As one of the first clubs to introduce a women and girls section, it was the mainstay of Worcestershire women and girls for a number of years. The women won the National Knockout in 2008 and the girls won the inaugural national under 15 competition.

It was fitting in its 150th year that Pershore won the National Vitality T20 Plate final at Northamptonshire County Cricket Club. A match versus Gentlemen of Worcestershire CC was played on Monday 1st August as the first part of its belated sesquicentennial celebration with a dinner at Worcestershire County Cricket Club on Friday 19th August. A day watching cricket versus Essex was followed by a dinner dance that was enjoyed by 170 guests.



*Pershore CC v Gentlemen of Worcestershire CC on 1st August 2022
Photograph by: Chandler Tilling*

Pershore are now through to the National T20 final at Wormsley on 11th September having won the Southern Region final on Sunday 28th August with two excellent 9 wicket victories. The club is renowned as one of Worcestershire's finest Cricket Clubs and has a packed fixture list in 2022. It will field three Saturday league teams and its ladies play in the first division of the West Midlands Women's League with a Development Team in the Worcestershire Women's Hard Ball League.

Pershore Cricket Club is justifiably proud of the way it encourages its youth members to play in adult cricket, in fact its senior sides regularly contain a high proportion of home-grown talent featuring alongside some of its current youth members who are being introduced to senior cricket. Pershore Cricket Club fully supports the spirit of cricket and is proud to be a family friendly, safe club that offers sport at all levels in an inclusive environment.

Third Age players at European championships



Back row L-R - Bill Hurley, Malcolm Freeman, Malcolm Bullock, Andrew Breaker, David Sime, Phil Taylor, John Staveley, Flick Farnam and Chris Vernon. Front row L-R – David James, Allan Jenkinson, Chris James, Richard George, Diana Radley

In front of more than 500 elite players from 17 international teams at the European Touch Championships this weekend, Pershore Rugby's unique Third Age Touch (3AT) squad of men and women turned heads when they demonstrated that neither age nor physical challenges are a bar to playing the non-contact game of Touch.

By invitation from organisers, the sport's governing body, the England Touch Association (ETA), Pershore 3AT showed the elite European sides taking part in the five-day tournament at Nottingham University that, with slightly amended rules to allow for differing levels of ability and fitness, anyone can stay active and run and pass the ball playing Touch, well after retirement or injury and stay part of the Touch community. The ETA spotted the potential of the newly formed 3AT when they visited Pershore Rugby in April and produced an online video to promote the initiative to other clubs in the UK. After the 18-strong mixed squad's guest appearance at the weekend at Nottingham, however, it looks as if there is interest further afield, with many European players saying that they saw great potential for 3AT to catch on in their countries too.

David James, 78, who is the founder of 3AT at Pershore said: "Playing a demo match at the European Championships was an incredible experience for us all. It was our first away-match; there were matches on

the go on 11 pitches; we were the ETA's guests for the day; and we were joined in our demo match by Chris Simon the CEO of England Touch and Lauren Torley, who is a player in the England 7s squad, having recently played in the Commonwealth Games. An elderly spectator, a former Australian player, donned one of our match shirts too and joined in. It was a magnificent match with players showing the skill that had been honed by our coach and referee John Staveley. A great day for all the players." Third Age Touch, which was started by Pershore Rugby's Touch section in September 2021, is proving to be so popular that 18 men and women are now training together at the club's Piddle Park grounds every Wednesday morning at 11.00. They play using the fundamental rules of international Touch, so they mostly run rather than walk, but at a pace to suit the men and women playing. Bill Hurley, 81, who is Pershore Rugby's chairman, plays for 3AT and said: "We have coached-sessions for Adult Touch, Junior Touch and now Third Age Touch, so anyone can come and enjoy a run-around together playing this really inclusive, fun sport... and a natter and coffee in the clubhouse afterwards is all part of it! The first three tasters are free, after which 3AT is £3.00 a month and Adult Touch is £7 a month."

Vale Golf Club Seniors



Ed Mountney wins Vale Seniors Club championship



Seniors Captain Brian Bunn presents the The cup to Ed Mountney (Right)

The Vale Golf and Country Club held the Seniors Club Championship attracting 36 members. The championship was played over 27 holes, 18 in the morning and 9 in the afternoon. It was played in a strokeplay format, the winner being the player with lowest gross score. The results were:

first Ed Mountney with a score of 130 points, second on countback with a score of 131 was Mike Roberts, third was Nigel Smith. Nearest the pin on the third was Ian Geden, three players managed a two Mick Heard, Will Reading and Ed Mountney.

Vale Senior Taylor wins The Gordon Sallis Trophy



Mike Taylor receives the Gordon Sallis Trophy from Seniors Captain Brian Bunn (left)

Sixty Seven Senior members of the Vale Golf and Country Club played a strokeplay competition with the best nett score winning the Gordon Sallis Trophy. On a glorious summers day Michael Taylor

scored a 67 nett to win the trophy. Second on countback with a score of 70 nett was Brian Russell, third being Dave Seager. Nearest the pin on the 5th was Martin Westwood.

The other competition played during August was the fourth round of five of the Eclectic. Seventy Senior members played in a stableford format with 85 percent handicap the results on the day were
Division One
 1st Peter Azizi. 39 points
 2nd Martin Westwood 39 points
 3rd John Eastoe 38 points

Division Two.
 1st. Colin Powell 44 points
 2nd David Bradford 40 points
 3rd. Ian Cutler. 40 points
Division Three
 1st. Bryn Keast 44 points
 2nd. Colin Edey 42 points
 3rd. Adrian Duggan 42 points
 Nearest the pin on the 5th was David Hudson

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Charity Cricket Match for Motor Neurone Disease Association (MND)

Two cricket teams braved the extreme weather to come together to raise money for charity. The Royal Oak Kinnersley challenged Hanley Castle and Upton CC to a T20 match on Sunday 15th to raise money for Motor Neurone Disease Association (MND). Local lady Ann Marie Thornhill tragically passed away from MND earlier this year. Husband Martin and son Jordan have been raising money and awareness and the locals at The Royal Oak wanted to help. The Royal Oak won a thrilling game by 5 runs after setting 158 (with a fast 50 by Dan Chessman). Players from 13 to 63 years of age shared the pitch and both teams deserve huge credit for playing through the heat.

A huge thank you to the many who turned up to watch and donate and all involved in organising the day. Special mention to Mark at The Royal Oak for sponsoring the team and drinks, to Robin and John for captaining and especially to Alex, Grant and all those who helped make the afternoon a very special one. The total raised for this great cause on the day was £1875.00

Anyone who wishes to help Martin and Jordan continue raising awareness in Anne Marie's memory can visit www.JustGiving.com/AnnemarieMND



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