

Upton Times

A free monthly newspaper for Upton-upon-Severn and surrounding villages



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FREE



Frosty morning in Upton © Alan Forsdike

Christmas is coming and it seems to be travelling very fast! This is always a very enjoyable time with family and friends. A good mid-winter break. A time to reflect on the past year and time to look forward to the new one. We have lots of good things to look forward to. So many things to do! We live in our own lovely little world, filled with amazing wildlife, nature and scenery. Everything is brilliant!

100 Not Out! Pershore Times celebrates its 100th edition this month. Well! Well! We made it! A milestone in some ways and it does give one a feeling of satisfaction, when you achieve a century.

It has been a most enjoyable journey. It has had its challenges like any commercial venture. We have made our mistakes, of course, and we have learned a lot. The most important thing we have achieved, is a very

good, strong, happy team. It's a joy to work with every one of my colleagues. I thank each of them very much indeed. We work very hard together, trying to make the paper better every month! It is very exciting! We have some contributors and advertisers who have been in every edition! The paper became my hobby very soon after launching and it is very enjoyable. I intend to carry on as long as I can. A big thank you to all our loyal advertisers, readers and contributors.

Editor



Wishing you a very happy Christmas and a prosperous and healthy new year



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County & District Report



Is it turkey, or nut roast on the menu for the special day? In my household it's both! Which I guess is a bit like life, a mixture of the excellent and the ok; I will leave it to you to decide which is which. This leads me on to say that the County Council do excel in some areas, and in others, such as SEND schooling, they need to do more.

New crossing in Kempsey opens



Christmas arrived early in Kempsey this year. Many of you will know that Councillor David Harrison and many others have spent over 10 years fighting to get a safe crossing on the A38 near the Community Centre. When I was elected as your County Councillor, some 3½ years ago, I took up the mantle and finally we won! Of course,

the Kempsey pigeons delayed the scheme by choosing to nest in the wrong spot, just as the work was due to be finished, but, despite the feathered 'fowl'-up, we got there in the end. Now the many users of the Community Centre and the young children who attend the day nursery have a safe place to cross.

Urgent work for Kinnersley finally done



For those who don't know Kinnersley well, it's a lovely village with a rather nice pub, well worth a visit for a pint.

Over the last six months, I have been aware of a potential risk to properties of flooding in Coventry Close and also April Cottage. I am pleased to report that the County Council have now carried out the remedial work. What initially appeared to be a simple job turned out to be far more difficult, and it required specialist contractors to do the work outside April Cottage. Unfortunately, as a result, the job was delayed more than once, until the contractors were available. Severn Stoke's Parish Lenghtsman will check the grips, (the cuttings into the verge) and the ditch at least once a year. Interesting fact: there are approximately 190,000 grips across the rural road network.

Councillor Martin Allen

Medals for young readers



Some of the successful children showing their medals. From left to right, Jessica, Samuel, Arabella, Ellie, Ava and Thomas. Behind them County Councillor Martin Allen and Karen Cannon from WCC

Earlier in the year, Upton Library completed a summer reading challenge. Many children took part and it was a great success. I was asked to come and present medals to the children. Upton's library plays an important part in local residents' lives, especially the young. Anything we can do to encourage young readers is a real bonus. We need our libraries to survive and for that to happen we need to get the youngsters hooked on the fascinating world of fantasy and wonder that books bring. Moving forward, the library has not rested on its laurels, there is a Lego Club for

children aged 4-10, which runs every Saturday morning from 11am. Also, there is a lovely Bounce and Rhyme session for the under fives every Wednesday morning at 10:30am and a fantastic Story Time Session every Friday afternoon starting at 2:15pm, again for the under fives. There is no need to prebook to attend – just turn up. More information about these events can be found on the Upton Library Facebook page, plus details of other themed activities in the school holidays:
<https://www.facebook.com/UptonUponSevernLibrary>.

Upton's toilets safe and to be refurbished

Finally, after years of battling, Malvern Hills District Council have confirmed in an email to me that they have agreed to my repeated requests for a full refurbishment of the Lower High Street Toilets, both inside and out. A tender document is being raised with a start date of

Monday 6th of October 2025. My great thanks goes to Councillor Andrea Morgan who, when she was your other district councillor, worked with me to ensure MHDC did not close these essential toilets, which had been on the cards for the last five and a half years.

and finally . . .

So, that's it, Christmas is upon us; more tinsel and less turkey for me would be a good thing. You will be pleased to hear that, in my veg plot, my Christmas brussels are blooming, my leeks are leaking, and we don't want to talk about my parsnips! Please have a wonderful break, and may I raise a glass to you

all. May I also thank you all for supporting me. Being a County Councillor is hard work, but you make it so rewarding.

Merry Christmas and a Happy New Year!

Martin Allen

Maggs Day Centre hits fundraising target!



Brian Walker and Melissa Blewitt from Maggs Day Centre, Cllr Natalie McVey, Portfolio Holder for Housing and Poverty Alleviation at Malvern Hills District Council.

Maggs Day Centre in Malvern has reached its fundraising target to extend its vital service. In total, £27,150 has been raised through crowdfunding platform Spacehive, which helps communities raise funds to improve local areas and services. Malvern Hills District Council also pledged just under £14,000 to the project from its Connected Communities Fund. The aim is to extend Malvern Day Centre service, located at 62 Newtown Road in Great Malvern, for another 12 months, in order to meet people's short-term needs, such as accessing food, warmth and shelter. The charity also boasts a dedicated support team, who can help with anything from setting up bank accounts, accessing benefits or even making GP appointments to help people. Maggs has been helping the homeless in Worcestershire since 1985, the Malvern Day Centre was opened in February 2020, with an average of six rough sleepers accessing the centre each time, alongside other vulnerable members of the community. Maggs has also recently provided a fortnightly additional drop-in

service for people experiencing, or at risk of homelessness, the Help Centre session takes place at Malvern Town Football Club, on a Thursday from 10am to 12pm. Melissa Blewitt, Fundraising, Communications and Relationships Manager, said: "We're grateful that many people in the community pledged their support to our cause and believe in the benefits that Maggs brings to people experiencing homelessness. Last year, we welcomed over 200 people across both day centres in Malvern and Worcester, and with the need increasing, so does the demand for our services. We would like to thank the Council for their generous donation to keep the doors open for at least another year and help those who truly need it."

To find out more about the project, visit: www.spacehive.com/supporting-the-homeless-maggs-in-malvern or www.malvern hills.gov.uk/housing/homelessness for help and support.

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South Worcestershire Archaeological Group

Archaeology around Worcester Cathedral

On Saturday 8th February 2025 SWAG will be hosting a talk by Fiona Keith-Lucas, the Cathedral's archaeologist. If you have visited Worcester over the past months you will probably have noticed several trenches dug at various locations within the Cathedral grounds. These are for an archaeological survey in preparation to some landscaping works around the Cathedral. While investigation of the finds is not yet complete Fiona has agreed to give an insight and update on the work to date. The talk will be held in Callow End Village Hall Upton Road, Callow End, Worcester WR2 4TA.



Doors open at 13.30 with a prompt start at 14.00. Visitors are welcome, with a small charge. Tea/Coffee will be available.

Contact for further information Sue Southwick - email: swagmembership@googlemail.com Phone Mike Ellison 07738 995825

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Christmas cards support St Wulstan's at Little Malvern

The Victorian tradition of exchanging Christmas cards is as strong as ever for many, so a parishioner at St Wulstan's Church in Little Malvern has printed some to suit everyone. Charlotte Carver's most recent designs are 'Snowfall and Sunset at St Wulstan's in Little Malvern' and 'A Partridge in a Pear Tree Fantasy' (pictured). When researching The Twelve Days of Christmas song, she says "I discovered there is a tradition that each line represents a different aspect of the Christian faith. For example, the ten lords a-leaping symbolise the ten commandments, the four calling birds are the four gospels and the Partridge is Jesus". "The tradition of sending cards is such a good one. As second-

class stamps haven't gone up yet, why not keep in touch with friends by sending them a hand produced card with your love and best wishes for joy and peace this Christmas." These unique high-quality cards are produced in the UK. They sell at £6 per pack of 10 and a generous percentage goes to support the restoration fund at St Wulstan's in Little Malvern. So, if you are looking for cards with a difference this year, pop on to the dedicated website <https://bit.ly/CC4SWLM> or contact The Christmas Card Store on 01684 592179. St Wulstan's is known internationally as the final resting place of local composer Edward Elgar and attracts visitors all year round.



Let's talk about Movember



Content warning – this post discusses suicidal issues

It's Movember! For the month of Movember our focus is on supporting men's health and well-being. In a nutshell, we're here to talk about men!

We know and understand all too well, that men need to feel supported, valued and have a sense of purpose.

Here at Community Action, we understand that there is a need to bring focus to increasing the wellbeing of men.

Men's Sheds are a great space for sharing a project, a cuppa, a concern and a chat. Getting men talking can be crucial to start the conversation about their own physical and mental health and well-being. It's important to allow men the opportunity to express their emotions, sharing with others can help gain perspective too. Talking is a great tool for promoting mental health and well-being, we need to create a shared space where men can talk freely and talking about their health and well-being is accepted and encouraged. Wouldn't it be great to see more men getting involved in the work we do?

A chance to feel less lonely and less isolated in the community. A large proportion of our driving volunteers are also men. Giving back to the community and finding a sense of purpose through volunteering are just some of the benefits. We know that purpose is a huge factor in affecting health and well-being. Communities and community groups benefit hugely from having men volunteer.

Normalising volunteering for men can be a great role model for the next generation of volunteers too.

Here's the statistics that motivate us to do what we do.

- Three quarters of premature deaths from cardiovascular disease are amongst men.

- Men have a 37% higher risk of dying from cancer and a 67% higher chance of dying from cancers that affect men and women.

- 64% of men will wait more than a week to see a GP
- 48% of men will avoid health check-ups

We also know that as well as being reserved in their need to consider physical issues, men don't fare much better looking after their mental health.

- Four out of five suicides are by men

- Men are nearly three times as likely as women to become dependent on alcohol and three times as likely to report frequent drug use

- Men aged between 40 and 49 have the highest suicide rates in the UK

- Men are less likely to access psychological therapies than women, only 36% of referrals to NHS talking therapies are for men

When King Charles shared his news of an enlarged prostate, Prostate Cancer UK saw an almost doubling in the number of people using their on-line checker. The NHS have recognised the need to 'share our stories' and the positive impact this could have on other men.

We know it makes a difference and we're encouraging the local community to reach out to neighbours and see what difference you can make by sharing too or come and be part of what we do and get involved in your local community.

To find out more about volunteering, visit our website; [Communityaction.org.uk/volunteering](https://www.communityaction.org.uk/volunteering)

Here are relevant links providing support for the topics discussed in this article:

Samaritans - <https://www.samaritans.org>

Movember - <https://uk.movember.com>



**MALVERN HILLS
VOLUNTEERING**

A few words from...

Dame Harriett Baldwin MP

MP's Bus campaign steps up a gear with £9.4m boost

Dame Harriett Baldwin MP is gearing up for significant improvements to bus services between Worcester and Malvern after the confirmation of extra cash to improve provision. Worcestershire County Council will be able to use an extra £9.4 million to improve local services and the MP is planning to meet with the local transport team to press for enhancement to the service linking Malvern and the city. Dame Harriett has also campaigned for the return of the X43 service,

running to the west of Malvern, which was withdrawn during the pandemic and she has called for investment to enhance services across her rural constituency. The MP quizzed the Secretary of State in the House of Commons about funding which will help to improve bus services following the cancellation of part of the HS2 rail project. The Minister confirmed that the county council will be able to invest nearly £10 million supporting projects like the enhanced 44 route and the return of the X43 service. Dame Harriett said: "I've been campaigning for several years to get

improvements to the service between Worcester and Malvern and the last Government pledged £209 million to deliver major local transport improvements. Constituents regularly share their concerns with me about the lack of decent bus services and I have lobbied for later evening buses along the 44 route and better coverage at weekends as well as the much-needed return of the X43 route. I have been trying to get a meeting with the county council to understand how the team plans to spend this extra money and I'll be hoping for some positive news soon."



Harriett Baldwin MP

Member of Parliament for West Worcestershire

Harriett Baldwin MP can help constituents with a wide range of issues.

To contact Harriett, please write to her at the House of Commons, email harriett.baldwin.mp@parliament.uk or call her constituency office on 01684 585 165.

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Free festive parking to support local traders

Residents are being encouraged to shop local this Christmas with free parking on offer across the Malvern Hills District. This year, Malvern Hills District Council is offering free parking in its town centre car parks in December leading up to Christmas.

Free parking will be available on the below days, in any of the council's pay and display car parks:

- Great Malvern and Barnards Green:
all day on Fridays
 6, 13, 20 December

- Upton upon Severn:
all day on Saturdays
 7, 14, 21 December

Cllr Julie Wood, Portfolio Holder for Tourism and Economic Development at Malvern Hills District Council,

said: "We are really pleased to offer free Christmas parking once again. We would encourage all residents and visitors to support our local businesses during this time, it is a great opportunity to explore our wonderful town centres and all they have to offer."

For more information about Christmas shopping around The Malverns, visit:
www.visitthemalverns.org/christmasshopping



Upskilling grants available for businesses

Businesses can claim half of the costs of upskilling and training their employees thanks to the SkillsBoost grant provided by Malvern Hills District Council as part of the UK Shared Prosperity Programme. SkillsBoost Worcestershire is being delivered in partnership with the Worcestershire Local Enterprise Partnership and Worcestershire Growth Hub. Malvern Hills organisations can claim 50% of their training costs back, up to £6,000 for their employees, this means that the new funding can allow organisations to upskill or redeploy their employees to maximise their effectiveness. Businesses of any size and sector are eligible for the programme as long as the business is based in the district. So far, 44 Malvern Hills employees have been supported to participate in skills

courses through the programme. Optimec Metrology based in Malvern, manufacture precision optical metrology instruments, and are one of the local businesses to recently access the SkillsBoost grant to support the costs of training of their staff. Kerry Blandford, Director at Optimec Metrology, said "The funding received allowed essential staff training to be completed ahead of plan whilst optimising cashflow. New skills learned boosted personnel productivity and our business efficiency." Funding for the SkillsBoost programme is limited on a first come first served basis and is available from now until 31 March 2025. For more information and eligibility criteria, visit: www.malvernhills.gov.uk/upskilling-and-training



Cathy Leach and Kerry Blandford, Co-owners at Optimec Metrology
 Photo supplied by Optimec.

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Salt

Tim Hickson

In a recent article about local road names, perhaps I should have included those that refer to Saltways. Of course these tend to be heading away from Droitwich, known since before Roman times as a place with brine springs that could be used to produce that vital material, salt.

All over the World, salting has been one of the main methods of preserving meat and fish. Also, before being put on display the heads of those 'villains' who had been hanged, drawn and quartered were 'parboiled with salt and cumin seed to keep them from putrefaction and thus to keep off the fowls from seizing them'!

We also need salt to eat, not only for stimulating our taste buds, as we have been used to doing for many thousands of years, but as a biological necessity. Worth knowing, in view of the scare stories, in 1986, extensive studies for the Royal Society of Medicine concluded that 'salt might perhaps exert a small influence on blood pressure, but that the effect was tiny compared with being overweight or drinking too much'.

What we use with food, Common Salt, is, as those who paid attention in their Chemistry Lessons will remember, Sodium Chloride. This is, of course, what we find in the sea, hence the Sea Salt we can buy today, often with beautiful crystal shapes. However, it can also be found underground and mined, but if water flows past it, the water becomes salty; what is known as brine. Those who paid attention during their History or Classics lessons will recall that Roman soldiers were paid with salt whose Latin word is 'sal' and that gives us the word salary for pay. It also means that 'salt springs' or 'brine springs' are sometimes called 'saline springs'. Thus, we have sea salt which, in the past, was cheap but often impure, rock salt which was less common and had to be mined and salt from brine springs which was expensive but free from calcium, magnesium and 'other less salubrious ingredients'.

When those 'illegal immigrants', the Romans came to Britain, they realised the value of the saline springs at Droitwich and set about organising the production of salt on a larger scale than before. To do this, the brine had to be boiled until the water had gone and the salt was left. This required a significant amount of wood to produce the necessary fires. We know that in the C14th, 'twice the amount of wood was required to produce 112 lbs (just over 50 kg) of salt'. Consequently, there are far fewer trees near Droitwich than once there were!

The 6th Earl of Coventry, living at Croome in the C18th, held 2,000 shares in the Droitwich Salene Bath Company Ltd., which gave a modest but reliable source of income. However, knowing there were brine springs in Defford, part of his estate, he set about finding whether that was worth using. Tests found that to produce a ton of salt from the weak brine required nearly a ton and a half of coal. This was uneconomic.

In the C19th, the 9th Earl tried again but with the same result. Nevertheless, aware of the benefit to racehorses of saline bathing (it hardens their legs), he had a bath built for this purpose on the edge of Defford Common. His two Grand National winners, Emblem (1863) and Embematic (1864), both used this pool. Nearby, he had another bath for his and his guests' use. That had a glazed roof and was lined with white tiles; the saltwater was heated by copper furnaces. Lord Coventry regularly took baths there between 1870 and 1880 but eventually found the distance from the Court to be inconvenient. The boiler used to heat the water and its furnace were sold off in 1957. The remains of the well and the pools are shown in these 2009 photographs. Commercial salt production at and near Droitwich continued and became very big until 1972 when local subsidence caused the operation to be closed. Towards the end 145,000 tons were being produced each year and the works were a major local employer. Today, Will Kerton at



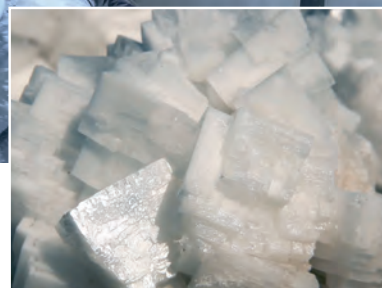
Salt well with tin roof



Stoke Prior Salt Works



Salt trays



Salt crystals

Churchfields Farm, in Salwarpe on the edge of Droitwich, has restarted the practice of extracting salt from the local brine springs. Now we can buy his products locally. As an interesting postscript, you may have heard the recent BBC broadcast about the discovery that Droitwich brine contains tiny particles called extremophiles, organisms that can live in extreme environments which have been

found to kill MRSA bugs. Scientists are setting about developing an antibiotic using the same mechanism. That will be so useful. (However, I must report that I have been unable to detect from my packet of Churchfields salt anything but deliciousness!)

Farming

Mike Page

This article is being prepared on 19th November, a day when two entirely different things are happening, both having major effects on UK agriculture. First of all we have snow (a reasonable accumulation) lying on the ground, the first time that has happened round here in several years. It will put an end to most arable land activities, at least for a time, but whereas last season (2023) saw a catastrophic change in autumn and winter weather early on that resulted in millions of acres across the UK inaccessible, left unplanted and idle, this time at least most land, where autumn established crops were planned, have been planted, with crops emerged and mostly looking good. The prospects for total production of grain crops for 2025 harvest looks promising, and with it the UK's likelihood of being as self-sufficient as possible in home-grown basic foodstuffs. All arable land on the farm here is planted with crops for 2025 harvest, though not yet germinated and emerged. The snow will also prompt the bringing in of livestock still out on pasture to a more comfortable life inside farm buildings: livestock enjoy their freedom to roam across open pasture, but they (like us!) enjoy the warmth and comfort of life under cover come wintertime. Happening on the same day is

the Farming lobby 'invasion' of London and Westminster to protest at reduction in Agricultural Property Relief (APR) in the recent Budget. For many years most individual farms have remained in families, with each generation taking on the running of the farm from the previous one. So that each generation was not hit with a big tax burden (Inheritance Tax – IHT) on this passing of one continuing business to the next (ie basically to help farming businesses continue more or less unencumbered, without the disruption of the sale of any land), APR allowed the production of basic foodstuffs to continue with little if any interruption. So the introduction of APR was seen primarily as a means to help bring about national food security rather than as a tax favour to individuals within the farming industry. When introducing this type of Tax Relief (which is similar to, and with the same objective as Business Property Relief – BPR), the Government of the day did not see fit to limit APR to just active farmers, but more or less any owner of agricultural land. The result of that has been buying up agricultural land (though not 'farming' it themselves) has become something off a Tax Haven for the wealthy. Many thousands of acres in the UK are now owned



by non-farmers whose chief aim in their purchase is ultimately tax avoidance. Most 'real' farmers might well be said to be 'rich' but that is mostly because their landholding is valued highly, with much land these days being worth £8,000 or even more per acre. Reducing APR for agricultural properties worth over £1,000,000 means that any farm holding of much over 100 acres or so is going to have a value putting it well beyond IHT of 0% with APR and into the realms of chargeable IHT; the vast majority of farm holdings are well into the size and value where APR no longer applies. We are into territory familiar to many: being 'asset rich' and 'cash poor' as many others have found these days, living in and owning a house worth £hundreds of thousand, but having to manage on a weekly

wage packet. The threat to continuing and reasonably predictable production levels of home grown basic foodstuffs is now not only coming from change in climate, but perhaps even change in taxation. The reduction in APR is not likely to boost IHT receipts and the Government's coffers by all that much in terms of money, but may well have a devastating effect on British farming, home food production, and with the need to raise food imports, the Balance of Trade; the Budget change to APR may well prove to be a move that is self-defeating. The NFU and others are hoping to convince the present Chancellor and Government that the changes in APR applied to IHT needs to be reviewed and altered; so far without success. But the lobbying will continue in the hope that eventually sense will prevail.

Foster carers needed!

In recent years, the need for foster carers has become more urgent than ever. There are thousands of children waiting for loving, supportive homes. Yet, despite the pressing need, there is a significant shortage of foster carers, leaving many children without a proper place to call home. If you have been thinking about a change in career, retiring, or

maybe your own children have grown up and left home, consider utilising your transferable skills, compassion and drive to make a difference to a child through fostering. We need people with skills like yours to help children and young people reach their potential. We offer a range of different fostering paths from short breaks to full-time care.

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Thoughts from the Snug . . . Energy prices - Shocking!

The cost of living is a regular topic of discussion here in the Snug, prompted by almost any radical change in the economy and government policy. Energy costs feature frequently. What tariff to use, how to swap suppliers and the lack of incentives to encourage cheaper, green and sustainable energy crop up regularly. The cutting of the winter fuel allowance to pensioners this year was one discussion that prompted this recollection of a story from the Daily Telegraph:

Commenting on a complaint from a Mr Arthur Purdey about a

large gas bill the spokesman for North West Gas said, "We agree it was rather high for this time of year. It is possible Mr Purdey has been charged for the gas used up during the explosion that destroyed his house."

Poor Mr Purdey!

We wondered if he now met the new criteria for the fuel allowance. Probably not!

Buddy Bach

Cooking for fun!

Ailsa Craddock

Whilst the weather often dictates that stews and comfort food are what we want/need to eat, let us not forget winter salads - but with a hint of warmth to keep out the chill. You can eat them on their own - but they will easily sit happily alongside lamb or pork chops or baked fish – and give you a quick boost of Vitamin C and all things sunshine!

Mushroom and Wild Rice Salad

250g chestnut mushrooms, halved
1 onion, finely chopped
2 garlic cloves, crushed
1 unwaxed lemon, finely grated zest only
150g mix of brown basmati and wild rice, cooked (you could use one of the ready made pouches)
400ml hot vegetable stock
1 pomegranate, seeds only
3 - 6 spring onions, finely chopped
100g watercress, roughly chopped
2 tbsp extra virgin olive oil
fresh coriander, roughly chopped
2 tbsp lemon juice
Salt and pepper

Preheat the oven to 200C/180C Fan/Gas 6. Place the mushrooms, onion, garlic, lemon zest, rice and vegetable

stock in a casserole dish or small, deep roasting tin. Cover tightly with kitchen foil or a lid and cook for 1 hour. Meanwhile, to make the lemon and coriander dressing, mix all the ingredients together in a small bowl. Set aside. Stir the dressing, half the pomegranate seeds, half the spring onions and the watercress into the rice. Taste and adjust the seasoning, if needed. Garnish with the remaining pomegranate seeds and spring onions. Serve immediately.

Pear Salad

5 Tablesp. extra-virgin olive oil, divided
2 - 3 pears, quartered lengthwise and cored
salt
Freshly ground black pepper
3 Tablesp. apple cider vinegar or sherry vinegar, divided
4 tsp. honey



1 head of frisée or 2 medium hearts of romaine, torn into bite-sized pieces
crumbled blue cheese or feta
seeds and/or walnuts (optional)

In a large pan, over medium-high heat, heat 1 tablespoon oil until just smoking. Add pears in a single layer cut side down and cook, flipping halfway through, until golden brown on both cut sides, 4 to 6 minutes total; season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Reduce the heat to low and add 1 tablespoon vinegar. Gently

stir until liquid is thickened and coats pears, 1 to 2 minutes. Transfer pears to a plate and let cool. Halve each piece of pear lengthwise.

In a large bowl, whisk honey and remaining 4 tablespoons oil and 2 tablespoons vinegar; season with salt and pepper. Fold in greens, gently tossing to combine; season again with salt and pepper, if needed. Top with pear slices and blue cheese. You can also add your favourite seeds and/or walnuts.



VETERINARY ADVICE ESPECIALLY FOR YOU!



The Importance of Vaccination

Vaccinations are an important part of our pets' healthcare requirements. They are there to protect our pets from potentially deadly diseases, such as canine parvovirus, feline enteritis and rabbit haemorrhagic disease. As well as stopping the potential spread of diseases like leptospirosis to humans.

Unfortunately, there has been a worrying trend of a reduction in the numbers of both pets and humans being vaccinated in recent years. This has led to regional outbreaks of serious diseases that have not been seen in large numbers for some time. Up to a third of pets are not kept up to date with their routine vaccinations. Vaccination, in part, works by 'herd immunity' – the more animals that are vaccinated the less likely those vulnerable to the disease will become infected. With fewer animals being vaccinated the more at risk our animals are, even those that are routinely vaccinated.

Recommended vaccinations:

Dogs

- Core vaccinations (those recommended for any domestic dog worldwide) are for canine parvovirus, canine adenovirus (hepatitis) and distemper, after the initial vaccination course these are needed every 3 years.
- In the UK countryside leptospirosis is not only a potentially fatal condition but can also be spread to humans, this vaccine is needed every 12 months.
- Kennel cough can lead to a debilitating cough and is very contagious, it is recommended for dogs in any setting where there are multiple dogs present e.g. kennelling or training classes, or for dogs that are particularly sociable and enjoy greeting every dog. It is a 12 monthly vaccine usually given up the nose.

Cats

- Core vaccinations are for feline enteritis, feline herpesvirus and feline calicivirus (cat flu). Enteritis is given 3 yearly and the flu viruses are needed yearly.
- Feline leukaemia virus vaccine is given 3 yearly and is recommended for any outdoor cats.

Rabbits

- Rabbits have a single combined vaccination yearly which covers for rabbit haemorrhagic disease 1 and 2 and myxomatosis.

Most vaccination appointments will include a general health check to catch other conditions early, such as dental disease and heart disease. Contact your vet to make sure your pet is up to date with their vaccinations.

Best wishes *Eliza*

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Viking rites, human writes...and a small celebration ?



First let's start with news that the Jorvik experience up in York is advertising the first snowfall for 40 years in Viking age Coppergate - which is actually underground in the Jorvic recreated Viking village. So we can see 'residents'

wrapped up in their winter woollens, giving a fresh experience to visitors who can ride the Time Sleighs back in time to the year AD960 although following the virtual cold around the recreated houses and streets the gallery

Now please bear with me as I get a little bit more serious.... this month sees the 76th anniversary of the Universal Declaration of Human Rights, passed unanimously by the United Nations General Assembly back in 1948 in the immediate aftermath of the Second World War when the horrors were still fresh in people's minds. (This is not the same, by the way, as the European Convention on Human Rights which was Winston Churchill's attempt in 1952 to put greater 'teeth' into the concept, although some commentators recently have criticised it, perhaps we should recall that it's not the Convention itself that's at fault, rather the interpretation put upon it by clever lawyers and complaisant judges...)

Whatever, it is still true, alas, that across the globe, many brave people still suffer unjustly simply for expressing their opinions, are imprisoned for criticising their national government or for advocating basic rights for the

disabled, for example. That's why, every year on the Saturday nearest International Human Rights Day, which this year is Saturday December 7th from ten till noon a few of us from the Pershore group of Amnesty International gather in Pershore's Chapman Court (outside Asda) to invite passers-by to send greeting cards to just a few of those brave people who dare to speak truth to power. This year we've chosen four people Ana da Silva Miguel from Angola who was arrested at her home in Luanda after broadcasting a live video on TikTok criticising the President. Sentenced to two years in prison and fined one million kwanza (about £900). Maryia Kalesnikava from Belarus who was arrested for protesting about the rigged Presidential election. She is currently serving an 11-year sentence in a penal colony. Kyung Seok Park from South Korea, who uses a wheelchair, has been conducting protests since 2021 highlighting the

area provides a Viking house complete with a crackling fire creating the perfect setting for winter themed tales of gods and monsters as well as discussion of the kit needed to make it safely though a Viking winter. York's a good destination for us for several reasons - the Christmas market this month, the Ice Trail in January and the JORVIK Viking Festival in February. Pre-booking for the Winter Adventure at Jorvik is essential. Timeslots can be booked at jorkvikvikingcentre.co.uk and tickets cost £16.50 for adults, concessions cost £13.25 and children £11 each. Family tickets are available from £46. All tickets are valid for 12 months from the date of the

need for accessible public transport but these protests have been broken up by force. Professor Sebnem Korur Fincanci from Turkey is a forensic medicine expert who was arrested by the Police after she called for an independent investigation into allegations that the Turkish army used chemical weapons in the Kurdistan region of Iraq. Now I feel that these brave people deserve a greeting at Christmas - not only will it perhaps help to cheer them up, it also has a salutary effect on their gaolers as well. I still remember visiting a women's rights centre in the Congo, which had been leaned upon heavily by the local (corrupt) Police, who gleefully covered their walls with cards from all over the world after the local provincial Governor was forced by the central government to intercede on their behalf. Little things can have big consequences. Do stop and say 'Hi' to us if you're passing on the 7th.

Brian Johnson-Thomas

first visit. We've been to see JORVIK and it's quite an experience, thoroughly recommended! Plus, you can go easily from Worcestershire Parkway every hour with just one change of train using Cross Country Trains - somewhere else we can go using our new Two Together Railcard, giving us a third off the fare, which starts at just under £40 return Talking of cold Winter days, an old contact of mine (thanks again! Ana) told me about a rather scrumptious Sloe Gin made by Haymans in London. It comes by mail order, beautifully wrapped for the Festive Season and costs just £29 a bottle from www.haymansgin.com

Would you believe that this is edition number one hundred of the Pershore Times? Not only that but it has spawned others in Kempsey, Powick and Upton with an apparently winning formula consisting of an eclectic mix of contributors seasoned with lots of local news. Now in my Fleet Street days I wrote for a lot of different Editors, many of whom I, frankly, had little time for. However, for the last decade and as I subside into my anecdotalage, I've been happy to write for Alan and the team here at the Pershore Times. Quite how we survived sometimes I don't know (writing a travel and leisure page during a Covid lockdown was sometimes challenging) but I do know that many people were especially grateful to the paper at that particularly trying time. Alan, Andrew and Simon, thank you!



Kyung Seok Park



Maryia Kalesnikava



Professor Sebnem Korur



Ana da Silva Miguel

Can anyone keep bees in their garden?

Martyn Cracknell



In some countries the keeping of bees is very closely regulated, but in the UK we have relatively few restrictions. Most of us participate in a voluntary registration scheme called Beebase. Honey bees are part of the native fauna and whilst there are few colonies in the wild nowadays and most are cared for by beekeepers they are certainly not domesticated or tame, but they

are designated as 'small livestock'. Beekeepers come from all walks of life, young and old, and the only real limitations are the ability to lift moderate weights and to endure the inevitable stings. Some people react badly to stings with severe swelling at the site of the sting, which is very unpleasant but a small minority have a life-threatening reaction to even one single sting and

clearly, this rules out beekeeping for them. Like any animal husbandry, or pet keeping, caring for bees requires an understanding of the bees and their needs. Since this is outside the experience of most people, we recommend that all prospective beekeepers should attend a training course that includes practical bee handling before committing any expenditure. Most branches of the local County beekeeping association will be able to refer you to a suitable local course.

How big a garden would I need? The hive itself is quite a small box but the bees need a flight path from the entrance of at least two metres and this should not be across a pathway, a washing line or a public space. In practice it is much better to plan to have two hives eventually, which should be about two metres apart. Bees may be disturbed by vibration from machinery so you will not wish to trim or mow close to them. There are occasional reports of bees causing distress to horses and chickens so it is wise to avoid close proximity to them too. How much time do they require? In winter an occasional check that the hives

are not damaged by storms, woodpeckers or mice is all that is required. From March to June fortnightly attention is required to avoid loss of swarms and to ensure orderly replacement of queens. And in summer there is honey extraction if there is a surplus, monitoring for disease, replacement of old dirty wax comb and repair and renovation of hive parts. This probably amounts to a day per fortnight and rather more if you allow the number of hives to increase! Like any animal husbandry, responsible beekeeping involves caring for the bee's welfare needs and it is not appropriate to neglect or abandon them.



Village Life

John Driscoll

So, confession time, despite living in a village for almost 30 years I still regard myself mostly as a 'Townie'. That is because of being raised in Bristol and going through a city centre school with formative adult years spent in the 'Big Smoke' living on the edge of the yuppie thing. We moved as a family with young children, driven by a determination that no school in 'Sarf London' was going to get their hands on our sweet innocent daughters. Any regrets – none whatsoever! Those 30 years have flown by, and we've loved living in a small village surrounded by community and beautiful countryside. Another 20 years or so and I reckon we'll be accepted as true villagers – maybe make that 30! Our first real taste of village life came with a millennium celebration when the youngest partygoer was a few weeks old and the oldest well over 90! A great way to meet our new 'neighbours' and many of those

relationships have endured. Fast-forward. Covid-19 may be receding in our minds now but strangely, given we were all confined to our homes, one of the few benefits for our village was a major increase in the sense of community, and this has continued. Clapping for the NHS on Thursday evenings bizarrely encouraged us to 'reach out' (sorry, I hate that expression) to neighbours who live a whole field away. We could wave to them and see who could make the most noise with wooden spoons and saucepan lids. That blossomed into friendship that is now highly valued. One of the younger villagers then came up with the idea of a village WhatsApp group, initially so we could keep an eye open for any isolated or vulnerable neighbours. This was hugely successful and is still going strong, with the vast majority of us registered and 'tuning in'. We have lively discussions ranging from recent



Northern Lights sightings, to the next steam train passing, items available for re-housing and missing pets. The subject of messages is really quite irrelevant – it's about community in the full sense of the word, which was all too easy to lose when the village pump disappeared along with the chance that gave us for a good old gossip! And our village is especially lucky to have a brilliant and very welcoming local pub that has become a physical hub for

many of us since re-opening post-pandemic. What better way to meet up for a chat and to plot adventures! And the Chancellor has announced a one penny reduction on a pint of beer for 2025 so "Cheers" to village life! Maybe very irresponsible to say this, but I reckon it's better to think of this as 'buy 499 pints and get the 500th free'! Regrets after emigrating to the country (?) – still none – and try buying a pint for a fiver down London way!

Lonely this Christmas

What is the enduring power of this Christmas hit?

Spare a thought for shop assistants at this time of year, subjected from November (or even earlier) to the same old Christmas hits played over and over. How many times can you hear Noddy Holder yelling “It’s Chriiistmaas!” before you start to think that Oliver Cromwell had a point when he tried to ban such festive shenanigans? One such hit (which is actually rather good, to be fair) is the crooner ballad “Lonely This Christmas”. Your starter for 10: who originally sang this and when? If you’ve answered Elvis Presley... try again! It does sound like Elvis but was someone else. Follow up question: which single has been Christmas Number 1 twice? You’ll find the answers at the end of this article.

The enduring power of the song “Lonely This Christmas” is the way it taps into the prevailing idea that Christmas is a time for being together... with family, with friends, with loved ones... and that being alone without choice can feel worse at this time of year than any other. So how

do you cope if you find yourself unwillingly alone this Christmas? There are organisations who offer help and support if required – go to the Wellbeing Hub website (see below) to find links for these. Plan ahead by working out beforehand how to spend the time enjoyably: catching up on films, reading books you have long wanted to, doing something creative. Get outside for exercise and fresh air and indulge in some self-care and pampering. Connect with people you know to wish them well (through emails or texts, for example) – and remember that the rituals of Christmas are there for everyone if you want them. The festive season doesn’t last forever; it may help to set a start and end date and plan something to look forward to when normal life resumes. If things become very difficult to bear, the Samaritans helpline (116 123) is always available. And remember that when the Wellbeing Hub on Pershore High Street is open (see below), we warmly welcome visitors who just want to come in for a chat and cup of tea. So who DID originally sing “Lonely This Christmas”? Well



done if you said it was the English glam rock group Mud. Their imitation of Elvis (complete with white suits and dark glasses on their TOTP appearance) sold 750,000 copies, taking them to the UK Number 1 Christmas slot way back in 1974. And which single has been Christmas Number 1 twice? A trick question as both “Mary’s Boy Child” and “Do They Know it’s Christmas” could make this claim... but they were by different artists each time. The

actual answer is of course Queen’s “Bohemian Rhapsody”. As they say on Pointless, congratulations if you knew this! Merry Christmas, whatever your situation this year.

Paul Morris

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Jazz News

Congratulations on 100 editions! Looking at the very first edition, November 2015, we can see that many events businesses, and Times contributors are still going strongly and, in most cases have grown and improved over nine years although, sad to say, some have been lost.

Jazz News for that month was an informative introduction to the already well established and successful jazz scene in Pershore with details of November’s band, the Amy Roberts Quintette. Amy, a graduate of the Royal Northern College of Music, was already well known internationally in those days having twice won the Rising Star category at the British Jazz Awards and performed with many prestigious jazz names, including four years touring with the Big Chris Barber Band. She met and married saxophone virtuoso Richard Exall and they now fit in busy lives performing, teaching and mentoring whilst coping with the demands of their two little boys. Such a stellar career but Amy has not forgotten her old friends at Pershore Jazz, she will be at

Peter Farrall

the Club on March 27th 2025. The heady days of Pershore Jazz Festival, which was in full swing in 2015 are, alas, no more, having succumbed to covid lockdown and finally a change of policy by the management at Pershore College. But we have bounced back with “Pershore Jazz on a Summer’s Day” now heading for its third year at Number 8 in 2025. This event is restricted to just one day but manages to pack in a scintillating programme of sessions based on jazz of the swing era and has proved very popular with erstwhile festival attendees and an encouraging number of newcomers. Saturday 9th August 2025 and advance booking opens at Number 8 on 3rd February. Pershore Jazz Club has grown from strength to strength during its time at Pershore Football Club and is now enjoying a full house at each monthly meeting. Our programme is planned for the next twelve months beginning with the Christmas Special on 11th December featuring Rico’s Swing Company. Enrico Tomasso leads an



ensemble of Pershore favourites including stunning vocals from daughter Cia. All this with a fish’n’chip supper! The last time we saw Adrian Cox he had to rush off for a New York flight to perform by

invitation at the celebrated Lincoln Center. We’ll catch up him again with his latest project “Makin Runs” at the January club night. *A Merry Jazzy Christmas and a Swinging New Year to All!*

Rico’s Swing Company

Wednesday 11th December 2024

The Adrian Cox Trio

Wednesday 29th January 2025

Function Room, Pershore Football Club

Doors open at 7pm, music at 8

Admission £12.50 to include a raffle ticket

Book in advance and pay on arrival

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

Three plants for Christmas gifting



Christmas Cactus:

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

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

Amaryllis:

This is a flower with the WOW factor! You can grow them in the autumn (around October) in time for flowering at Christmas, or there are many kits available that

include the bulb and pots. Or a waxed bulb that has been decorated also makes an attractive gift.

They have large, trumpet-shaped flowers in a range of colours, including red, pink, and white. They can become top heavy and may need some support – one option is to grow them in a vase, so the sides are protected. Simply fill the base of the vase with washed decorative gravel, fill with water halfway up the gravel and place the bulb on top. Make sure the base of the bulb isn't sitting in water at any time.



Poinsettia

A really popular plant, but renowned for keeling over as soon as you get them home! So, here's a few tips to buy and care for your plant.

Poinsettia's hate draughts, so avoid buying them if they're located in shop doorways. Look at the flowers in the centre of the plant – these are the little yellow button shaped flowers in the middle of the red bracts. If they look healthy, then it's a good indication the plant is healthy. Check the soil. If its sodden or bone dry, then it will be stressed about that too and again, the leaves may fall off when you get it home. Once you have your beautiful plant at home, the best place to put it is in a sunny / part sunny, warm, and draught free spot. They like 15-21 degrees preferably. Remove it from a windowsill overnight and make sure the leaves aren't touching the glass during the day as its likely to be too cold for it.



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Watering

If the leaves are drooping and/or yellowing, it's a good indication that it's not being watered correctly. This is easily remedied. Firstly, check the soil to see how dry it is. If it's in a small pot, it will likely need watering a small amount every day – a little and often approach. If you have a larger pot, again, check the soil daily to monitor how much water it is drinking, and if it's in a warm area, it may need water more often, but don't let it sit in a saucer of water, as this can also lead to root damage and the plants early demise.

December gardening tips *Reg Moule BBC Hereford & Worcester*

Early in the Month

Overgrown deciduous hedges can be cut back hard while they are still dormant.

Put netting over winter greens to keep pigeons off.

Alternatively stretch hazard warning tape across the crop in a zig-zag formation, fixing it to bamboo canes.

New deciduous hedges can be planted now. It is best to cut the new plants back hard after planting.

Avoid getting greenhouse plants too wet, they are much better kept on the dry side over the winter.

Feed flowering houseplants weekly using a liquid fertiliser. Avoid walking on frozen lawns, as this damages the grass leaving brown footprints until the spring.

Float a rubber ball, or a chunk of polystyrene, in your pool to prevent it from freezing over completely, or buy a pool heater.

Put your sawn off Christmas tree in a stand which holds

water, as this aids needle retention.

Mid December

Feed garden birds and make sure that water is also readily available.

Frost and wind can loosen newly planted shrubs and trees. Check and re-firm them.

Alpines and other seeds needing a cool period in order to germinate can be sown now. Whitloof chicory roots can be dug up, potted and brought into the warmth and darkness in order to produce "chicons".

Geranium seeds can be sown now- if you have suitable conditions to grow them on. Go through the greenhouse every week and dispose of dead leaves and flowers.

Repair fences while climbing plants are still dormant. Plant new trees and shrubs when weather conditions are favourable.

Try to hoe off weeds whenever you see them, as this will pay dividends later. Grow some sprouting seeds in

jam jars for an easy, nutritious addition to meals.

Cut some berried holly for house decoration and keep it in a bucket in a cold greenhouse to prevent birds from taking the berries.

Take root cuttings from herbaceous plants like phlox, oriental poppies, and Japanese anemones.

Ventilate the greenhouse on sunny days to reduce the risk of fungal infections.

Later in December

Winter is a good time to plan next year's crops and ornamental displays.

Prune free-standing apple and pear trees.

Prune greenhouse grapes, when all the leaves have fallen, cutting back the side shoots to one bud long

Christmas pot plants – remember Cyclamen and Azaleas like it cool, Poinsettias need more warmth.

Clean pots, seed trays and service tools ready for the new season's work.



Cover a sheltered area of veg. garden with clear polythene to warm it up for early spring sowings.

Sow onions suitable for exhibition, like Robinson's Mammoth or Kelsae in a heated greenhouse.

Winter wash dormant fruit trees, using Vitax Winter Tree Wash, or Growing Success Winter Tree Wash, for a clean start next spring.

Start winter digging on the veg. garden but keep off very wet soil – it ruins the structure.

If snow is expected encircle vulnerable conifers with hoops of wire to hold branches in place that could, otherwise, be bent outwards by heavy falls.

Budget comment I

Carol Draper

Employer's NI
Labour's first budget of this parliament, delivered on 29th October, was met with a fair degree of anger and dismay, particularly from businesses. Staff costs are the major expense for most businesses and increases to both National Minimum Wage and Employer's National Insurance were announced. So just how will this affect you?

Employees have National Insurance deducted on any earnings that exceed £242 per week. However employers also pay National Insurance at the current rate of 13.8% on all employee earnings that exceed £175 per week although there are exemptions for employees under 21 and apprentices under 25. In the budget Rachel Reeves announced that from 6 April 2025 the rate of Employer's NI will increase from 13.8% to 15% and the threshold on which the tax becomes payable will reduce from £175 per week to £96.15 per week.

For an employer who already pays employer's NI, the reduction in the NI threshold alone will lead to a minimum per person tax increase of £615 per annum before even taking account of the increase in the tax rate.

However, while the tax rates have increased, and the thresholds decreased it is not all bad news. Employers are entitled to claim Employment



Allowance against the Employer's NI they are due to pay. This is currently at the rate of £5000 per year but from April 2025 will increase to £10,500 per year. For many small employers therefore, what has been taken away with one hand has been given back with the other and it is possible you may not notice any difference in the tax you are paying.

The situation is different for larger employers and decisions will need to be taken whether it is possible to pass on the additional costs to the customer or if more drastic action needs to be taken to cut costs by reducing staff numbers or making other efficiency savings.

As with all business changes planning is key so if you are not clear how or if your business will be affected, speak to your accountant.

Carol Draper FCCA
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"If music be the
food of love, play on"

William Shakespeare



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Sparkles

Angela Johns

If it wasn't for the trees shimmering with the burnished colours of Autumn, then what a dreary slide towards winter it has been. Not particularly cold, not particularly bright but definitely particularly grey. For days on end. So much so, that when a cold and snowy snap arrives, we are stunned. We are reminded what icy fingers feel like and how a bitter wind can find the tiniest gap between zip and neck. Unlike my childhood memories of winters, "unseasonably mild" will return again for sure. How strange it is that our prettiest Christmas cards are of crisp and frosty scenes with bobble hats and snowflakes, when in reality this is a bookie's high odds.

I understand when households put their Christmas trees up early and when lights festoon outside, for when grey days deny us sparkly frosty mornings, and cloudy nights obscure our view of sparkly starry nights, our human inventiveness creates our own versions. Sparkles are what we are drawn to whether it is eyes, smiles or fairy lights. Like frosts, starry nights and the facets of a brilliant cut diamond, it is the collection of the smallest sparkles that dazzle the most. So don't underestimate the spark you share with those all around you.

This season is not everyone's favourite and this year may be harder for some. If that is you, remember that it will come and it will go. If, however, this is a time you love then let your Christmas jumper sparkle and spread the joy!

I would like to wish you all good things for now and in the New Year! Thank you for reading.

A special thank you and congratulations to Alan and the team for making this publication possible and achieving their 100th edition! What a joy it is to see the thoughtfully chosen and colourful front cover when the new edition comes out. I usually get mine from the library in Pershore. Where do you get yours?

Angela is a qualified Emotional Therapeutic Counsellor registered with the FETC. Also a Reflexologist and Reiki Practitioner, she is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing.

You can find her at
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Pain and the brain

Louise Anderson *MSc, MSc, BSc, BA, BSc Hons*

Chronic Pain Breakthrough: Brain-Based Solutions

Research shows the same brain areas that process pain also handle emotions like anxiety and depression, which can amplify the experience of pain. Chronic back pain, the most common type, is often linked to these brain adaptations, with no structural cause found in 85% of cases (NIH, 2021).

Anderson's clinic offers innovative evidenced based therapies, to help patients break the pain cycle. "By focusing on the brain, we target the source of the problem," she says.

With Anderson's work, chronic pain sufferers in Pershore may have a promising new avenue for relief - offering an alternative to ineffective medications or invasive surgeries.

Louise Anderson's innovative approach is transforming treatment and offering new hope for the people of Pershore. Chronic pain impacts 28 million adults in the UK - 43% of the population - according to the British Pain Society (2024). Yet for many people, finding relief remains challenging. traditional treatments often focus on structural abnormalities, like tissue damage, or depend on opioid painkillers that provide limited long-term benefits.

Although evidence for their long-term effectiveness of opioid's is limited and concerns about risks such as problematic opioid use (POU) and overdose continue to grow, opioids are still frequently used to manage chronic pain.

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back pain, the most common type, is often linked to these brain adaptations, with no structural cause found in 85% of cases (NIH, 2021).

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With Anderson's work, chronic pain sufferers in Pershore may have a promising new avenue for relief - offering an alternative to ineffective medications or invasive surgeries Louise Anderson, a HCPC registered NHS clinician, is tackling the issue head-on with her private clinic, Cognisance Pain Management, which focuses on the brain's role in chronic pain. Anderson's approach is based on emerging neuroscience that reframes chronic pain as a product of neuroplasticity - changes in the brain that sustain pain signals long after an injury has healed. "This doesn't mean the pain isn't real," Anderson explains. "It means the brain is driving the pain, and we can teach it to unlearn these patterns."

*Louise Anderson
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HCPC Registered
Occupational Therapist
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Becoming Conscious:

Understanding Our Mind Emily Papirnik

Have you ever stopped to consider whether your thoughts and words are truly your own—or simply a habitual response from years past? Many of us carry beliefs or phrases we heard as children, never questioning if they still hold true. Often, we don't take the time to re-evaluate or consciously reshape these ideas. Last month, I explored how massage can help us become more aware of our bodies—their discomforts, alignment, and the ways we can nurture them. This month, I want to focus on the power of becoming conscious of our thoughts and words, both toward ourselves and others.

Through my work in talking therapy, EFT (Emotional Freedom Technique), and Journey Through Perspective, I guide clients in uncovering their true perceptions of themselves and the world around them. It can be surprising, even shocking, to discover how we've been treating ourselves - what we say, believe, or assume without much thought. Often, these ideas are outdated or weren't truly ours to begin with. By voicing our thoughts, we can challenge them. Are they still true? Were they ever true? So often, we carry the words or opinions of others—words we heard long ago—without questioning them as adults. To help you reflect, try asking yourself the following questions:

- If I were my best friend, what three skills or attributes would I highlight about myself?

- If I were my best friend, what kind and supportive words

would I say to myself right now?

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I would like to take this moment to Congratulate the Pershore Times team for reaching its 100th Edition. I feel so grateful to be part of this beautiful looking publication which has become so much more in its content and reach in these 100 editions. Thank you for creating this monthly go to publication for so many local areas supporting so many businesses and businesses. Here's to the next 100!

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St Andrews to the Play

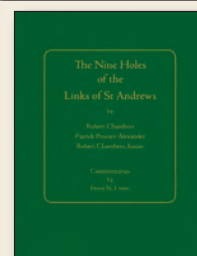
Our first publication devoted exclusively to golf at the Old Course at St Andrews. Our initial effort was in 2005 when we included the poem in the 250 limited edition copies of Aspects of Some Nineteenth Century Golfing Pamphlets. That publication featured comprehensive commentary on St Andrews to the Play by Russell C. Palmer (1925-2007). A stand-alone volume, given its unique status in the Library of Golf, and to add to the commentary of the late Mr. Palmer the important perspective of our friend and colleague, David Hamilton, a Scotsman renowned as a renal surgeon and as an award-winning golf historian and golf book publisher.



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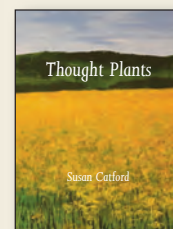
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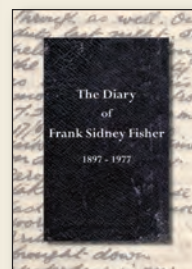
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View from the Boundary

Whilst I am really pleased when the West Indies are doing well as I believe their calypso style is good for world cricket. But were they performing better in recent the 50 over and T20 series in the West Indies or were England underperforming? The Rugby was for England difficult losing to New Zealand, Australia and then South Africa, so the line is we are rebuilding! Scotland did well for their size for a small country of players they punch above their weight. Ireland seems on the wane. Oh, but the great rugby nation of Wales, problems. I was at the Principality stadium with three other friends. Leaving aside the Rugby less said the better, Cardiff really do a good job they close the streets and fans mingle without problem (unlike the football morons) the stewards are very helpful and do a great job and the stadium is excellent. I was lucky that at school and an Englishman I played with Gareth Edwards and the late JPR Williams. When Welsh rugby was untouchable. Predictions for the six nations France or England so I will say England, Ireland, Scotland, Italy then I am afraid Wales. With the Six nations the top six should be in Division one and then a Second Division comprising of say Georgia, Netherlands, Poland, Romania, Portugal and one other should play and the winner of Div. 2 should play off with the last team in Div1 for the next year. One home one away and one at an independent ground if needed. This should not be automatic promotion. Looking at politics, my God it is a mess, if there was an election tomorrow labour would lose. The interesting online vote for a general election, whilst interesting and emanating from the Black Country will make no difference even if the vote went to 10 million the Government will, with such a large majority

say "up yours" The Conservatives have a problem is that they fight and jockey amongst themselves and they need a leader that can say "I am going to take that hill follow me" and everyone does. Badenock will have to up her game in the next 24 months. The liberals were only a vote from the conservatives who would not vote labour so would lose 80% again. Reform if they get their act together could right now get 60 to 100 seats. Can you imagine Claire Rayner debating at the G7 conference oh dear oh dear. The budget was a mess and to say the only 20% of farmers would be affected is wrong any farmer with 70 to 80 acres and a house that is part of the farm would be. The demonstration in London was handled well but I am afraid to no effect. Car factories are closing because the determination with electric cars and businesses are having financial issues because of the corporation tax increase. All very inflationary. The Trump election will be interesting. I believe that he will be good for the UK, David Lammy and others should shut their mouth and not sound like a complete idiot. Trump has four years and cannot be elected (or charged with any criminal offence) so he might take some interesting changes. There will be County Council elections soon, I implore you to look at the individual not the party, as politics plays a very little part in running a Council look at their CV and the experience of the person standing. Many years ago, that is what happened, people were elected in their name and they would join a political group not elected by a political party. Join in the debate and write to the editor of this fine publication and have your say



"Champions keep playing until they get it right"

Billie Jean King

Healthy Heart Tip:

The good and bad of cholesterol



Did you know that more than two in five people in England have high cholesterol? High cholesterol often goes untreated due to its lack of noticeable symptoms, which leads to it going undiagnosed. Even if you feel fit and healthy, make sure that you get your cholesterol levels checked at least every five years. Cholesterol can be influenced by lifestyle factors, but genetics also play a role. Without getting it checked you won't know your results. Here we explain cholesterol and give you some ideas on how you can maintain healthy levels.

What is cholesterol?

Cholesterol is a type of fat in the blood that is made in your liver. Additional cholesterol comes from the foods you eat, particularly those rich in fats. Your body needs certain levels of cholesterol to be able to perform important jobs such as supporting the production of cell membranes, vitamin D and certain hormones. It is measured in millimole per litre or mmol/L. With total cholesterol levels of below 5 mmol/L being healthy.

Non-HDL cholesterol

Non-HDL cholesterol is often referred to as the bad cholesterol within your blood. Its role is to transport all fat molecules around your body. However, when there's too much of it, it can build up in your arteries, causing them to harden and narrow. This causes atherosclerosis and can lead to heart disease. High levels of non-HDL cholesterol are typically linked to diets rich in saturated fats (fatty foods) such

as pastries, cakes and processed foods. Healthy levels of non-HDL cholesterol are below 4 mmol/L.

HDL cholesterol

The good cholesterol or HDL cholesterol in your blood picks up any excess cholesterol and takes it back to your liver to be broken down and removed from your body. Higher levels of HDL cholesterol reduce your risk of heart disease, while lower levels increase it. To boost HDL levels, incorporate unsaturated fats into your diet such as olive oil, nuts and seeds, oily fish and avocados. Healthy levels of HDL cholesterol are more than or equal to 1 mmol/L.

How to keep your cholesterol levels healthy

Regular exercise and meeting the guidelines of 150 minutes of physical activity each week will help to keep your cholesterol levels healthy. Maintaining a healthy weight, not smoking and drinking limited amounts of alcohol also favourably impact your cholesterol levels. As well as eating a healthy balanced diet that includes oily fish, wholegrains, nuts and seeds, fruit and vegetables and limited amounts of processed foods.



A view from the middle



It is with no small amount of shame that I submit this article marking ADHD Awareness Month, which was October, a month late in November, having missed multiple other deadlines from the proprietor of this publication. (Sorry Alan!) Attention Deficit Hyperactivity Disorder (ADHD) is a complex and often misunderstood disability due to its variety of presentations and the fact that it largely invisible. It has gained more attention recently as celebrities such as Ant McPartlin and Britney Spears have opened up about their diagnoses but some people have written it off as a trend, a choice, and simply being lazy. To those people, I would simply say: if I were being lazy, wouldn't I be having fun? My version of ADHD is the 'inattentive' type which means that most of my hyperactivity is mental rather than physical. It sometimes feels like a whirlwind in my brain and I simply can't catch hold of a thought long enough to act on it. This manifests itself in missing deadlines or forgetting pieces of work altogether, losing items if I don't put them down in the same place every time, and wasting money buying food which I forget about and leave to expire or buy duplicates of because I don't remember that I already have them. These may not

sound like much individually but, added together, you can feel as if you are not a properly functioning human being. It is exhausting even working through all the steps needed to make breakfast and get dressed - to the extent that on many days I don't - but the internalised shame of failing to perform as required means that it took a long time, and several medical professionals, to convince myself that I have a disability and require support. It is a shame therefore that the NHS locally has stopped making adult ADHD referrals and I'm concerned this will put people at risk. Studies have shown that people with ADHD are more susceptible to early death, whether due to executive dysfunction leading to self-neglect or mental health difficulties. Even when well, people with ADHD earn on average less than those without and incur a substantial economic burden trying to cope with the condition. In turn, this means they are more likely to need financial support from the state and medical help from the NHS for non-ADHD conditions. Local councillor Dan Boatright-Greene had raised this with the NHS trust but, as far as I am aware, has not had a positive response. Without any proposed solution, all I can do is offer my fellow neurodivergents solidarity and say, "You are not alone."

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Romy's Uni Life

Romy Kemp Liverpool University

Getting Cold

The changing of seasons is truly a beautiful thing! Leaves begin to change colour and fall, as well as the wind becoming just that bit nipier. Especially in Liverpool, the sky becomes clearer than usual, which really means that the air is getting bitter, which really does chill you to the bone. There hasn't been as much rain as I would've expected for this time of year in Liverpool, which is so much better for walking to lectures and seminars. However when it does rain, it rains heavily! With the change of season, comes the holidays! Halloween always brings a spooky yet wonderful Autumn vibe with it (my favourite season, closely followed by Winter) that never really changes, no matter your age. My birthday is also coming up in November, and I will be turning 20! Never to be a teenager again is a scary thing to think about. Although I may be at university and therefore exploring my independence, it is still a reminder to the direction in which I'll go - adulthood. My course at university is a lot different this year, with more specific and detailed information on the materials. It is a lot scarier this year too because it actually counts towards my final grade. I don't know what I want to do after university, I've had a few thoughts, but nothing has jumped out at me as an option thus far. However, I still have plenty of time for this! I will need to start researching it all soon, but I'm currently writing plans and essays for my modules this semester. After such a long time between writing university essays, it is hard to get back into it, although writing these articles has allowed me to keep up my writing. Living in a house instead of



student halls is also a big leap into independence because everything is your responsibility! Whether it be communal space or individual rooms, everything needs to be done without assistance (except maintenance issues). Doors locked, bins emptied, switches safe. Thankfully I know my housemates well (as they were my flat mates in year one), and we can talk to and help each other with tasks. You might think that this sounds normal, everyone has to do this, and yes, they do. However, I know many unhappy houses of people. There's always at least one scruffy person in each house (my own included) but it still should be controlled. Many people I know are unhappy with their living situations which is not ideal. Nonetheless, it is time to start looking for third year housing which is entertaining because everyone tends to know what they want and don't want more so now than this time last year. I've decided to live with my course mates next year rather than who I'm living with right now (we've all decided to live in different places) and this will be better for revising and uni work in general. It also enables uni students to explore different friendships and living situations, having to adapt to each environment.



Evie's Teenage Focus

Evie Aubin



I must say that since I've been at university, here in Oxford, all the months are starting to blur together. I believe it's been just under four months since I got here as I'm writing this and honestly, I'm having the best time. At least once a week myself and a few of my flatmates venture down to Westgate to window shop, get coffee and occasionally do some of our assignments. The weekend that the new Wicked movie came out we went to the Curzon in Westgate to watch it. One of my friends absolutely loves the musical, I myself had never watched it but had heard of it. What I didn't expect was for the movie to be so heartbreakingly devastating. I thought that the story line would be happy and geared towards children... it was not. Both me and my friend ended up leaving the cinema crying our eyes out; and I don't cry much during movies, it's very rare that I do. But this movie completely broke me. I think what made it even worse is the fact that it comes out in two parts, and the next one doesn't come out for another year; and so you are left there in the cinema wondering and praying that the characters get their happy ending that they so rightfully deserve. Despite the devastating ending to the movie, everything was soon resolved when we went to Mowgli for dinner. I had been there a couple of times before and the food was good, but what really makes me want to go is the seats. Now I know that this sounds weird, believe me I do. But if you haven't been

before, I'll let you know. The seats... Are swings. That's right, If you're lucky enough you can get seated at a table where the seats swing and move whilst you eat. I get that for some people this could be your idea of hell, however for me I was in complete and utter bliss. And my day just kept getting better as after dinner I took a train home for the weekend to help decorate for Christmas. But this is about when my luck ran out. I was meant to get a train home on Sunday however this was the weekend we were hit with storm Bert and so my first train was cancelled. But it was ok, because there was a train later on. Only that was cancelled as well. And now I'm home for an extra night and have the choice of getting a train at 6:45am or getting one at 8:20 and so of course I got the later one because whilst I love my uni... I love to sleep more. And this was going to be ok, if that train was running. So in the end I missed my first lecture and had four of my trains cancelled. But I got back, and in the end that's all that matters. I'll be back in another month, but until then, toodles!

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Gregory's World!

Gregory Sidaway Exeter College, Oxford

So Where Was I?

Hodonin station, Czechia. Standing on the dusty, sun-baked platform, having watched our old train rumble into the distance, I now turned to my fellow adventurer and Google mapster, Natdog. I was tingling with unease. Our plan to go interrailing across six countries, around eight cities, in fourteen days had always been ambitious. But now, make that seven countries! Mid-way through our train journey, the intercom had announced a change to scheduling. It had left us – we feared – at the wrong station. Would we miss our connecting train and be stranded in the wrong country?

Natdog is a music aficionado. Following on from George Ezra's 'Budapest', he'd introduced me to Billy Joel's 'Vienna' in anticipation of our next destination. But, as I searched hurriedly for someone who could help us, it looked as though Vienna – its white-columned vistas, enormous gardens, and curbside currywurst – would have to keep waiting for us. The station was almost deserted. I eventually found a friendly-looking couple by the exit. "Excuse me, do you speak English?" I asked sheepishly, wishing I was more linguistically accomplished. They shook their heads and moved on. "I do," came a gravelly voice. A man from Slovakia strode

towards us. Between puffs of cigarette smoke and a commentary on how the UK had gone down the toilet, he was actually very helpful. Minutes later, Natdog and I were back on track, chugging southwards to Vienna. I studied GCSE German, I went on a school exchange to Bavaria in 2018, and I regularly frequent the pretzel section in the Lidl bakery, so anything German / Austrian will always get me excited. A fellow hosteller we met in Bratislava had already sung Vienna's praises and – as we left our hostel on the city outskirts and ventured further towards the Danube – I soon understood why. About half an hour's walk from the river, you suddenly cross a threshold where the streets beyond become rows of white temples, pristine gardens, open squares, fountains, palaces, Habsburg statues, more white temples. Conscious of zooming around so much, I didn't want to take these sights for granted. We slowed down. It was almost dream-like; the clop of hooves from horses pulling carts; the ting-ting of trams gliding by; buildings white as the icing on cakes; there was even yodelling to watch, and watch it I did, sipping a cool (if severely priced) beer. Our hostel room-mate this time was Gabe, a ceramicist from Washington, who'd just flown over from being eaten by spiders in Lithuania. He introduced us

to Vienna's beverages. Natdog and I are not avid beer enthusiasts (we often visited nearby Irish-themed pubs because they reliably stocked cider) but we were pleasantly surprised by Helles lager and, needless to say, street vendor currywurst tastes the best at 1a.m. after a hearty stein.

A tip, fellow reader: it turns out that the cure for next-day grogginess is to hop over to your nearest theme park – 'Prater' was ours – and voluntarily strap yourself into the biggest, baddest, meanest-looking ride you can find. Ours was 'Black Mamba', a huge mechanical arm which upended a row of queasy-faced tourists at a speed of 80 km (and three gazillion regrets) per hour. My glasses were liable to fly off and injure Natdog, so I had to leave them behind. Suspended high in the air, I gulped and watched the blurred Viennese skyline swiftly thrown on its head, while my brain was slammed into the back of mine.

Next, we headed through a high green wilderness of pines, cabins and mists, to Ljubljana (I can finally spell it!) in Slovenia. Ljubljana's historic centre reminded me of a Disneyland town. Fairly small, yet charmingly colourful with lots of open seating, it looked as though it was designed to look old; it was also very clean, which we found out the hard way after mistaking an umbrella



stand for a bin in McDonalds and becoming suddenly well-acquainted with the manager. Really, however, we were going for Lake Bled. Located about a forty minute bus drive from Ljubljana, it had been Natdog's dream to visit Bled, long before it exploded into an interrailing Tik Tok trend. Thankfully, it didn't fall short of his expectations. How could it? The skies were clear, the lattes cheap, and the water was the colour of a Blue Lagoon cocktail. I even dragged him half way up the nearest mountain just to get the best view: the deep turquoise, the resident ducks who didn't realise how lucky they had it, the island with its own church in the middle, the broad mountains beyond. I stood at the viewing point in a glazed stupor. Far away from Hodonin, surprise 'detours' and pounding hearts, we'd reached the halfway point of our adventure. It was already going too fast.

In 2018, school encouraged us to get a week of work experience under our belts. Hmm. What interested me? I knew the answer. Writing, of course. So, suggested Mum and Dad, how about journalism? Journalism. Hmm. After much head scratching and chin rubbing, I fired off a few emails to local papers asking if they had room for a Year 10 Pershore High School student to visit and maybe learn a trick or two. By Christmastime, just when it seemed like the unanimous answer was 'No', an email came through from Alan Hughes asking to meet. I was quite nervous; I'd never done anything like this before. Mum and my sister wished me good luck and waited for me in Coffee One. At the time, Hughes and Company was based inside what could be

described as a fashionable storage container behind Pershore Market. I entered, explained who I was, and was shown upstairs into a fantastic office, flanked with bookshelves and hung with pictures. Someone was sitting at a large, wooden desk in the middle of the room. "Gregory Sidaway to see you, Alan." "Ah!" Alan rose and shook my hand with a genial smile. "Hello, Gregory." My nerves disappeared. Yes, the Pershore Times would be glad to have me for a week. I'd start at the end of February. This would be prime time for the paper. They would be preparing the upcoming March article and I would have lots to do. There was even talk of my own article being printed if it

was of a high quality. The article I did write in late February ended up being fairly straight and serious, debating whether Pershore offered enough facilities and opportunities for young people. No 'Hello, fellow reader!'. No guest appearance from Fry the Air Fryer. It was, however, the beginning of an incredible opportunity. Next, Alan offered me a permanent column: 'Teenage Focus'. It felt like being given the keys to a new car. I started with more serious topics, but I soon began to enjoy writing in a more conversational style, telling stories I hoped would make people smile. Over the last sixty-two articles, the Pershore Times has always given me the freedom to experiment, to discuss topics from Covid-19 to driving tests, from Presidential

elections to surviving a summer job in McDonald's. It gave me the chance to get started in the world of writing, to develop my style, to build a readership. Even when I thought I'd grown out of the role after becoming an adult, my column became 'Gregory's World', just in time for a host of new articles about university, internships and interrailing. Happy 100 issues, PT! Thank you so much, Alan, for taking a gamble on Year 10 me, and for supporting me steadfastly over these six years. Thank you to you, as well, fellow reader, for stopping by for our monthly catch-ups. Here's to Issue No. 100 and another hundred after that.

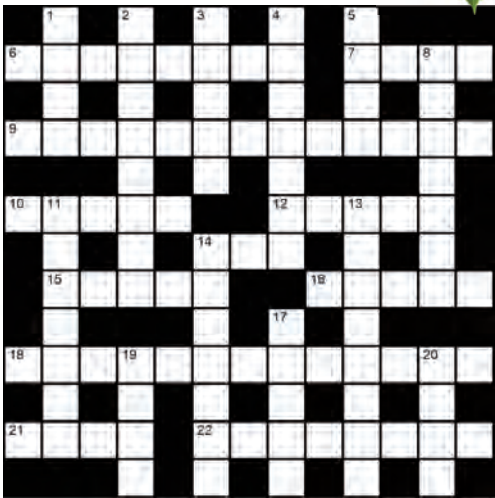
Merry Christmas and Happy New Year!

Across

- 6 Aeroplane body (8)
- 7 Simple dwellings (4)
- 9 Reechoed sound (13)
- 10 Tears (5)
- 12 Claim as due (5)
- 14 Salt (3)
- 15 Renounce (5)
- 16 Modify (5)
- 18 Military decoration (8,5)
- 21 Small dam (4)
- 22 Smashed beer mugs go under (8)

Down

- 1 Pleasingly pretty (4)
- 2 Six-shooter (8)
- 3 Perhaps (5)
- 4 Apprentice (7)
- 5 Produced by 2 Down (4)
- 8 Ballroom dance (3-4)
- 11 Small and delicate (3-4)
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- 14 Traveller (7)
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- 19 Grow weary (4)
- 20 Melancholy sound (4)

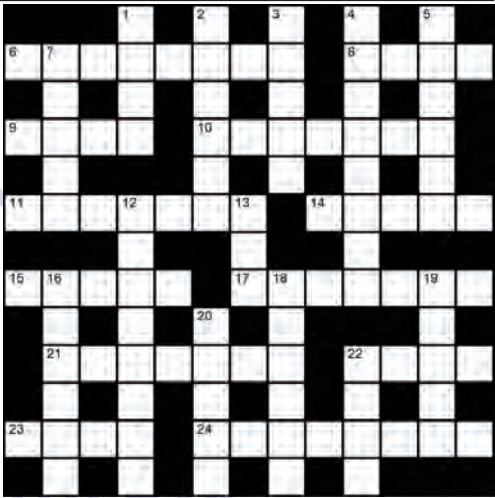


Across

- 6 Removing faults (8)
- 8 Periods of history (4)
- 9 Christmas wish (4)
- 10 Far from stern, let nine go off (7)
- 11 Milky (7)
- 14 Open space in a forest (5)
- 15 Slumbered (5)
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- 21 Unsettle (7)
- 22 Capital of Fiji (4)
- 23 Nurture (4)
- 24 It could happen (8)

Down

- 1 Chew on (4)
- 2 Names (6)
- 3 Prolonged pain (5)
- 4 Signal to arise (8)
- 5 Cured (6)
- 7 "The Scream" artist (5)
- 12 Artsy pet organized picture in fabric (8)
- 13 Leap on one foot (3)
- 16 Beaver abodes (6)
- 18 Superior of a convent (6)
- 19 Orange variety (5)
- 20 Short and stout (5)
- 22 Jump lightly (4)

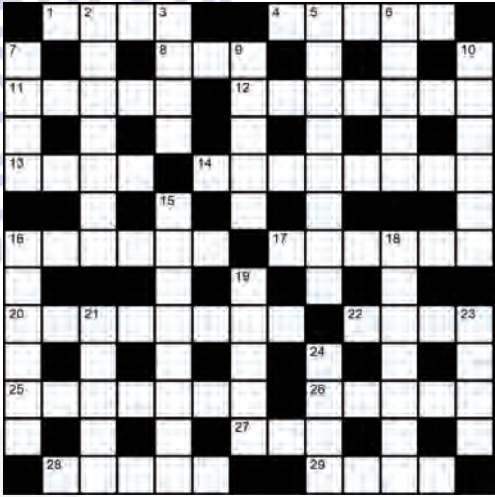


Across

- 1 Gratis (4)
- 4 Pipe up (5)
- 8 Mineral spring (3)
- 11 Dress with care (5)
- 12 Hollowed inward (7)
- 13 Naïve (4)
- 14 Misshapen (8)
- 16 Delighted (6)
- 17 Shook US wine: it's not recommended (6)
- 20 Baptize (8)
- 22 Demonstrative pronoun (4)
- 25 Make clear (7)
- 26 Very large (5)
- 27 Light meal (3)
- 28 Laziness (5)
- 29 Social standing (4)

Down

- 2 It has points and lines (7)
- 3 Spot (4)
- 5 Locate exactly (8)
- 6 Fright (5)
- 7 Initiate an oil well (4)
- 9 Land measures (5)
- 10 One of a series off the Isle of Wight (6)
- 15 Best (8)
- 16 Short coat (6)
- 18 Brutal (7)
- 19 Stood for men at work (5)
- 21 Drive back (5)
- 23 Norse god of thunder (4)
- 24 Partly open (4)



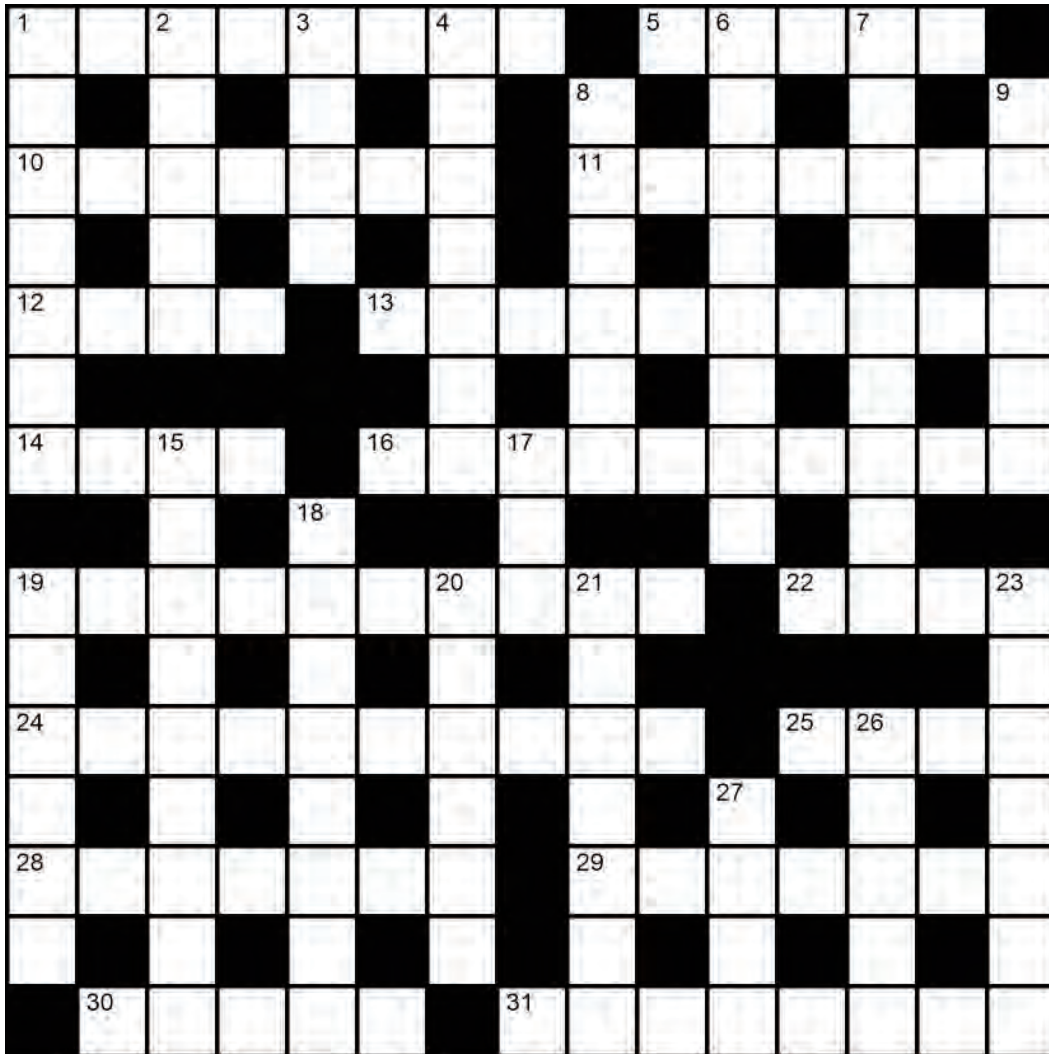
Christmas Magic Squares - Fill in grids, so that each column, row and diagonal add up to the same

	27	12
		9
		24

	117	
	65	91
104		

	19	
57		133
		38

Christmas Crossword



Across

- 1 Beautiful (8)
 5 Moves through water (5)
 10 Unconventional (7)
 11 Pilot (7)
 12 Pollen gatherers (4)
 13 When the living is easy (10)
 14 Otherwise (4)
 16 Artificial sparkler (10)
 19 Corridor (10)
 22 Yorkshireman (4)
 24 Preceding wedlock (10)
 25 Precious stones (4)
 28 Shining (7)
 29 Hollowed inward (7)
 30 Bovine mammary gland (5)
 31 Austrian Alpine resident (8)

Down

- 1 Farewell (7)
 2 Plunder (5)
 3 Paradise (4)
 4 Lie (7)
 6 Restaurant worker (8)
 7 Marriage (9)
 8 Opera by Bizet (6)
 9 Current of air (6)
 15 Pendent (9)
 17 Large island in the Channel (1,1,1)
 18 Computer information store (8)
 19 Thin and translucent (6)
 20 Expels (6)
 21 Disorder (7)
 23 Oriental (7)
 26 Fill with high spirits (5)
 27 Untie (4)

Wordsearch

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

ACHE
APR
BINGE
BOTHER
CNN
DRIP
ELBA
ELSE
EVA

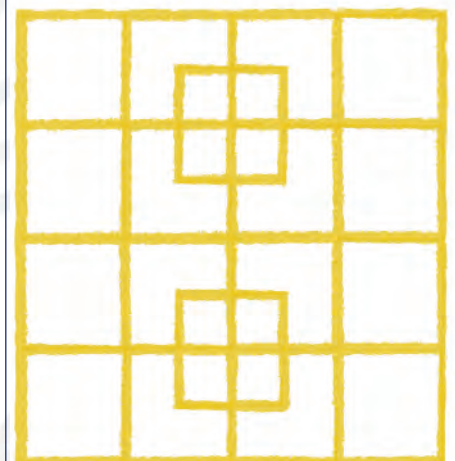
FRON
GEL
GHETTO
GIANT
ISM
LAN
LET
MHZ
MOLD

OBS
OCT
OEDEMA
O'HARA
OPS
ORAL
RATS
SNUB
SOME

SORT
SPAN
SPOOF
SWAM
TONE
WMD
WINE
ZESTY

Brainteaser

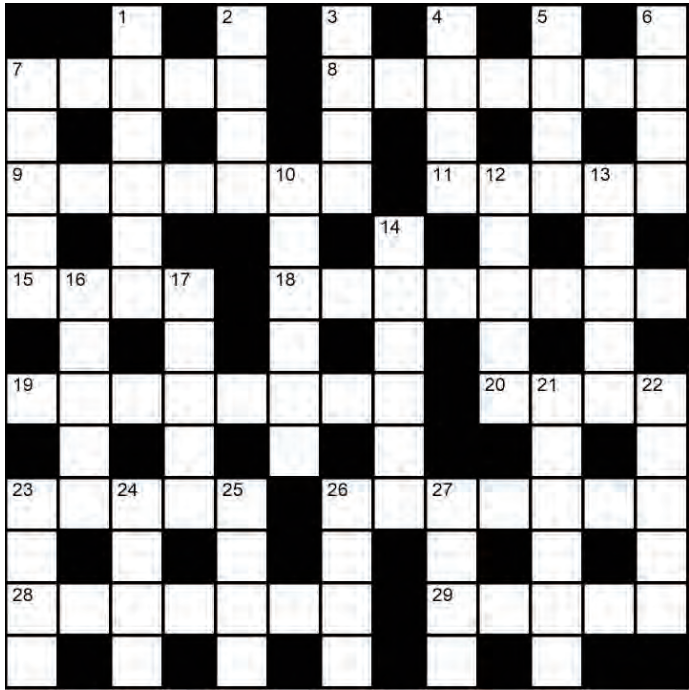
Your goal is to count how many squares in total you can see in the image



Find the solution on next page

Coffee Break

Crossword



Across

- 7 Addition (5)
- 8 Maintenance (7)
- 9 Pertaining to sight (7)
- 11 Move rhythmically (5)
- 15 Finely powdered earth (4)
- 18 Princess Anne to the Queen (8)
- 19 Erasure (8)
- 20 Completed (4)
- 23 Aits (5)
- 26 Found tea cold after stirring it (7)
- 28 Soldier (7)
- 29 Pipe type (5)

Down

- 1 Combines (6)
- 2 Corporate big shot (4)
- 3 Knight wear? (4)
- 4 Bound (4)
- 5 Wind instrument (4)
- 6 Unit of computer memory (4)
- 7 Shun (5)
- 10 Second man on the moon (6)
- 12 Plant louse (5)
- 13 Unsoiled (5)
- 14 Quasi-autonomous government organization (6)
- 16 Consumers (5)
- 17 After messing around, he met subject (5)
- 21 Surpass in cunning (6)
- 22 Senior (5)
- 23 John Wayne's home state (4)
- 24 Wait in concealment (4)
- 25 Cut (4)
- 26 Small harp-like musical instrument (4)
- 27 Young bears (4)

Sudoku

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

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

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

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

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

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

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



Poets' Corner

A Shropshire Lad XXXVIII

The winds out of the west land blow,
My friends have breathed them there;
Warm with the blood of lads I know
Comes east the sighing air.

It fanned their temples, filled their lungs,
Scattered their forelocks free;
My friends made words of it with tongues
That talk no more to me.

Their voices, dying as they fly,
Thick on the wind are sown;
The names of men blow soundless by,
My fellows' and my own.

Oh lads, at home I heard you plain,
But here your speech is still,
And down the sighing wind in vain
You hollo from the hill.

The wind and I, we both were there,
But neither long abode;
Now through the friendless world we fare
And sigh upon the road.

XXXIX

'Tis time, I think by Wenlock town
The golden broom should blow;
The hawthorn sprinkled up and down
Should charge the land with snow.

Spring will not wait the loiterer's time
Who keeps so long away;
So others wear the broom and climb
The hedgerows heaped with may.

Oh tarnish late on Wenlock Edge,
Gold that I never see;
Lie long, high snowdrifts in the hedge
That will not shower on me.

A. E. Housman 1859-1936

Christmas Quiz!



- 1) Considered a classic of American literature, who wrote the novel "The Adventures of Huckleberry Finn"?
- 2) Who painted the famous artwork "The Scream"?
- 3) Who is credited with discovering penicillin?
- 4) Located in the Andes Mountains, Aconcagua is the largest mountain on which continent?
- 5) What was the name of the first woman to fly solo across the Atlantic Ocean?
- 6) What is the name of the largest planet in our solar system?
- 7) Which Spanish artist painted the famous artwork "The Persistence of Memory"?
- 8) What is the name of the currency used in Switzerland?
- 9) Who wrote the novel "To the Lighthouse"?
- 10) Who was the first person to run a mile in under four minutes?
- 11) What notable feat did Portuguese explorer Ferdinand Magellan complete in 1522?
- 12) Lake Victoria is the largest lake on which continent?
- 13) Who wrote the novel "Pride and Prejudice"?
- 14) Known for his contribution to physics and mathematics, who was the first person to discover the law of gravity?
- 15) Located in western Pacific Ocean and reaching a depth of 11km, what is the name of the deepest point in the ocean?
- 16) Who directed the 1975 film "Jaws"?
- 17) Alexander Graham Bell is best known for patenting which invention that revolutionised communication in 1876?
- 18) Who painted the famous artwork "The Last Supper"?
- 19) Who wrote the novel "The Catcher in the Rye"?
- 20) What is the name of the largest active volcano in Europe?

Answers: 1) Mark Twain 2) Edward Munch 3) Alexander Fleming 4) South America 5) Amelia Earhart 6) Jupiter 7) Salvador Dali 8) The Swiss franc 9) Virginia Woolf 10) Roger Bannister 11) First person to circumnavigate the globe 12) Africa 13) Jane Austen 14) Sir Isaac Newton 15) The Mariana Trench 16) Steven Spielberg 17) Telephone 18) Leonardo da Vinci 19) J.D. Salinger 20) Mount Etna

November Answers



December Brain teaser solution: There are 40 squares

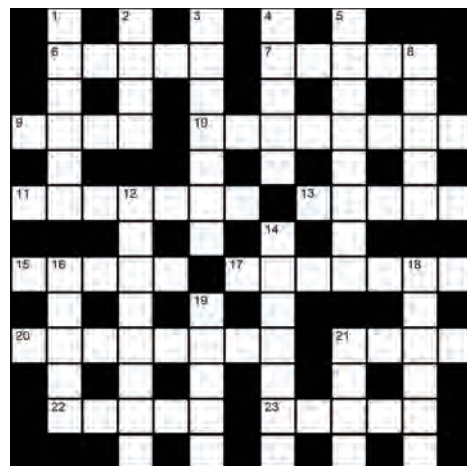
Anagram Crossword

Across

- 6 Dryer (5)
- 7 Atria (5)
- 9 Asst (1,1,2)
- 10 American (8)
- 11 Settler (7)
- 13 Elbow (5)
- 15 Snibs (1,1,1,2)
- 17 Waiters (7)
- 20 Littered (8)
- 21 Deem (4)
- 22 Alton (5)
- 23 Aslan (5)

Down

- 1 Gaiter (6)
- 2 Dads (4)
- 3 Car tyre (7)
- 4 D-ring (5)
- 5 Side rail (8)
- 8 Macro (5)
- 12 Bleating (8)
- 14 Darling (7)
- 16 These (5)
- 18 Sleety (6)
- 19 Nepal (5)
- 21 AT Ms (4)



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Grace Kelly Childhood Cancer Trust

Christmas Treecycling

9th - 12th January 2025
Collecting in Worcestershire, Herefordshire and Powys

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www.gkcct.org/treecycle | 01905 885777

FR



Queenshill



November was the time for our Annual Meeting. Where did the last year go?

At the start of the meeting, we heard from our speaker, Georgia Jacobs, on the topic of Textile Art. Georgia is a member of the Science Park and an enthusiastic and passionate speaker, who uses her wall hangings and machine embroidered pictures to illustrate her talks. She showed us some wonderful examples of her work, inspired by geological events, earth movements and patterns in the landscape. She even passed round a small, but very heavy,

meteorite. (And no, we couldn't guess what it was!) Her extensive knowledge of geology and her creativity and skills were much admired.

The business meeting followed where the President and Committee were elected, and reports of the year read to the members. We were pleased that Mary Wright was again chosen as our President. The whole process was efficiently organised by Sue White, Chair of the Worcestershire Federation of WI's. Sue updated us about forthcoming changes. It was gratifying to hear that our branch has the reputation of being a friendly and welcoming group. We also loved the Christmas tree decorations relating to this

year's dental campaign, made by Sue Maynard and Diana Scott that will be our branch's contribution to the WI Christmas Tree display in Worcester Cathedral.

Perhaps you might be interested in joining us in 2025?

Not only do we invite interesting speakers but always have delicious refreshments, raffle and competition opportunities and a chance to enjoy the company of and conversation with other members.

Our next meeting will start at 2pm on Thursday 12th December, at WI Hall, WR8 0QZ

When Frances Fry will entertain us (and invite us to join in) with Christmas Songs. That should get us all in the mood for the festive season.



Hot Peppers

So tonight we welcomed Hilary of Hanley Flowers who gave us a demonstration on how to do a table centre-piece with foliage, foraged and some supermarket flowers too.

Hilary also showed us how to make a simple wreath and a tray display using a variety of inexpensive candle holders, pine cones and faux foliage too.

Another first for myself and will

be trying to recreate at Christmas. This was all followed by good conversation, tea, coffee, cake and of course a raffle.

We were also joined by Lesley Anne, the Severn Group co-ordinator & three lovely ladies from Hanley Swan WI.

We meet every fourth Thursday of the month at The Upton Memorial Hall at 7.30pm



Spot & Shop - November Winners

- | | |
|---------------------|----------------------|
| 1) Andrew Garforth | 5) Ceri Salter |
| 2) Jill Hopkins | 6) Elizabeth Pearce |
| 3) Julie Tandy | 7) Heather Jefferies |
| 4) Stephen Williams | |

Last month's answer:
AY Services

**SPOT
&
SHOP!**

COMPETITION TIME!

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

Chance
to WIN
£50
CASH

This
month's
anagram

**ETON FIXERS
HOPING**

This month's prizes!

1st - £50 cash

2nd - £25 cash

Donated by Hughes & Company

3rd £20 Food Voucher

at The Queen Elizabeth, Elmley

4th £10 Voucher

at Revills Farm Shop, Defford

5th £10 Voucher

at Craftypyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

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

Upton Times closing date: 5th January 2025

Answer:

Name:

Telephone/email:

Return to: Hughes & Company/Upton Times

8 Church Street, Pershore Worcestershire WR10 1DT

The Church of the Good Shepherd, Hook Common

A reminder that our Christmas carol service will be held on Sunday 15th December at 4.00p.m. with mince pies and mulled wine to follow. It is a joint service with Upton parish church, and anyone is welcome to join us. On Christmas Day we will have our usual service of Holy Communion at 9.30a.m. and there will be chocolates to take home!

I would like to take this opportunity to thank all those, who give their time and talents so freely to the Hook Church during the year. We are lucky

to have so many who lead services, sing or play the organ, arrange flowers, provide refreshments, cut the grass, maintain the church and help with the everyday running. All our special services this year have been a great success and this has been owing to the support that everyone in the congregation has given. Thank you, and a happy Christmas!

Kate Chester-Lamb



Church Services

Sunday 1st December (Advent Sunday)

16:00 Good Shepherd, Hook - *Advent Hymns and Sherry (Benefice invite)*

Sunday 8th December

09:30 St Peter and St Paul's, Upton - *Holy Communion*
11:00 St Mary's, Ripple - *Morning Worship*
11:00 St Nicholas, Earls Croome - *Holy Communion*

Sunday 15th December

11:00 St John the Baptist, Strensham - *Carol Service*
16:00 St Nicholas, Earls Croome - *Carol Service*
16:00 Good Shepherd, Hook - *Christmas Carol Service*
18:00 St Mary's, Ripple - *Carol Service*
19:00 St Peter and St Paul's, Upton - *Carols by Candlelight*

Sunday 22nd December

16:00 St Mary's, Hill Croome - *Christmas Carol Service*
18:30 St Mary's, Hanley Castle - *The Parish Carol Service*

Christmas Eve

16:00 St James, Welland - *Christingle and Crib Service*
16:00 St Mary's, Ripple - *Crib Service*
18:00 St Peter and St Paul's, Upton - *Carols Around the Tree*
23:30 St Peter and St Paul's, Upton - *Midnight Communion*

Christmas Day

09:30 Good Shepherd, Hook - *Holy Communion*
11:00 St Nicholas, Earls Croome - *Combined parish service*

Sunday 29th December

10:30 St Mary's, Ripple - *Benefice Communion*

Sunday 5th January 2025

11:00 Good Shepherd, Hook - *Holy Communion*

Sunday 12th January 2025

09:30 St Peter and St Paul's, Upton - *Holy Communion*
11:00 St Mary's, Ripple - *Matins*
11:00 St Nicholas, Earls Croome - *Holy Communion*

Sunday 19th January 2025

09:30 Good Shepherd, Hook - *Morning Worship*
18:00 St Peter and St Paul's, Upton - *Choral Evensong*

OLD HILLS MALVERN CHURCHES DECEMBER & CHRISTMAS SERVICES

Sunday 1st December

10.30am Advent Christingle Service at Powick
6.30pm Malvern & Upton Deanery Advent Carol Service at Great Malvern Priory – All Welcome

Sunday 8th December

9.30am Advent Communion at Callow End
11.00am Advent Communion at Madresfield

Sunday 15th December

8am BCP Communion at Powick
9.30am BCP Communion at Guarlford
6.30pm Nine Lessons & Carols at Powick

Sunday 22nd December

9.30am Advent Communion at Callow End
11.00am Lessons & Carols at Madresfield
6.00pm Carols and Brass Band at Guarlford

Christmas Eve

2.30pm Crib Service at Madresfield
4.00pm Crib Service at Callow End
9.00pm First Communion of Christmas at Madresfield
11.00pm First Communion of Christmas at Powick

Christmas Day

11am Christmas Morning Service at Guarlford
11am Christmas Morning Service at Powick

Sunday 29th December

9.30am Covenant Service at Callow End

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REL

EMPIRE
MEDALS

Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs



St. Denys' Church, Severn Stoke

The Parochial Church Council is very grateful to those volunteers on the Flood Emergency List, who turned out at short notice to uplift the moveable items in the church in response the Flood Warning on Saturday, 12th November.

We welcome Revd. Kat Mephram, as our new Rector, who is to be inducted at Kempsey Church on Sunday, 8th December at 4.00 p.m. All are welcome to this important service. Kat and her family will live in Kempsey and she will serve the Parishes of Kempsey, Severn Stoke and Croome d'Abitot and Norton. The Church is prepared for possible flooding this winter and until that happens, we are still



conducting our usual services, on the first and third Sunday each month at 10.30 a.m., with the addition of our Annual Carol Service on Sunday, 22nd December at 6.00 p.m. The Local Brownies' Group hold their Christingle Service at St Denys' at 6.00 p.m. on Wednesday, 4th December. Members of the congregation are welcome to attend. The Christmas Artisan and

Craft Fair was held on 9th November at St Mary's Church, Kempsey by kind consent of their Churchwardens, as St Denys' Church is prepared for flood conditions. The event was well attended and raised over £875.00.

Friends of St. Denys, Raising funds to modernise the church!

Carols at The Nash – Friday, 6th December at 7.30 p.m.

Join us for this now traditional warm introduction to Christmas festivities. Carols, accompanied by the Chase Brass Band, readings and delicious light refreshments. Please kindly bring cash for the Collection for the Band's chosen Charity. Tickets at £12.00 each available from John Henderson on 01905 371 218 at Meadow Hill House, Severn Stoke WR8 9JP. Any cheques payable to The Friends of St Denys. Please book early to avoid disappointment.

The Severn Stoke and Kinnersley 100 Club Draw winner of £30.00 for November was Laura Hill of Severn Stoke.

John Henderson

St Mary's Church, Ripple

We were given a clear reminder of the rapid approach of Christmas with the varied display of seasonable goods on the stands at the annual Christmas Fair in Ripple Parish Hall on Saturday 16th November.

It was a very colourful and enjoyable occasion, and we welcomed visitors from the immediate area and from further afield. The organisers wish to thank everyone who contributed in any way, especially the many very generous donors of gifts for the raffle and the tombola. There was the usual high standard of mouth-watering cakes for sale and a wide selection of home-made goodies available in the refreshment area, and a total of just under £800 was raised.

At the time of this report going to press, St Mary's is about to enjoy a concert by the Upton Parish Church Choir under its Director, John Holloway. The annual Carol Service will be held on Sunday, 15th December at 6 pm at which we shall be welcoming some members of the Tewkesbury Town Band, and decorations in the church will include a Christmas Tree generously and anonymously donated. After the Service the WI will be providing traditional mulled wine and mince pies. Over Christmas, the Crib Service will take place at 4pm on

Christmas Eve, but there will be no Midnight Service this year. It has been our pleasure to welcome recently two new members of the PCC, Karen McBride as Secretary and Chris Mead as Treasurer. Chris replaces Joy Till who has completed twelve years of loyal service in that most challenging of PCC roles and to whom we offer our most sincere thanks. With winter now upon us, it was felt necessary to ensure that the church was totally watertight, and for this reason work has been carried out very recently on some of the guttering while a number of missing tiles have been replaced.

*Members of the PCC
wish everyone in the Parish
and the surrounding area
a very happy Christmas
and New Year.*



Upton Times

Collection Points:

Banjo's - Badham's Hardware - Colston Bakery
Drum & Monkey - Hughes & Company, Pershore
Little Upton Muggery - Mojos - Nuyard Garden Centre
Revills Farm Shop - Rose & Crown, Severn Stoke
Severn Sweets - Spar - St. Richards - The Jockey Inn, Baughton
Upton Chippy - Upton Library - Upton Newsagent
Upton Post Office - Upton Surgery - Warners
Welland Post Office - White Lion Hotel - Yorkshire Grey

Useful numbers

Upton Fire Station 01684 771780
 Upton Library 01905 822722
 Upton Police Station 101
(In an emergency always call 999)
 CrimeStoppers 0800 555 111
 Upton Post Office 01684 592761
 Upton Surgery 01684 592696
 Upton Tourist Information 01684 594200
 Upton Town Council 01684 592273

MHDC Council
 Out of Hours Emergency Hotline -
 In an event of an emergency call: 0300 003 5367

To report faulty traffic lights or urgent
 Highways issues call: 07875 033759
 Please note: This number should not be used for 'day-to-day' enquiries.

- Waste Services 01684 862490
 - Planning Dept 01684 862221
 - Pot Holes 01905 765765
 Help the Homeless 0300 500 0914



Monthly Meetings

Tuesday 17th December at 2pm

"A Merry Tudor Christmas"

Deck the halls and roast the turkey!

*How were the Tudors from the common man to the king
 enjoying the festive period? With Kirstie Bingham from the John
 Moore Museum, Tewkesbury*

Tuesday 21st January

following AGM at 2pm

A talk about fire safety

by an engagement officer from

Hereford & Worcester Fire and Rescue Service

All welcome, no need to book

All monthly meetings held at Number 8, High Street, Pershore

*For more details, contact Sally Whyte, Speaker Coordinator on:
 u3apershoresally@gmail.com www.u3asites.org.uk/pershore/home*

Volunteer award



A dedicated volunteer who has spent over two decades serving a Worcestershire hospice, has been honoured with a prestigious award.

Anne Robertson, who lives in Hanley Swan, was nominated by St Richard's Hospice to receive the accolade – which is titled Badge of the Order of Mercy – and received it at a special ceremony held at The Mansion House in London.

The award recognises the work of volunteers who have spent at least seven years working to support others, including those living with an incurable illness. This year only 25 medals were awarded to volunteers from around the country.

Mrs Robertson started volunteering for St Richard's in 2001 and has since dedicated her time through a variety of roles. From 2002 Anne has volunteered with the hospice Family Support Team. She has supported many patients, their families and carers before and through bereavement.

Head of the St Richard's Family Support Service, Sarah Popplestone-Helm said: "We're delighted and honoured that Anne has received such recognition from the League of Mercy Foundation. The award really celebrates the care, skill and passion for palliative care

that Anne has given as a volunteer over many years." Sarah added: "Anne is an outstanding ambassador of hospice care and her dedication and service to St Richard's are truly exceptional."

Mrs Robertson said: "I feel deeply honoured that people had taken the trouble to put me forward and then that it had been accepted by the League of Mercy. It was certainly completely unexpected and a genuine, wonderful surprise.

"I never cease to feel privileged that people will share their deepest pain and anxiety with me, a stranger, and who will talk to me about this life-changing event."

The Rt Hon the Lord Lingfield, President of the League of Mercy said: "Mrs Robertson is a marvellous example of someone whose longstanding and voluntary dedication to the service and welfare of others is noteworthy and remarkable and we were delighted to be able to make this well-deserved award to her."

Each year the hospice team supports more than 3,100 patients, family members and bereaved people in Worcestershire.

*To find out more about the care of St Richard's and how to support the charity visit:
 www.strichards.org.uk*

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Rotary News



'Lighting up our Memory Tree'

Pershore Rotary's 'Tree of Remembrance Appeal 2024' is up and running and donations for our three charities, in memory of loved ones, are coming in. Christmas is that special time of year when we think about our families and friends, particularly those we have loved and lost. Because of that, many of us have special reasons for thanking those who helped or supported us at critical times in our lives. That support may have come from one of the three charities we are supporting.

Did you know that Acorns Children's Hospice provides over 10,000 hours of personal care each year and that £50 could allow a family member to stay overnight at the hospice? Or

that St Richard's Hospice assists over 3,100 patients and family members and that £27.50 will fund a physiotherapy session? Or that the Midlands Air Ambulance operate three airbases and that each helicopter mission costs £2,950 -and they fly an average of 12 missions every day? This is an opportunity to help us support three of the most valuable resources we have in Worcestershire. Donations can be made by scanning the QR code, or through our online giving account at: www.pershoretreetofremembrance.com. Alternatively, they can be placed in the Rotary blue post boxes at Sugar n' Spice and Acorns in Pershore High Street.

Breaking News:

This year, to get a real sense of Christmas, we have invited local choirs and bands to entertain us between 10.00 and 2.00pm



Tree of Remembrance Appeal 2024
In aid of St Richard's Hospice, Acorns Children's Hospice, Midlands Air Ambulance

Your Loved Ones Remembered

The 'Tree of Remembrance' is a special way to remember by supporting the charities that help those in need. Pershore Rotary Club members will be collecting at the Georgian Fayre in November and outside Asda and the Co-op throughout December.

Donations in memory of those loved but lost can be made online by scanning the QR code above or going to: www.pershoretreetofremembrance.com

Alternatively complete this form and send to the address below.

Name(s) of your loved ones (block capitals please and separate each name with a /):

Your Name:

Address:

Post Code

I enclose a cheque (no cash) for £ made payable to 'Rotary Club of Pershore' and send to: **Rtn Lynne Raymer, Woodwards House, Cook Hill, Wick, WR10 3PA** or save a stamp by posting it in the Rotary Blue Post Boxes at SUGAR N' SPICE or ACORNS in High Street, Pershore.

We suggest at least £5 per name, but any donation makes a difference

☐ **Please tick ✓ the box.** I want to 'Gift Aid' my donation. I am a UK taxpayer and understand that if I pay less Income Tax/or Capital Gains Tax in a current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay the difference.

Signed

Date

Personal information is used only for this appeal and Gift Aid (if applicable). It is not shared with any other party.

The names will be displayed on a list at No 8, Pershore from Monday 14th October and also on 'The Memory Tree' at SUGAR N' SPICE at 20 High Street, Pershore, and on www.pershoretreetofremembrance.com. They will be displayed in full in the new year in the Pershore Times, Evesham Journal and the Tree of Remembrance Book which will be displayed in the Pershore Library.

when we are collecting outside Asda in Pershore. The dates and performers will be:
Saturday 7th December –
Vocal High, Pershore Brass;
U3A Ukulele Band and Pershore Town Choir.
Saturday 14th December –

Vocal High, Evesham Concert Band; Pershore Abbey Choir and the Feel-Good Chorus.
Friday 20th December –
Piano Hedgehog; Pershore Abbey Choir and Pershore Brass.
Come and join us and get into the festive spirit.



Rural Reels Films

Upton upon Severn Memorial Hall

Doors open at 7.00pm

Film starts at 7.30pm

Saturday 14th December

The Holdovers Cert 15

Saturday 18th January 2025

The Fall Guy Cert 12

For films at the Memorial Hall, Upton upon Severn, please enter post code WR8 0HA to see film screening information.

Tickets on the door £5.00

Carols for All Great Malvern Priory

**Saturday 28th December
at 3pm**

Malvern Festival Chorus invite you to join them for a celebration of Christmas, with singing and readings, in the glorious setting of Great Malvern Priory. Plenty of audience participation.

This year, our carol concert will be in aid of **Acorns Children's Hospice.**

Entry is just £3 with a closing collection for the charity.

Everyone is welcome for this afternoon of Christmas music to round off the festive season.

More information from Barbara Moss: 01684 564366



Charity Number 506787

Tewkesbury Choral Society

Benjamin Britten A Ceremony of Carols

**Camille Saint-Saëns
Christmas Oratorio**

Tewkesbury Choral Society, Regercy Sinfonia, Alison Martin (Harp), Brittany King (Soprano), Anne Braley (Mezzo), Alexis Hutchinson (Contralto), Edward Lee (Tenor), Thomas Humphreys (Bartitone)

Directed by John Holloway

Tewkesbury Abbey
Saturday 7th December 2024 at 7.30 pm

Tickets £13 (carers and children free; students £9)

- from members of the Society
- from The Abbey Shop (01684 856148)
- from Alison's Bookshop (01684 274600)
- on-line: www.ticketsource.co.uk/t-c-s
- at the door on the evening of the performance

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Dragon Boat Club: Triumphs & New Horizons



The 2024 season for Pershore Phoenix Dragon Boat Club has been a rollercoaster of experiences, blending the thrill

of competition with the excitement of new adventures culminating in a successful outing at the National Championships at Holme Pierpoint and an exhilarating trip to Cyprus for an international festival in Limassol.

The Pershore Phoenix crew showcased their hard work and commitment by finishing 5th in the League after many races including a welcome return to dragon boat racing in Liverpool docks. Competing against the best teams in the country, we displayed great teamwork and resilience.

We had a fun weekend racing in Limassol and won medals for our Ladies Premier crew. This trip provided not just a platform for competition but also a chance for winter sunshine and camaraderie among teams



from various countries.

As the season winds down, the club is already looking ahead to future competitions and training opportunities.

The club based in Defford train and race hard but our priority is

to have fun and enjoy ourselves.

We are arranging taster and training sessions in January.

If you are interested in giving the sport a try email us to have a go!

hello@pershorephoenix.com



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